

Telemark Skiing Fundamentals

1. Control the size, duration, intensity, rate, and timing of the lead change to manage fore/aft stability.
2. Control the fore/aft relationship of the center of mass to the base of support to manage pressure along the length of the skis.
3. Control the lateral relationship of the center of mass to the base of support to manage pressure from ski to ski.
4. Control the turning of the skis with rotation of the feet and legs in conjunction with discipline in the upper body
5. Control edge angles through a combination of inclination and angulation.
6. Regulate the amount of pressure created through ski/snow interaction with flexion and extension movements