



Carving - experience the feeling

Pupils are very interested in Carving, this riding along the side cut of the skis. This technique is very easy to learn on the feeling, through constructive exercises they experience the fascination that comes along with it. By feeling the forces acting on the skis and faster ride on the body, when the curve is no longer slipped, but cut performed, they find out, what the equipment can, if you master it technically. What Carving means, you have to have learned about the feeling, otherwise you never know, what it really means.

Necessary conditions for the success of the exercises are:

- well-waisted skis
- rather flat terrain, may be a bit steeper until good technique
- hip wide ski steering, two-legged load and movement
- both skis always have snow Contact
- decent alpine driving behaviour

Aims of the exercises are:

- Open skies with equal radius by curve
- The skies do the curve itself, no twisting or slipping by the skier
- shoulder and torso are stable, rotate as block with the curve
- carving must be felt

The below indicated exercises are examples of how the feeling of carving can be developed for pupils.

Race carving – technical exercises

Exercise > slight squat; tilt knees at the same time, wait the reaction of skies

Aim > skies run itself without further action along the side cut through curve

Exercise > slight squat; tilt knees at the same time; press inside knee more inside

Aim > the inner ski engages more and attracts the curve

Exercise > (slight squat); tilt knees at the same time; pull back the inner ski deliberately

Aim > to reach a parallel position of the lower legs, the inner ski engages more and attracts the curve



Exercise > slight squat; tilt knees at the same time; “claw” with inner toes

Aim > to reach a parallel position of the lower legs, the inner ski engages more and attracts the curve

Exercise > push the outer ski deliberately forward

Aim > to achieve a parallel position of the lower legs - better control over the outer ski - orientation of the upper body in the direction of skiing



Exercise > Arms are crossed - hands grasp at knee insides - pressure from outer hand against the inside of the inner knee

Aim > Legs are kept in hip width - there is a parallel position of the lower leg achieved - the tilting movement can be controlled temporarily – gain of the inclined position of the lower legs



Exercise > put both fists together and place it between the knees

Aim > Wider, open ski position



Exercise > Outer hand reaches the outside of the boot edge of the outer leg - inner hand is held as a fist between the knees

Aim > gain of the inclined position of the lower legs – upper body remains on the outer ski and thus load on the outer ski – a parallel position of the lower leg



Exercise > hold the Sticks in Rist grip hip width parallel to the axis (ankle, knee, hip, shoulder) from the front to the knees and press knees apart that they touch hands

Aim > open leg position - support the tilting movement



Exercise > hold the Sticks in Rist grip hip width parallel to the axis to the knees, wherein the pressure of the poles affects only the inner knee

Aim > degradation of the offset position of the inner ski

Exercise > hold the Sticks (rope, rubber band ...) in Rist grip in front of the body hip width parallel to the axis

Aim > control of axes (ankle, knee, hip, shoulder) - stabilization of the upper body.



Exercise > hold the Sticks in Rist grip in front of the body hip width parallel to the axis - pull with the hands to the outside

Aim > generating a muscular tension in the upper body and therefore its stabilization

Exercise > press sticks (rope, rubber band ...) to the buttocks

Aim > generating a muscular tension in the upper body and therefore its stabilization - buttocks and upper body are held via the center



Exercise > hold sticks in comb grip – sticks are directed outwards and touch with their tips always the snow surface

Aim > correct loading of the outer ski - gain of the inclined position of the lower legs



Exercise > “candle”: held up sticks with straight forward arms vertically

Aim > stabilization of the upper body



Exercise > hold sticks in comb grip - put both sticks on the shoulders - stretch arms horizontally as much as possible

Aim > stabilization of the upper body - muscle tension in the upper body - upright position



Exercise > outer hand pushes the hip inward - inner hand is stretched over the inside ski to the front

Aim > keeps upper body on the outer ski and thus load on the outer ski - hip is fixed inside



Exercise > turn outer hand stretched forward above the outer ski – press inner hand with back of the hand on the buttocks

Aim > better control via the outer ski - orientation of the upper body in the skiing direction



Exercise > “bird”: arms stretched sideways at right angles to the upper body

Aim > extreme cornering performance

Exercise > “single touch”: extreme cornering performance

Aim > snow contact with inner hand

