



PSIA-AASI National Adaptive Academy

Hosted by The Hartford Ski Spectacular

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On Snow Clinic Reminders

Ski to Understand: Basic Bump Skiing for Outrigger Users Peter Axelson pax@beneficialdeesigns.com

1. Use terminology to explain the bumps to your students. Explain the mogul as having a spine from the top to bottom of it across the top. The sides are the shoulders left and right.
 2. Basic pivot, slip and edge checking skills should be practiced and mastered on intermediate open terrain before moving into any bumps .
 3. There are different lines that can be skied through the moguls which progress from the easy green line, to the intermediate blue line and the advanced black line. In the green line the skier performs a pivot slip at the top shoulder of the mogul and immediately slips down the shoulder of the mogul with the skis point up toward the spine of the mogul. After slipping to the bottom of that mogul the skier checks against the top shoulder of the next mogul and pivots and then slips down the shoulder of the next mogul. Using pivot slip turns you will be able to ski through the bumps with effortless control
 4. .To ski the intermediate line, the skier makes the same check turn at the top shoulder of the mogul but instead of pivoting to slip down the shoulder of that mogul makes a slower pivot and skids across the shoulder of the adjacent mogul and then finishes with a check turn at the closest mogul below the shoulder of the adjacent mogul that he or she just skidded down.
- Learn the anatomy of a mogul including the location of the flat top of the mogul, the spine or the ridge of the mogul, the secondary fall lines or shoulders of the mogul and the troughs that run down between the moguls
 - How to start at the flat top of each mogul and ski to the flat top of the next mogul, point to point skiing
 - Learn how to perform a pivot slip down the shoulder of the mogul you are starting on to ski the green line
 - Learn how to perform a pivot slip on the shoulder of the adjacent mogul to ski the intermediate blue line route
 - Discuss the trough line of skiing the moguls and the zipper line that Johnny Mosley skis
 - Practice pivot-slips and edging skills so that you can pivot on a moment's notice in any conditions anywhere
 - Pivoting into and out of a forward slip as you move across the hill on a double fall line
 - Learn to perform a pivoting garland maneuver with the head and shoulders looking down the hill
 - Pivoting into a side slip down the hill and then while slipping pivot back and forth, left and right in the slip
 - Pivoting down a corridor in the fall line with the head and shoulders looking down the hill
 - Adding more edging to your pivot-slips until you are checking as you slide down the corridor in the fall line
 - You will learn that pivot-slips through the moguls are easiest with your feet closer together and even with one another so that both skis are on the same part of the mogul and so that you are not thrown off balance
 - Now in the moguls you will pivot and slip to the desired target on each mogul, just before impacting your target of the mogul you will perform the check move and you push yourself off the mogul toward your next target
 - You can vary the width of the corridor that you wish to ski in to be narrow or wider to control your speed

5. Watch the XXXX video of skiers in varying conditions at www.Youtube/XXvideo
6. Read about skiing in steeps, powder, crud and watch video in the Alpine Technical Manual Chapters XXX.