

MONO SKI PROGRESSION – INTERMEDIATE LEVEL 4-6

LEVEL 4 (Wedge Christie Equivalent)

- Refine 1st phase of “opening the door”. (“Turning the door knob” or “hitch hiker” move with the wrist. Do not introduce a countered upper body and no “reaching downhill” with the outrigger. If the skier does it naturally that’s great!).
- Skier utilizes subtle edging movements (typically inclination) to flatten the ski and control skidding.
- The inside outrigger is brought into a matched position with the ski after the ski passes the fall line.
 - ❖ Try combining garlands with opening the door to work on turn initiation and finish.
- Skier is able to control speed on beginner terrain through a series of round, skidded, medium radius turns. Turn shape, rather than braking becomes the primary means of speed control.
- Skier learns self arrest after falling and sliding.

LEVEL 5 (Advanced Wedge Christie Equivalent)

- Introduce a “countered upper body”. (The skier’s head, shoulders, and torso ski into/finish in the direction of center of the next turn. In an anticipatory movement, the downhill outrigger moves in concert with the upper body. No reaching, yet!)
 - ❖ Try “target skiing”, having the student’s head, shoulders, and torso face a downhill target throughout his or her turn. Remind the skier not to make a purposeful countering movement rather ski into and out of a countered position.
- Skier utilizes fore/aft pressuring by flexing in the direction of the new turn at turn initiation and returning to neutral as ski passes the fall line.
- The inside outrigger is brought into a match with the ski at or before the fall line.
- Skier begins to form angles in the hips and spine, reducing skid at the end of the turn.
 - ❖ Use all your best “edging” drills like a slipping traverse, side slip, hockey stops, and hockey stop to a side slip.
 - ❖ Try having your student hold an edge as he or she traverses a side hill.
- Teach self-loading skills.
 - ❖ Try either the “reach back for the chair” or two rigger push-up” method of loading. Skier should recognize personal chair lift height limits.
- Skier learns independent unload from the chair lift.

LEVEL 6 (Open Parallel Equivalent)

- Introduce the “outrigger reach”.
 - ❖ From a static position across the fall line, see how far the skier can reach down the hill without falling over.
- Skier achieves an earlier, more active crossover and develops rotary more efficiently by reaching the outrigger down the hill and farther from the skier’s axis of rotation.
 - ❖ While initiating a turn, see how far down the fall line the skier can reach the outrigger without falling over.
- Skiers develop greater upper/lower body separation allowing for stronger hip and spinal angulation.
- Skier learns self arrest techniques if not already developed.