

### Introduced in ZZ lesson

- Shins remain in contact with front of boot at **ALL** times
- Able to flex Ankle & Knees to regulate pressure.
- No traverse between turns, Center of mass flows smoothly.
- Able to maintain a ROUND turn shape.
- Pole use introduced with rhythm and directional aid. (Touch & match)

### Introduced in A lesson

- Timing and rhythm
- Refine pole swing and directional movement
- Simultaneous foot movement
- Smooth control of sufficient upper and lower body separation

### Introduced in R lesson

- Definite break in upper to lower body lateral alignment mid turn (hips moving inside of turn - angulation)
- Skis become decambered
- Solid edge control and inside knee guidance
- Excellent center of mass flow from turn to turn

### Introduced in D lesson

- Center of mass travels mainly down the fall line, squared to bottom
- More defensive pole plants
- Quick feet
- Flexion to allow skis to Cross Under body
- Extension to decamber and guide skis for quick turn shape (max at fall line)

### Introduced in Bronze lesson

- Able to adjust pressure for varied terrain (bumps)
- Appropriate edge use

### Introduced in Silver lesson

- Able to adjust all skills for any terrain/feature (bumps, steeps, slush, ice) and have little affect on correct position.
- Able to perform every levels maneuver proficiently.
- Merit card skills / tasks.
- Pushing their own abilities with out hesitation. (1/2 pipe and features)
- *Ability to outperform Tim Fickes in the gates.*

### Introduced upon achieving Gold

- A certificate of accomplishment as a expert.
- A BLIZZARD GOLD PIN containing your name
- Recognition on the Blizzard website as a GOLD member



## ENJOY THE SNOW AND SUCCEED WITH A PRO!

### L to I

#### MANEUVER:

Beginning from a parallel traverse, Round linked short radius narrow wedge turns.

#### HOW TO ACCOMPLISH THIS TASK:

**Start:** in a parallel traverse (with ankles flexed and shins against the boot), While bellybutton, hands, and eyes face the direction of the turn.

**To Initiate Turn:** Move bellybutton toward the new turn, steering and maintaining feet into a narrow wedge down the hill.

**Middle to end of turn:** Continue steering feet and knees thru out round turn, skiing with the bellybutton, hands, and eyes flowing into the direction of the next turn.

Then Initiate the next turn.

### I to ZZ

#### MANEUVER:

Beginning from a parallel traverse, Round linked medium radius narrow wedge Christie turns with matching of the ski's occurring at or after the fall line.

#### HOW TO ACCOMPLISH THIS TASK:

**Start:** in a parallel traverse (with ankles flexed and shins against the boot), While bellybutton, hands, and eyes face the direction of the turn.

**To Initiate Turn:** Move bellybutton toward the new turn, steering feet into a NARROW wedge down the hill.

**Middle to end of turn:** Continue steering feet and knees thru out round turn. Increase inside foot steering to match at or after the fall line establishing parallel skidding and skiing with the bellybutton, hands, and eyes flowing into the direction of the next turn as skidding diminishes.

Then Initiate the next turn.



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Published by Skikids, Inc.©  
dba: Blizzard ski & snowboard school  
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## ZZ to A

### **MANEUVER:**

Beginning from a parallel traverse, Round linked medium radius narrow wedge Christie turns with matching of the skis occurring before the fall line. A narrow gliding wedge with steeper entry into the fall line and a directional pole touch. (Christie portion becoming more carved.)

### **HOW TO ACCOMPLISH THIS TASK:**

**Start:** In a parallel traverse (with ankles flexed and shins against the boot), While bellybutton, hands, and eyes face the direction of the turn.

**To Initiate Turn:** Move bellybutton toward the new turn, steering feet into a narrow wedge down the hill, with a directional pole swing steering both feet and knees to guide both tips into the direction of turn (pole swing promotes a directional movement and timing the simultaneous inside ski edge change.)

**Middle to end of turn:** Continue steering feet and knees thru out round turn. Increase inside foot steering to match before the fall line. Maintain appropriate edge angle to reduce skid and achieve carving, with the bellybutton, hands, and eyes flowing into the direction of the next turn.

