

Making Sense - Moving into a Turn

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.

Moving into a Turn

We want to always stay in balance and this means keeping up with your skis as we steer them down the hill and into a new turn. Because of gravity, as soon as we point the skis down the hill, they will begin to pick up speed. If we are not also actively moving with them, our feet/skis, will get ahead of us and we will be in the back seat. So, to enter a turn, in balance and stay there, we need to move our body forward and diagonally (foreagonally) with the skis. This is what I often refer to as the slow motion jump down the hill... It's very slowly with the skis... We go "there"!

Of course, when we go "there", we want to keep our body functional: e.g. knees as hinge joints, hips lined up with feet and body aiming where we are going.

