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N O R T H W E S T

Level II Telemark Tasks

Baseline Movement Pattern

While constantly moving forward in the direction of travel, the skier redirects their center of mass (COM) diagonally to allow their legs to move actively. This allows them to make adjustments within the turn at any point, and thus maintain flow down the hill.

General Considerations

The tasks are designed to be training tools for skill development. It is not so important that you master any given task; rather the tasks are in place to highlight the skills that should be present. Not all the tasks may be used in the exam, nor are they graded as pass/fail. What is being assessed is the application of the skills and the ability to properly blend them to create efficient movements.

While there is some latitude for accuracy in the parameters of the tasks, the candidates must routinely (80% of the time) demonstrate the skills necessary to do the task, as opposed to occasionally (less than 80% of the time).

Tasks and Maneuvers

Medium Radius Telemark and Alpine Turns (*blue and easy black terrain*) Ski a series of ROUND alpine and telemark turns of consistent size (1½ to 2 packer widths) and speed with appropriate progressive edging and rotary movements.

VISUAL CUES

1. Both skis are tipped on edge simultaneously and remain parallel throughout the turn.
2. Balance is maintained through even flexion and extension in the ankles, knees, hips and spine.
3. Edge release is smooth and progressive.
4. The shoulders are matching the terrain throughout all phases of the turn.
5. In the alpine turn, balance is directed towards the outside ski. In the telemark turn, balance is directed in between the feet with the ability to pressure both feet within the turn.
6. In the telemark turns, the lead change is one smooth motion that is timed to complement edge release and engagement and pressure control.
7. The poles swing and their touch complements the desired turn outcome.
8. Speed control is achieved through a blend of active guiding and edging of the skis, the turns are round with minimal to no skidding.

Short Radius (Gliding) Telemark and Alpine Turns (*blue and black terrain*) Ski a series of ROUND, short radius (gliding) alpine and telemark turns of consistent size (½ to ¾ packer width) with appropriate progressive edging and rotary movements.

VISUAL CUES

1. Legs are actively steering underneath the body.
2. In the telemark turns, the lead change is a continuous motion from one telemark stance to another.
3. Pole swing should be appropriately timed and placed to lead you into the next turn.

Rhythm Changes (*blue terrain*) Ski a series of medium radius alpine and telemark turns that are consistent in rhythm and size, then change to a series of short radius alpine and telemark turns, also of consistent rhythm and size, then repeat.

VISUAL CUES

1. The distinction between medium radius (1½ to 2 packer widths) and short radius (½ to ¾ packer width) turns is clear.
2. The transition between series is smooth.
3. Transitions between the turns will occur every 3-5 turns or as the examiner requests.



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Variable Terrain (*blue and black ungroomed terrain*) Ski a mixture of both short and medium radius alpine and telemark turns in ungroomed conditions without traversing. Turn shape must remain consistent and must not be dictated by terrain.

VISUAL CUES

1. Maintain lateral and fore-aft balance over the outside ski in alpine and between the feet in telemark throughout the turn and turn transitions.
2. Maintain a parallel relationship of the skis.
3. Regulate pressure with the variations in terrain.

Bumps (*blue mogul terrain*) Ski a series of both alpine and telemark turns through the bumps while remaining in balance with consistent timing, flow and turn shape, and without traversing.

VISUAL CUES

1. Balance is maintained through even flexion and extension in the ankles, knees, hips and spine.
2. The upper body remains quiet and stable, and the legs turn more than the upper body.
3. Vision remains focused forward toward the intended direction of travel.
4. Pole movements complement desired turn outcome.
5. Lead change is simultaneous with edge change.
6. Movement into and out of the telemark assists in regulating pressure.

Straight Run Tele Hop (*slightly downhill terrain*) While in a straight run, alternate telemark stances with a smooth, consistent rhythmic hop, allowing no more than 2 seconds to pass between hops.

VISUAL CUES:

1. The “take off” and “landing” occur with both skis simultaneously.
2. The body remains centered between AND over the skis throughout
3. Flexion and extension movements are smooth and progressive and of the same duration.
4. Flexion and extension complement the direction of travel and show appropriate timing.

Skating (*flat, slightly uphill, and slightly downhill terrain*) Skate without poles for approximately 20 yards, showing appropriate timing, rhythm and flow.

VISUAL CUES

1. The center of mass (COM) moves forward constantly and continuously.
2. The legs move actively under the body.
3. Shoulders match the terrain.
4. The ski's edges are released and engaged in one smooth movement.
5. Balance is maintained over the whole foot of the extending leg through a majority of the extension.
6. Shin to boot cuff contact is maintained throughout.

Shuffle Turns (*green or easy blue terrain*) Ski a series of ROUND, consistent long radius turns while executing a rhythmic, fore-aft movement of the feet and legs (i.e. alternating telemark stances).

VISUAL CUES

1. The body stays centered between AND over both skis throughout the series of turns.
2. BOTH skis are constantly being guided through the turns.
3. The upper body is continuously matching the terrain.
4. Shin to boot cuff contact is maintained throughout the turns.
5. Shuffling should be rhythmic, though it does not have to be constant through the belly of the turn.



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Uphill Arcs (green terrain) From a straight run use tipping movements of the feet and legs to engage the skis' edges thus creating an arc across and up the hill to a stop.

VISUAL CUES

1. Tipping of the skis and engagement of the sidecut create the arc, not the steering of the feet.
2. Both skis are tipped on edge simultaneously and evenly and remain parallel.
3. Stance width should remain consistent throughout the arc.
4. Leave two clean tracks in the snow.

Linked Pivot Slips (blue or easy black terrain) Ski through a series of linked pivot slips in a narrow corridor staying in the fall-line while maintaining a consistent speed. Done separately in both Telemark and Alpine stances.

VISUAL CUES

1. The lower body turns while the upper body remains stable.
2. Skis released and engaged simultaneously and remain parallel.