

# THE SKI GUIDE



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# Foreword

Skiing is a sport enjoyed by many people, especially those who are able to tolerate the harsh winter conditions and circumstances. However if the individual is to be able to enjoying the skiing experience thoroughly, some points should be understood before even embarking on the enjoyable but potentially dangerous sport.

## ***The Ski Guide***

# **Chapter 1:**

## *What Beginners Need To Know About Skiing*

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### **Synopsis**

The following are some tips that should help the individual be more knowledgeable and thus have a more enjoyable and safe time on the ski slopes:

## **Some Basic Information**

- The idea of taking some classes should not be thought of as unnecessary. These classes will teach the individual how to keep safe, while at the same time ensuring the individual learns the best techniques needed for an enjoyable skiing experience.
- Learning how to stop is perhaps one of the more important actions to master. Learning how to spread the skis in a pizza like shape called the wedge will help the individual control the speed and the direction when needed. Also, learning the knees and ankle positions, should also be taken as another important contributing element to keeping the well centered balance of the skier. Ideally, the knees and ankles should be slightly bent and the weight should be over the balls of the feet. Hopping about lightly while still being able to maintain the balance will signify the correct stance. However, the shins on the front of the boots should be pressing forward and staying off the heels, and resisting the urge to lean back is also encouraged when attempting to get into the correct skiing position.
- Going fast or picking up speed will require the skis to be straight while to slow down, they will have to be spread out on the tails with the tips staying together to make a wedge..



# **Chapter 2:**

## *The Perfect Motion Control Techniques*

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### **Synopsis**

There are quite a few different motions that will require some practice to be able to ski fairly competently. Therefore, one should take the time to study all the different styles to ensure a more pleasant skiing experience.

## **Ski Like A Pro**

The following are some of the more common ski techniques that will help the skier perfect the skiing motion:

- Shuffle – this is a walking motion on the skis which may seem rather difficult but is easily done with the right technique in place. Without actually lifting the ski off the snow, the individual would simply have to slide the ski forward with the help of the poles on either side held by the skier's hands.
- Classic stride – here the strides are long and gliding where the individual would have to step onto the ski and push back on that ski with the leg. This motion is often referred to as the kick style. As the leg pushing motion is finished on one side, the other side commences the same action. This results in a single leg stride for every single pole push with one arm.
- Double pole – here the forward motions are heavily dependent on both of the poles as they are moved in a parallel motion together to create movement. The hands are required to be brought upwards to about the shoulder level, then by plating the tips of the poles into the snow, a pushing motion is executed to create momentum for the movement.
- Kick double pole – this is an addition to the original leg push as there is a double pole push in this style. The first motion is to push one leg back against one ski and kick, then at the same time bring

both arms up and forward to be ready for the double push. When this is done you will keep gliding on both skis.

# **Chapter 3:**

## *Bump Skiing The Right Way*

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### **Synopsis**

As the title probably already says it all, the bump skiing technique will ideally involve learning how to maneuver over bumps in the snow without losing balance or speed, while enjoying the “ride”. Also commonly referred to as moguls, this style is commonly used as most ski slopes are rather bumpy.

## **How To Bump Ski**

Basically the skier has to learn how to maneuver in an almost zigzag pattern to avoid encountering bumps while skiing down a slope, steep or otherwise. This is a slower style but an effective one when it comes to maintaining balance all the way down. It will also allow the skier to maximize on the speed most comfortable to the individual at all times, without having to stop periodically to recapture balance.

This style also does not really require the individual to maximize on the speed of their reflexes as this particular skill may decline as the skier ages. The zigzag swaying pattern will help to create better control which should in turn provide the skier with the leeway to define the progressively faster reflexes as the pitch of the run increases.

The best technique to use when trying to master skiing on bumps is the mogul one, as it provides maximum speed control possibilities and therefore it is the quickest method to achieving confidence in an off piste terrain. There are also other slightly varying techniques that require the skier to take a slightly faster line but still provides the effective method of staying balanced and remaining in good control at all times. Combining these methods will allow the skier to use the basics but make wider swaying turns along bigger angles to keep up with a faster momentum. The idea is to actually use the slopes on the declining side of the bumps to create the push for the zigzag motions.

# **Chapter 4:**

## *Improve Your Traverse Skills*

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### **Synopsis**

There are several different motions linked to the traverse skills in skiing. These vary according to their uses based on the terrain the skier is going to be challenged with. Therefore some understating of the basic traverse movement should be made clear.

## **Tips On Traverse Style**

The traverse style is used when skiing across terrain or as a part of linked medium turns. Using the right stance is important, and this includes extending the arms forward, keeping the knees bent, and leaning the shins against the boots. This should be done with the distribution of approximately 70/30 between downhill and uphill skiing. Keeping the hips positioned over the feet will facilitate the movement of the uphill ski and boot to about half a boot ahead of the downhill ski and boot positioning.