Then Initiate the next turn

## A to R

### **MANEUVER:**

Beginning from a parallel traverse with steeper entry into the fall line, Round linked medium radius open stance parallel turns with a directional pole touch.

### **HOW TO ACCOMPLISH THIS TASK:**

**Start:** With ankles flexed shins against boot, bellybutton, hands, and eyes facing the direction of the turn. Skis in a maintained parallel relationship.

**To Initiate Turn:** Move bellybutton toward the new turn. Maintain shin-to-boot contact, with a directional pole swing while rolling ankles and knees downhill steering both feet and knees to guide both tips simultaneously into the direction of turn (pole swing promotes a directional movement and timing simultaneous edge change.)

**Middle to end of turn:** Continue steering feet and knees thru out round turn. Maintain appropriate edge angle to reduce skid and achieve carving, with the bellybutton, hands, and eyes flowing into the direction of the next turn.

Then Initiate the next turn

## R to D

### **MANEUVER:**

Beginning from a parallel traverse, Round linked medium radius dynamic parallel turns.

### **HOW TO ACCOMPLISH THIS TASK:**

**Start:** With ankles flexed shins against boots, bellybutton, hands, and eyes facing the direction of the turn. Skis in a parallel relationship.

**To Initiate Turn:** Move bellybutton diagonally across the skis. Maintain shin-to-boot contact, with a directional pole swing while rolling ankles and knees downhill steering feet and knees to guide both tips into the direction of turn (pole swing promotes a directional movement and timing the simultaneous edge change.)

**Middle to end of turn:** Continue steering both feet and knees thru out round turn. Increasing appropriate edge angle achieving a carve and strong diagonal angulated body (lateral movement) position, with the bellybutton, hands, and eyes flowing into the direction of the next turn.

Then Initiate the next turn

## D to Bronze

### **MANEUVER:**

Beginning from a straight run, Round linked short radius dynamic parallel turns.

### **HOW TO ACCOMPLISH THIS TASK:**

**Start:** With ankles flexed shins against boot, Upper body, bellybutton, hands, and eyes always flowing and facing downhill.

**To Initiate Turn:** Tip both feet, knees in direction of first turn. Maintain shin-to-boot contact, with pole swing while rolling ankles and knees downhill steering and arcing both feet and knees away to guide both tips into the direction of turn (pole swing promotes a stable body and directional foot/ski movement with simultaneous edge change.) Steer and sink quickly. Bending (deamber) and tipping (edging) the ski. Creating a strong carve. Cross Under vs cross over.

**Middle to end of turn:** Continue steering feet and knees thru out round turn. Increasing appropriate edge angle achieving a carve and strong diagonal angulated body position, with the bellybutton, hands, and eyes flowing into the direction of the next turn.

## Bronze to Silver

### **MANEUVER:**

Narrow stance short radius parallel turns thru irregular or variable terrain (bumps/features).

### **HOW TO ACCOMPLISH THIS TASK:**

Quick feet (twist and steer) (light and heavy). Around, over and thru terrain/features.

Very active legs (flex/extend) for absorption. Around, over and between bumps and features. Adapting to terrain with any combination. Intensity, Duration, and timing of movements determine the size, shape and speed of the turn. While doing this maneuver. You should be facing downhill.

## Silver to Gold

### **TASK:**

To ski any terrain, any time, any condition.

### **GOAL:**

To be able to negotiate (as in terrain) and adapt (as in offensive & defensive) by use of all skills to maintain adequate control at all times. The exhibition of technique should be prominent to accomplish the task.

### Introduced in L lesson

- Traverse
- Linked and shaped turns to control speed
- Able to turn and stop on demand
- Rope Tow
- Chair lift
- The Responsibility code
- **Stance** (stål əns) - The optimal stance for achieving dynamic balance.

### Introduced in I lesson

- Smoothly Steering feet to match
- Less difference from left and right turns (dominance)
- Narrower stance, gliding wedge
- Good continual movement of center of mass through turn
- Rounder turn shape. (Less Z shape)