

# **SKIING FUNDAMENTALS**

**Control the relationship of the Center of Mass to the base of support to direct pressure along the length of the skis**

**Control pressure from ski to ski and direct pressure toward the outside ski**

**Control edge angles through a combination of inclination and angulation**

**Control the skis rotation (turning, pivoting, steering) with leg rotation, separate from the upper body.**

**Regulate the magnitude of pressure created through ski/snow interaction**