Knees should be positioned slightly inside the turn while the hips are turned in the direction traveling and slightly down the hill. This will help to ensure the edging comes from the hips. This will also keep your balance in check and the majority of the skier weight on the downhill ski.

The different types of traverse progressions include the traverse edge set, side slipping, traverse with tipping skis uphill, hopping from foot to foot, down the hill, and the uphill ski.

The main idea is to be able to execute nice and smooth turns with your skis in consistently matched positions, while putting more weight on the downhill ski. The right stance will further enhance the effectiveness of the movement, as the knees are constantly being flexed and extended according to the turn made in the ankles and hips to ensure the arc is nicely made when maneuvering around bumps.

# **Chapter 5:**

## *Easy Way To Side Sliding*

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### **Synopsis**

Side sliding, also otherwise often referred to as side slipping is another braking method often used when the skier is trying to make a sudden and almost immediate stop.



## **Stopping Quickly**

This breaking technique ideally utilizes the sliding action that is similar to the movement used when descending short pitches that are difficult to ski on. In this particular motion, the skier has to be positioned in a perpendicular fashion to the slope and slide sideways downhill. The sliding down movement should only be done at the approximate measurement of about a foot or two at any given time. This particular technique is usually favored by the more experienced or advanced skier and is especially effective when there are trees or other obstacles in the way of the skiing path chosen.

This technique is also commonly used on steep and rocky slopes, as it allows the skier to get through the tricky and often dangerous terrain with more careful coordination and skill. There is also the question of speed which this movement allows effective control over. The maximum control of motion this side sliding maneuver allows can help to create optimum yet controlled speed and agility, even through the rough terrain which in turn will help the skier keep the balance and maintain stability better than the more conventional methods which are used.

In order to execute side sliding effectively, the skier has to ensure the skis are across the hill and parallel to the fall line while turning the upper torso so that it is facing downhill. This position is often referred to as the countered position. Both the skis should be on the uphill edges, then the skis should move into the flattened positions while allowing them to slide down the hill.

# **Chapter 6:**

## *Polishing Your Skiing Capability*

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### **Synopsis**

Wanting to improve on anything is always a good philosophy to live by. Therefore, in the quest towards becoming a better skier, there are some measures that can be taken to help the skier along.

## **Strengthen Your Skills**

The following are some of the tips that should be considered in the quest towards making improvements in the skiing capabilities of the individual:

- Further enhancing the skills of controlling speed on steep terrain is something worth making an attempt to perfect, as this is usually a very dangerous route to choose when choosing terrain. Acquiring strong and usable knowledge on how to keep speed under strict control as the terrain gets steeper is very important, as there is nothing more scary and dangerous than losing control.
- Incorporating some exaggerated drill into the practice and warm up routines will help the skier adjust to initiating a turn on the snow much easier when using the more common shaped ski. Previously, the straight skis would enable the skier to have some level of proficiency initiating a turn; however doing the same action using the shaped ski may not be as easy as anticipated. Therefore, there is a need to have a lot of exaggerated practice session.
- Being able to powder ski well requires the skier to adopt well to other alternative types of skis, such as the those that have a thinner underfoot of 90mm. This can make the difference ideal for this type of snow consistency, thus providing a better skiing experience.
- When it comes to spring skiing, every skier should take a few extra measures to ensure a safer and more enjoyable skiing experience.

# **Chapter 7:**

## *How To Turn Your Skis Smoothly*

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### **Synopsis**

In order to be better able to maneuver on turns, there are some techniques that can be applied. These may require an initial amount of focused effort and practice, but eventually the skier will be able to turn expertly enough to maintain speed, agility and balance.

## **Proper Turning**

There are two varied styles of turns which are the carved turns of a larger radius and round sliding turns. Most skiers simply place the skis on edge and stand on it while carving an arc defined by the side cut of the ski. This does not really give the skier complete control over the shape and placement of the arc in the turn. The locked positioning on either side of the skiing line usually causes the skier's legs not to flex enough; neither does it extend enough at new turn beginnings. This eventually creates problems for the skier when the slopes get steeper or when the course taken requires rounder turns. Using as many round turns or otherwise referred to as S-turns, as possible will keep the skier in control of the speed and balance as desired. This type of turn gives the skier an adequate amount of time to adjust the flexing of the legs and create appropriate arm movements for the extension and projection of the inside arc. Avoiding static positions would also ensure better maneuverability, thus giving the skier leeway to make changes in direction and speed when called for.

