



## Visual Cues to Efficient Body Movements in Telemark Skiing

### *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*

This guide is designed to be a reference to efficient Telemark skiing, with visual indicators. The presence or lack of these visual indicators, or cues, can help you see what is or what is not happening in both your own and your students' skiing.

### **A. Flex and extend your ankles, knees, hips and spine to balance between the feet.**

*Why?* So you can maintain continuous balance, allowing you to adapt to any situation. These movements allow you to respond to pressure on your skis so you can flow with the terrain.

#### VISUAL CUES

1. Both skis bend from the middle.
2. Shins maintain contact with both boot tongues throughout.
3. The body flows continuously with the skis and the skis flow over the terrain.
4. The skier exhibits fluid motion as a result of continuous and coordinated movement at joints.

### **B. Use diagonal (forward plus lateral) movements of the feet, legs and hips to engage and release the edges of the skis.**

*Why?* So you can maintain progressive edging movements and stay balanced over your edges.

#### VISUAL CUES

1. The skis are tipped on edge before the fall line (early) in a turn.
2. The shins stay in contact with both boot shafts forward and laterally.
3. The edges are released and engaged with one smooth movement.

### **C. In telemark the fore and aft movement of the skis is smooth and continuous and complements the direction of travel while the body remains centered between both feet.**

*Why?* So that you can create effective flexion and extension movements, enabling greater efficiency within your skill blending and regardless of the size of the turn.

#### VISUAL CUES

1. This movement assists (as opposed to dominating) all other skills to allow the feet to move continuously down the hill.
2. Both feet are pressured through the arch and shin cuff contact is constantly present.
3. The inside half of the body leads the outside half into the turn.
4. During the fore and aft movement of the feet, the hip does not rotate to the inside of the turn.

### **D. Turn your legs under your body to help you guide the skis through a turn.**

*Why?* So that you can control your turn shape – and hence your speed - more efficiently.

#### VISUAL CUES

1. The legs turn more than the upper body.
2. Turning movements originate in the feet and legs.
3. The upper body is matching the terrain.

### **E. Direct your upper body and swing your pole to flow with the skis through the turns.**

*Why?* So that you can better keep your whole body driving down the hill (and stay in balance).

#### VISUAL CUES

1. The hands are forward.
2. The pole swings smoothly in the intended direction of travel.
3. Vision is forward and the eyes look to the intended direction of travel.
4. Pole touch complements the desired turn outcome.