

Making Sense - Finishing a Turn ??? Or Brakes???

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.

Finishing a Turn??? Or Brakes???

I am struggling actually calling this article "Finishing a Turn". However, I am calling it that because that is what almost everyone in the ski teaching industry is calling it. I never use the term when teaching... what term/s do I use? "Turn uphill" "Use your brakes"

In the locker room, some instructors were talking about teaching a student to 'finish' the turn. I asked them why did they teach someone to 'finish a turn'. Answer, "Well, it's what we are meant to teach." Me, "Why?" Answer, "You have to finish one turn before you can start another." Me, "What do you mean by "finish a turn"?" Finally I explained what I want my guests to understand. It's all about balance - and control so that they can stay balancing over their feet.

First, they need to understand that there is a time that they will go faster and a time to slow down. You don't want to try to slow down when it's the 'faster time'. It's easier to wait for the 'slow down time' to slow down. The faster time is when you point your skis down the hill. The slower time is when you point them across and even up the hill, especially up the hill. "Accept the fact that you will speed up when you steer the skis down the hill..." *This is especially important for beginners and intermediate skiers, and 'scared' skiers, to understand and accept.*

1. When you steer your skis down the hill, into the fall line, gravity will make them start to go faster.
2. Since you will go faster, you never want to steer your skis down the hill if you think you are already going fast enough, or even too fast.
3. So, you want to slow down before you start going faster. How do you do that?
4. You have two methods, first steer the skis up the hill, and/or skid - Use gravity and friction, one or the other or both to first slow down. THEN, steer your skis down the hill.
5. Most people are interested in where they are going and how fast. Most like at least a bit of control. Learning to turn up hill and skid some is great skill.
6. Brakes - I call this steering uphill and/or skidding, the Brakes. You can use brakes both right before you turn and right after you turn, or whenever you want to slow down.
7. You can use Brakes whether you are making round "C" shaped turns, or "Z" shaped turns with straight stretches in between.
8. You can use the steering uphill, without the skid, when you are carving... Matter of fact, it's easier to teach someone to carve if you add in this steering uphill. Why? Because it helps them "want" to move their body into the new turn, away from their feet, which helps them edge their skis earlier in the turn.



This man would probably like to understand this!