

Skiing Simplified: One Ski Skiing, Understand It

One Ski Skiing, Understand It

The purpose of this document is to define one ski skiing. Skiing on one ski is not easy, but it is a very good for understanding balance, and the separation and independent leg action required to perfect it. In a previous document ([Turn Defined as a Bump](#)) we related a turn to skiing up and over a bump. This document advances that idea, by declaring that when one ski is starting down the backside of the bump, the other ski is starting up the front side of the bump. In other words, the inside ski and the outside ski are on opposite sides of the bump. To keep our balance, the idea is to always be standing on the backside of the bump. The idea is to use gravity to roll out of the turn on the back side of the bump. The idea is to stay on top of the downhill ski. The critical point for this weight change is when both skis are pointed down the fall line. At that point, if we have two skis, we stand on the downhill ski and stay on that ski until the next fall line. At that point 100% of our weight is on the outside ski as we push on the backside of the bump down the fall line as it becomes the inside ski. At that point we pull ourselves down the hill over that ski as it is becoming the inside ski. At that point our ski rolls under our body to the inside position. At that point we relax that leg using gravity to keep our balance. If we do it quickly it is easy to stay forward and balanced over our skis. One ski skiing forces us to learn how to initiate the turn from the downhill ski using gravity. We already know how to initiate the turn from the uphill ski using gravity.

One Ski Skiing is Difficult

Before we try one ski skiing, we should imagine how we are going to start and stop on one ski. Which way is easier, starting on the uphill ski or downhill ski, stopping on the uphill ski or downhill ski, and why? Which is easier, starting at the top of the turn, the middle or the bottom? Which is easier, starting at the top of a bump, the middle, or at the bottom? That should answer your questions. Where is the easiest place to stop, at the top of a bump, the middle or at the bottom? Front side or backside? Just thinking about starting and stopping on one ski is enough to keep most people away from the challenge, but it has helped me to think about one ski skiing even if I never spend much time doing it.

One Ski Skiing

I believe the key to one ski skiing is to stay on the back side of the bump. One turn does that by pushing down off the outside ski and the other turn by pulling down off the inside. As we pull our leg shortens and as we push our leg lengthens. The push only lasts a quarter of a turn, while the pull lasts three quarters of the turn. We begin pushing at the start of the turn and begin pulling at the middle of the turn. One ski skiing shows us it is easier to stay in balance pulling than pushing. After one ski skiing, it will be easier to pull on both turns.

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Summary: One Ski Skiing, at least Understand It

Now that we understand one ski skiing, the easiest way to stop and start, and how to stay on the back side of the bump or suck the front side of the bump all the way to the middle of the turn. Now that we understand one ski skiing, can we see how it should help us ski on ice? No matter what level our skiing we want to stay balanced over the center of our skis. The inside ski gets to the top of the bump first. If we are late going over the bump things get difficult. If we are late sucking the bump things get difficult. If we stop pressing or sucking things get difficult. We don't have to try it but, how would we ski one ski in slalom, GS, Super G, and Downhill? Do we have to be quick or strong?