

Making Sense - Two-Footed - Moving Foot to Foot

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.

Two-Footed - Moving foot to foot

Just as when you walk, you can move your weight from foot to foot. We all know how to do this. You simply take weight off of one foot...or...

Like everything in skiing, it's total motion, always moving. The timing is also nearly always the same - right after the apex. As the pressure begins to build on the outside ski, and as we begin to bend, to flex, we start to progressively transfer more weight to what will be the new outside foot. The target is to be about 50:50 at edge change. Why? So we can start the new turn with our new outside ski dominant. This makes it easier to move with our skis, into the turn, and stay balanced. Please see the "Making Sense - Outside Ski" article for more information on why we want the outside to be dominant.

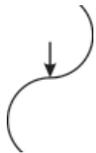


Begin to move to new foot, early.



This foot to foot movement is so important for balancing and keeping centered on our skis. Most of the time, we are not skiing fast enough to ever be completely 100% on one foot. That usually only comes when making GS or downhill turns. Most of the time we may only go from 55:50 to 50:55 maximum or 60:40. So, we are often very two footed, steering and edging both skis. We use both legs. Dominant doesn't mean 100% on the outside ski, it simply means a little bit more on the outside ski, than on the inside ski.

Edge change. @~50/50 Weight.



We always use both skis... We are always keeping our center, staying in balance. Sometimes it's a battle, but that is our objective!

You will find that it's easier to adjust your weight between your feet when your feet are under you, e.g. when you are balanced. Our skis start the new turn, the new arc, at edge change. However, our body starts into the new turn right after the apex when we begin to bend, to flex. It is here, at the apex, that the new turn starts for our body. We start to bend and to move forward and down the hill, foragonally. As we bend, we move with gravity which helps decrease and manage the forces on the skis.



However, as we flex, this is where we need to also start moving to the new outside ski - progressively until we are 50:50 near edge change. It's easier to begin to move to your new foot if your feet are under you, if you are balancing over your feet. Often we find that our feet got a bit ahead of us and we are a

bit in the back seat... Even if you are centered at the apex, you need to keep your feet under you as you bend/flex. I always combine the flexing, moving a bit more to the new foot with also a pulling of my feet back under me. Even if I am not a bit back, you will need to keep your feet under you as you flex. I think of it this way - there is no obstruction to my knees bending, but my ankles are hindered from bending by the boots. This means I need to make sure that I keep my feet under me, so that I bend my ankles while I also bend my knees and begin to transfer weight to my new outside ski - aiming to even out the weight distribution on each ski by edge change - 50:50 near edge change.