



Japan Workshop (read in conjunction with the video of the Japan workshop)

The Japanese presented a workshop that ran through their progressions. They have three progressions that lead from plough turns to parallel turns. They are called the A, B, & C methods referring to Acceleration, Balance and Control. Their workshop focused on the A & B method as they have the most emphasis on these two.

Plough turning

Use both skis and break. Whilst breaking, put weight on outside ski and start turning, the inside ski does not become light. The weight stays on both skis until the fall line, at which point the weight moves onto the outside ski. This is a breaking plough, moving the weight onto the outside ski at the fall line.

The demos showed a balance point behind the centre of the foot. When asked the answer was that they directed weight through the tail of the ski.

The next phase was moving this into a gliding plough, this is moving into their 'A' method by putting a "little more carving into it with the outside ski"

Using this movement as a basis, having the weight on the outside ski, make the inside ski flat.

The demos showed a wide plough with it difficult for the skier to be supported by the outside ski.

By being more active with steering the inside ski parallel, the skier moves into parallel turns.

Method 'B'

Worked through Sideslipping, and swing to the hill through to parallel skiing.

The overall impression was that the manoeuvres were quite aggressive and prescriptive.

Discussing how this progression would prepare skiers to deal with different environments such as bumps and steeps it was highlighted that most Japanese ski areas are quite flat with little or no steeps and no bumps, even the off piste was little skied as they were out of bounds in a lot of areas.

The workshop gave the impression that their very prescriptive progressions fitted with their cultural and skier needs.