Basic position



Shoulders and pelvis facing the direction

Arms swinging

Eyes forward

Ankles, knees and hips bent

Back knee touching front knee at side

Shins touching shoe tongue

Body weight on front foot / rear leg relaxed



Length of poles

As for skiing or slightly shorter (maximum 15cm)

Lifts

Skis lift : 2 feet on if you feel comfortable or only the front foot on, back foot placed across the board, a pole in each hand (without the straps), letting them drag on the ground to control your lateral balance.

Chairlift: only the back foot is shod. Except for those with step-in bindings, where the front foot is used.

Safety rules

The safety rules are the same for all slope users. Choose the slopes that correspond to your technical level and the type of skiing you want to do.
Extreme carving and speed should not be practiced on busy slopes. Always look behind you before making radical turns.

Elementary turn

Type of slope: easy / green

1. Preparation

Set off in a direct line almost facing the slope, your body weight on the front foot with a minimum of speed for good balance. Pelvis and shoulders facing the tip of the skis thanks to the flexed position.





2. Initiate the turn

Let the pole on the inside of the turn slide over the snow. By tilting your shoulder line slightly in the direction of the turn, your skwal will gradually go flat on the snow and lead you to change edge as you cross the line of the slope.
Do not use a pole plant or you risk oversteering.



3. Driving

Keep your body slightly oriented in the direction of the turn, with your weight on your front foot. Keep your body facing the tip of your skwal throughout the turn until you start to climb back up the slope and slow down.

4. Triggering the next turn

Repeat point 2. In both left and right turns, the pelvis faces the tip of the skier's skis throughout the turn.

The 3 keys :

- Body weight on the front foot
- Pelvis always facing the tip of the skwal
- The inner stick on the bend drags on the snow

Evolution turn

Type of slope: green / blue

1. Preparation

Gaining a little speed, gradually bend your legs until your weight is on the front of your back foot.





2. Initiate the turn

Straighten up and lean forward towards the inside of the turn ahead. Let the pole on the inside of the turn slide over the snow.



3. Driving

Gradually bend back onto the front of the rear foot. Let the pole on the inside of the bend slide over the snow.
Keep your body rotating slightly in the direction of the turn until you slow down slightly.