

Advanced skiers: WHEN SHOULD THE CHANGE OF EDGES START

By José “Pepo” Hanff

Either because the subject is too complex or because there is a misconception in regards to the fact that many skiers understand the sport as a sum of turns that start and then stop, the fact is that I have found extremely difficulty to explain even to instructors and coaches, that the passage of the center of mass over the skis and therefore the change of edges starts **quite earlier** than the end of the turning of the skis.

Maybe it's because most skiers visualize as a single unit the actions they do to make each turn with a beginning and an end that for most people it is hard to comprehend that at a very high technical level the skier starts to perform the motions that trigger the passage of his center of mass over his skis towards the downhill side while he continues the actions which allow him to continue turning in the same direction he was doing it for an additional period of time.

This means:

- 1.- That the change of edges starts **before** the skis finish their turn.
- 2.- That the rotary efforts that are been applied to the skis should not end as you start to flatten your skis but should continue until the skis become flat to the snow surface as a consequence of the passage of the center of mass from the uphill side over the skis to the downhill side.
- 3.- That you should not search to create a “platform” from which to buttress to unleash the necessary actions required to make another turn.
- 4.- That because of this, skiing should be seen as a whole from the beginning of your slide until you stop, not as a sum of individual turns.
- 5.- That the human body can be performing several actions with different muscular groups simultaneously, that might be trying to achieve objectives seemingly opposed.

What is here explained and described can be clearly seen looking at Ron Le Master's photomontage of Maier on page N° 22 of “Let's understand skiing” or by clicking here:

<http://www.ronlemaster.com/images/1997-1998/slides/Maier%20p%202.html>

This photo sequence proves without a doubt that at a very advanced level of skiing the actions affected by the skier to carry out the passage of his center of mass downhill over the skis starts before he ends the actions he was doing to make his skis finish the turn.

If you are interested in a more detailed description of the mechanisms involved go to page number 20 of “Let's understand skiing”.