

MOVING THROUGH MONO SKI PROGRESSIONS

MONO SKI

Level 1 - Balance / Stance / First Gravity Movements

- Don't Forget the Flat Land Drills!
- Push Backwards with out rigger brakes - prepare for straight run braking

Level 2 - First Turns

- First Turn From a Traverse
- Garlands, Fan Progression, Linked Turns
- Speed Control Through Turn Shape, Begin Adding Rigger (reduce rigger brake)

Level 3 - Countered Upper Body

- Target Skiing - countered upper body
- Shoulder Cams - countered upper body
- Slipping Traverse (edged traverse to slipping traverse with angulation)

Level 4 – Edging Movements

- Falling Leaf - pressure and rotary
- High speed hockey stops - angulation
- Side slips - angulation
- Side Slip Edge Set - angulation

Level 5 - Projection

- From a Static Position, Reach as far Down Hill to Initiate a Turn to a Stop
- Turns with One Rigger (not alternating, the same rigger for left and right turns)

Level 6 - Advanced Edging Drills

- Railroad Track Turns (from a traverse and on gentle open terrain)