



Interski 2015 Ushuaia Argentina by R James Lister

Italy off snow workshop

-FROM SKI SCHOOL TO RACING

Comparative analysis of the fundamental/basic moves

This off snow workshop has been developed to demonstrate rate and range of movements from basic snow plough turns through to high level/racing skiing. Split screen comparative video footage and a virtual scale, help to provide the learner with simple comparative images.

The following movements are analysed throughout the different levels:

-Up/down movements

The early phases of the snow plough turns are shown with rotational steering only ,no up and down movements. Up and down movements are gradually increased throughout the levels.

-Fore/aft balance

Fore/aft balanced is simply explained by trying to remain as centred (perpendicular) as possible during all ski performance.

-Leg inclination

This is introduced from the ploughing phase and increased to gain bigger edge angles the higher the performance. The shoulders should remain parallel to the slope.

-Rotations

In this final part of the interactive lecture, “rotations” explained by showing the different degrees and speeds of rotational separation between the legs and the upper body in ratio to a given outcome.

Although the terminology used in this workshop is slightly different to that of Basi, the outcomes are often the same.

Unfortunately, the lecture only illustrated the progression of movements from basic ploughing through to high end ski performance. No real links to racing were developed during the lecture?

The workshop document along with all other Interski information from Italy can be found at the following link:

<http://www.amsi.it/en>

Go to “Interski Reserved Area” password code **italia2015**

Download folder; **Lecture e Workshop Italia .zip**