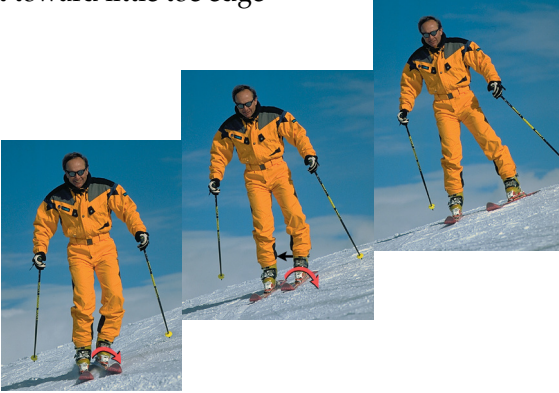


1**3-4. Wedge to phantom move**

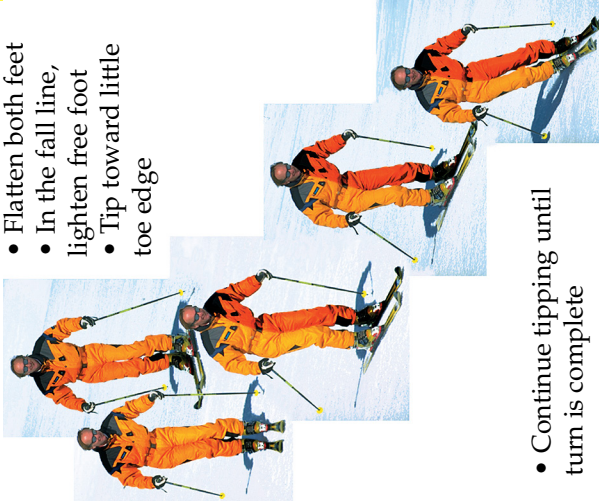
- Traverse slowly
- Flatten free foot, draw it toward stance foot
- Tip free foot toward little toe edge

**3****5-2. Shallow traverse to phantom move**

- Start a shallow traverse
- Pick up tail of free foot
- Start tipping free foot toward little toe edge
- Increase tipping until stance foot turns

**5****5-7. Parallel garland, free foot on snow**

- Flatten both feet
- In the fall line, lighten free foot
- Tip toward little toe edge



- Continue tipping until turn is complete

7**6-5. Full turn**

- Start traversing
- Pick up free foot
- Tip and tilt to little toe edge
- Be patient with stance foot

9**8-1. Cruising, short-radius turns**

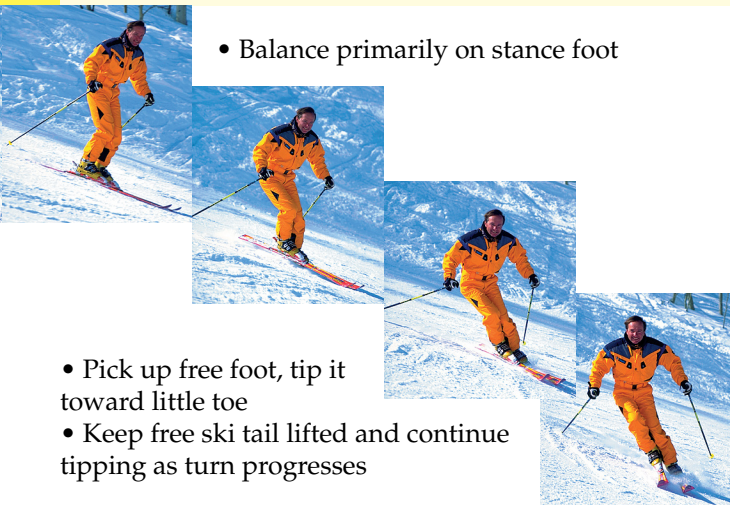
- Relax stance leg
- Shorten stance leg by flexing it
- Pick up tail of stance ski, tip it toward little toe edge
- Shading indicates stance foot side

**11****10-4. Powder skiing**

- Press knees, ankles, and boots together
- Lift and tip free foot toward little toe edge
- Be active with the free foot, passive with the stance foot



4 5-4. Steep traverse to phantom move



- Balance primarily on stance foot

- Pick up free foot, tip it toward little toe
- Keep free ski tail lifted and continue tipping as turn progresses

2 4-1. Release to sideslip



- Flatten both feet
- Keep hands wide away from body
- Flatten stance foot sooner and more than free foot
- Allow tips to drop downhill from tails

8 7-2. Transfer in medium-radius turns



- Stance foot dominates support and balance
- Lighten stance foot
- Stand two footed
- Pick up old stance foot to create new stance foot
- Shading indicates stance foot side

6 6-4. One footed balance



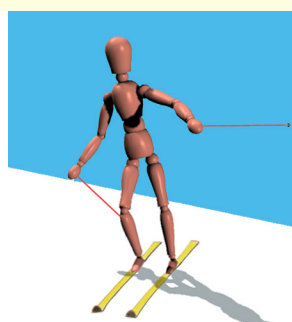
- Traverse on stance foot
- Pick up free foot

- Traverse on stance foot
- Set down old free foot, pick up old stance foot
- Traverse on new, uphill stance foot

12 Alignment improvements

Knock Kneed Skier

- Select lateral boots
- Wide waisted ski
- Minimal lifters or risers under bindings



Bow Legged Skier

- Select neutral or rotary boots
- Narrow waisted ski
- Use lifters or risers under bindings

10 10-2. Phantom move in linked bumps

- Flex & absorb before lip of bump
- Pick up free foot; actively tip it to little toe edge
- Extend stance leg to maintain contact
- Use pole for balance and added support

