

Making Sense - Edging

Why Sense Making? I strongly believe that 'sense making' is important to learning. When you make sense of something, you can then use it creatively, grow and expand. If you don't make sense of something that you are doing, then you just do "things" because someone told you to.



Edging

How do you tip the skis on edge? As always, the first thing you need to be is balancing, centered on your feet. The ski boot is pretty stiff and is solidly hooked to the ski. So, if you tip a ski boot, the ski tips. Your shin, hooked to foot in the boot, is sticking out of the boot... You can use it as a lever. Your shin bone is a LEVER to tip the ski on edge. Use it!

Remember that your knee is a hinge joint and doesn't work very well if your legs are twisted... How can you twist your legs? Easy. Stand up with your feet under you, even. Imagine a line going side to side through your hips. Then imagine a line going between the ankle bones of both feet. When these lines are parallel, you can bend your knees and they will act as a hinge joint. If you twist your hips, but leave your feet where they are, and then bend... Your knees do not work so well. Look down at your legs and play with this. Be nice to your knees and legs! Use them as God made them to be used!

When you edge, you will need to stay in balance while you turn. This means that you will need to keep your knees functional, to bend and unbend, in order to stay in balance while you edge and steer the skis.



Edging at the bottom of the turn, is really easy. After the apex, keep your center, your balance, and you can easily drive your shin bones forward and into the hill to tip the skis. Play with how much you can tip your skis. Get them on edge, then tip them more! Play with it and see how far you can tip them while you stay in balance!

How about edging the top part of a turn before the apex? In order to tip the skis on edge, early, in that

part of the turn, you will need to make your shin levers tip downhill. How? Simple, just stay balancing and move your body where you are going next, as if you are slow motion jumping down the hill - where you are going (dominant new outside ski). After edge change, keep your skis moving more across the hill, **rounding out, shaping**, the top part of the turn, while your body is moving into the turn, balancing in the forces. Your skis will be edged when your body becomes more "downhill" than your skis. It's commitment to the turn, to the mountain. The more you commit, in balance, the more the edge. The sooner you commit, the earlier the edge. Play with it and learn to trust. It's such a sweet part of the turn!



You have to **love** and trust the top part of the turn. You have to **commit** to moving down the hill. If you commit and move there as soon as, or even a split second before, as you tip onto the new edges, and before you begin to steer your skis into the new turn, then you will keep up with your skis and stay in balance. It's about tipping the skis onto their new edges and not quite yet steering them into the turn - tip and go a bit more across before you begin to point the skis down the hill - AS YOU MOVE your body foragonally into the new turn.

Remember, that if you start to point your skis more down the hill, into the new turn, gravity will take over and speed will increase. Your skis will start to move faster. If you have not also committed, and moved down the hill with your body (slow motion jump), your skis will pick up speed and you won't, at least not right away. You will end up a bit in the back seat. You need to simply move with your skis when you edge them.

If you want to learn how to increase your edge angles to the snow, then focus on **balancing** ALWAYS while you tip the skis with your shin bones. **Stay loose and go with the force!** LOL So much fun!