At this point, it should be noted that the skis turn the skier and not vice versa, thus there is a need to use the correct techniques to ensure optimum results. Therefore, being a little more relaxed at the beginning of the turn and increasing strength to have a strong finish is usually an ideal form to adjust to.

# **Chapter 8:**

## *Edging The Skis Confidently*

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### **Synopsis**

For the more advanced skier, there is the need to fine tune the condition of the skis to create optimum results on every ski run. One of these exercises should include ski tuning which is edging.

## **Edging The Right Way**

Although, for some, this is a rather personalized preference, most skiers ultimately use the manufacturer's recommendations on the angles with which to vary the edge depending on the brand between one to three degrees. These are the angles the skis are generally designed around, thus giving the skier adequate room to make maneuverable adjustments. In order to start the edging process, the skier requires tools such as a file and a file guide, although free hand edging is possible, it is not really recommended.

While using a visible marker, draw a line where the intended edging is to start and then commence the filing until the mark is no longer visible. This will not only help to indicate the accurate area that should be filed but will also ensure the amount filed is as desired. This is to be repeated on both sides to ensure a proper balance is created by the filing process. Once this has been done, wiping off any edge fragments should be done before the edge grinding is started, and this should be done in similar fashion as the filing. After the edges have been comfortably sharpened, there is a need to run the grinding rubber at about a forty five degree angle for a few inches at the tips and tails. This is to ensure the edges are dull enough to keep from catching an edge on the hill, but will keep it sufficiently edged and sharp under the boot. All this upkeep will ensure the skis are kept in optimum condition, as this will eventually contribute to a safer and enjoyable skiing experience.

# **Chapter 9:**

## *Learn About Skiing Style, Balance And Falling*

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### **Synopsis**

Improving in the different areas of skiing is usually the ultimate reason for going out on the slopes as frequently as possible and this is only second to actually trying to enjoy the sport of skiing.



## **Points To Consider**

When it comes to style, there are really no proper rules or guidelines to follow. The sense of style usually comes from observing others and trying to emulate the style seen or by simply practicing at perfecting one's own skiing techniques until it is noted as stylish.

Balance however, takes on a more serious connotation, as there are several effecting elements connected to this important part of the skiing motion. Most skiers depend heavily on the ability to harness muscle power and fitness to keep in the skiing position as the balance really comes naturally until the skier is well experienced and relaxed enough to constitute this condition. As the reliance on the power and fitness element decreases, the skier will be more confident and relaxed, thus allowing the natural balance to take over and become more evident in the skiing motions. Keeping the skis about four inches apart, as opposed to keeping them together creates a better balancing stability, although this will be challenging for some as initially the skis may tend to cross frequently.

Although falling is usually a critical part of the learning process, for most people who are able to accept this, it proves to be a good way to help reduce the fear factor and also possible injury in the future. There are ways to fall that should be noted to reduce the level of injury sustained, and this includes falling backwards while using the backside to cushion the fall. Practice doing this by dropping uphill from the skis as relaxed as possible to ensure less likeliness of getting tangled in the skis.

# **Chapter 10:**

## *You Need To Know About The Slope Rules*

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### **Synopsis**

As with all sports, there are usually rules in place to ensure everyone is kept safe and is able to enjoy the experience thoroughly. Rules on ski slopes are no different and understanding the different rules and adhering to them creates a better experience for everyone.

## **Follow The Rules!**

The following are some of the more common rules used all over the world when it comes to the skiing sport:

- Respect and consideration for others using the slopes is perhaps the most important of all the rules that are applied to skiing. If the skier practices this diligently, the possibility of causing danger or inconvenience to others will be limited or even nonexistent.
- Controlling the speed and skiing techniques to a suitable level depending on the other skiers' capability and the what the slope is designed to accommodate is also something important to consider. The skier should always be conscious of the levels of danger present.
- Overtaking is another aspect of the skiing experience that needs careful execution. Any misjudgment or miscalculation in speed or maneuverability could lead to serious injury, both for the skier in question and for those using the same slope. There should always been enough room for the skier who is being left behind after the overtaking action to ensure the skier is able to make any sudden adjustment without losing any balance or momentum. This is especially important if the overtaking motion causes the other skiers to experience shock or temporary imbalance.
- Stopping at piste, especially in narrow places or where visibility is restricted and poor should be avoided. A stop in such a place could contribute to a dangerous and unpredictable situation that could cause a lot of injuries, both to the skier and to others using the slope.

# Wrapping Up

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The sport of skiing can be quite fun and entertaining. Many people flock to ski slopes each year to enjoy the fun they present. However, while having fun it is important to be safe and follow the rules. Remember that your safety should always come first and that is why there are rules in the first place. It will take some time before the beginner masters this sport but it is definitely worth the time and effort. Have fun and enjoy!