

The Five Fundamentals

NSP & PSIA - "The Five Fundamentals of Skiing" and associated skills development techniques for OET Instructors

Fundamental #1 - Balance:

"Control the relationship of the center of mass to the base of support to direct pressure along the length of the skis"

Applicable Skills

Athletic / Power Stance
1000 steps
Stand on 1 ski
Straight Run Stepping
Skating across the flats
Forward platform
Striaight Run Hopping
Standing Stretch with one ski forward
Striaight run leaning forward and back
Hop Turns
Ski w/Tray or Ski Poles Held in Front
Dolphin Turns
Preying Mantis
360 Spins
Kick Turn
Skating
Stepping Wedge
Traverse
Sideslip
Falling Leaf
Hockey Stops
Power Stops
Pivot Slips
Skiing with no poles

Fundamental #2 - Pressure T1:

"Control the pressure from Ski to Ski and direct pressure toward the ski"

Applicable Skills

Flex ankles to front of the boot
Step Turns
Stand Tall Stand Small
Short Radius Turns

Traverse
Power Stops
Pivot Slips

Fundamental #3 - Edging:

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

Applicable Skills

tip skis on edge knee inward
Edging on the rails
tip skis outward knees rotated
Fall Line RR Tracks
Pull downhill while holding their poles
1000 step turns
Spray the snow
Use rope to pull them off balance

Herringbone
Skating
Wedge
Wedge Turn
Traverse
Forward Sideslip
Sideslip
Falling Leaf
Hockey Stops
Power Stops
Pivot Slips

Fundamental #4 - Rotation:

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

Applicable Skills

Lift one leg turn foot
Lift one leg rotate hip socket
Hop Turns
Slalom gates
Short Radius Turns
Med Radius turns
360 Spins

Kick Turn
Stepping Wedge
Traverse
Falling Leaf
Hockey Stops
Power Stops
Pivot Slips

Fundamental #5 - Pressure Type 2

"Regulate the Magnitude of the pressure created through the ski/snow interaction"

Applicable Skills

Stationary flex up and down
Straight run with a hop
Press on the outside ski while standing
Long Radius Turns
Jump Turns

Traverse
Sideslip
Falling Leaf
Power Stops
Pivot Slips
Pivot slips in the moguls

TOBOGGAN SKILLS/MANEUVERS