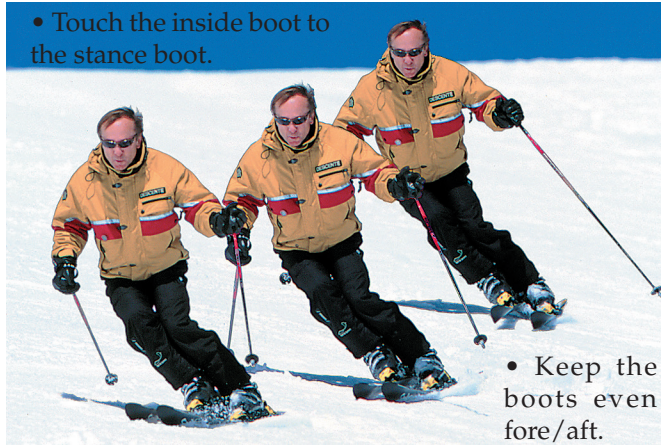


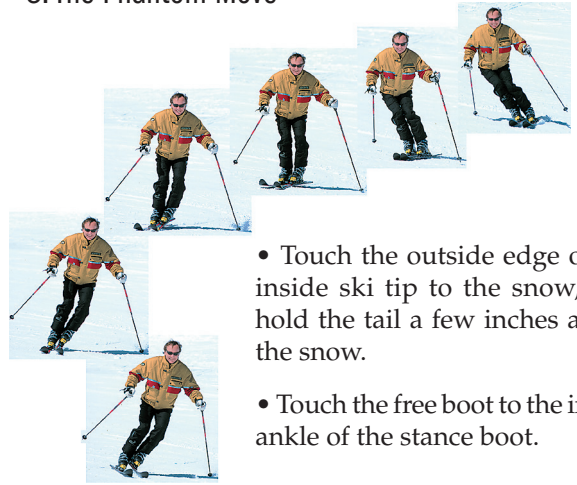
1. Manage your Free Foot

- Touch the inside boot to the stance boot.



- Keep the boots even fore/aft.

3. The Phantom Move



- Touch the outside edge of the inside ski tip to the snow, and hold the tail a few inches above the snow.

- Touch the free boot to the inside ankle of the stance boot.

5. "Ball Control"

- Squeeze the ball with the free boot against the stance boot.



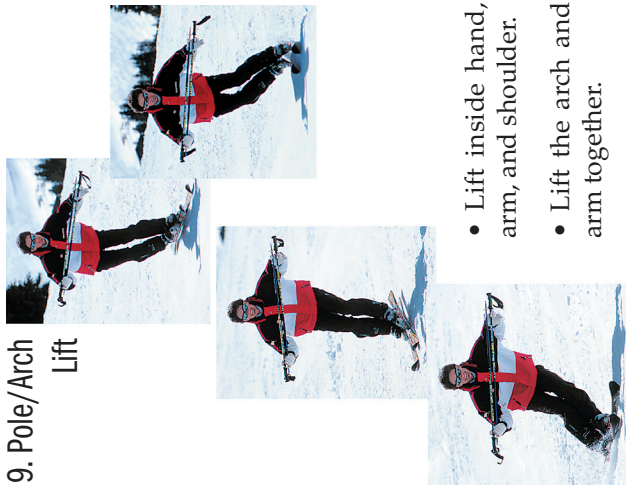
- Deliberately flatten your stance ski to release.

7. Weighted Release

- Stand on the downhill ski as you flatten it.
- Relax and flex the stance leg as you flatten it.



9. Pole/Arch Lift



- Lift inside hand, arm, and shoulder.
- Lift the arch and arm together.

11. Carving in the Bumps

- At the top of the bump, lift the downhill ski, pull it in and back, and tip it over to the outside edge.

- Use a stabilizing pole plant, and the strong inside arm position.



4. Release from the Uphill Edge



- Balance on the little-toe edge of the uphill ski.
- Press the lifted boot against the stance boot throughout the complete turn.
- Flatten the stance ski slowly.

2. Pole Press with Partner



- With the free boot touching the stance boot, have your partner push your foot away while you press inward to maintain contact between the boots.

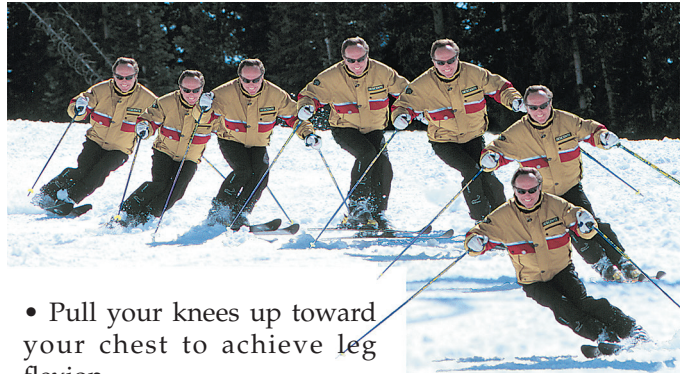
8. Float in Transition



- Relax, then actively flex the legs to release.

- Pause in tipping the free foot while the skis are flat on the snow surface.

6. Flex to Release



- Pull your knees up toward your chest to achieve leg flexion.

- Pull your free foot in and back to maintain contact with the stance foot.

12. Retract for a Clean Release in Crud



- Flex the legs and pull the knees up toward the chest.
- When the skis are free from the snow, tip the inside ski quickly.

10. Tighten the Carved Arc



- Slide the inside foot up along the outside leg to pull your body into the turn.

- Tip the inside ski onto its outside edge far enough that the inside thigh moves outward.