

## Edge Sets - Skipping Forward and Running Backward

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The purpose of this document is to define edge-sets by associating them with running. In skiing, we bend or extend the leg to unweight the ski to get over the [hump](#). In other words, skiing is a series of up and down movements. The up movements are quick and the down movements are not. Without getting in to “down unweighting”, we jump up and float down. The edge set is the platform made when we go up or unweight the ski. This document will associate the edge sets with running where we also jump up and float down. There are several correct ways we make edge sets, and there are several ways we run, each one correlating with one of the skiing edge-sets. The way the arms swing, also the same, one for each edge set.

## The Ways We Run

There are several ways we run: frontwards; backwards; sideways; and skipping. Think of each of these ways and think how each of them change depending on whether you move off the toe or the heel. Or, whether you land on the toe or heel. Each combination is a different kind of running, always foot to foot, but the way we change feet is a major difference and causes different arm swings.

## The Ways We Ski

There are several ways we ski: Turns to slow down; Turns to speed up; L shaped turns; C shaped turns; Bump turns; Stem turns; Slalom turns; Giant Slalom turns; Garland turns; Hairpin turns; Flush turns; Short Swing turns; Super G turns; and Downhill turns.

## The Ways We Run when we Ski

Most people run forward in a wedge. Most people on the hill run forward from the toe of the downhill outside foot towards the heel of the uphill new outside foot. They edge-set on the downhill ski and run / twist from downhill toe to uphill heel, with maybe an extra heel to toe turn fighting gravity to slow down. When we run forward or side to side, both feet are facing forward, but the movement from foot to foot creates a wedge. Like when we are running or jogging, most people run forward in a wedge, which makes powder skiing almost impossible. But, this downhill-foot edge-set is the best way to slow down; like a hockey stop up hill. We want gravity to help us slow down. The wedge helps us slow down.

## The problem with running forward – Twisting, but Twisting is good

The problem with running forward or sideways, we naturally twist. There are times when we need to twist in skiing. We twist when we want to slow down. We twist when we want to make an “L” shaped turn to get back on line or to take advantage of terrain for one reason or another. But, to save energy, to go faster, ski powder, improve balance, to have more fun skiing we must learn to edge set off the up-hill ski. In other words, we must learn how to turn from the ankles without a twist at the hips.

### Never forget the Twist – bit learn to Turn

Never forget the twist, but to get better, we must put the twist in its place and learn to turn. Turning from the ankles means the lower body is in charge and the upper body, and hips and arms just go along for the ride with the turn. In other words, they just balance. They just face the momentum, the moment. The ankles control this facing.

### Running Forward or Backward

In running, we twist when we run forward side to side off the toes or forward from toe to heel. We turn when we run backwards or skip forwards off the toes.

### Edge-set off the uphill ski with twisting and turning

To get better, most people **need** to learn how to edge-set off the uphill ski. We do this by running backward from toe to toe in a standard slalom (wedelin or short-swing) turn. This is impossible without an ankle turn uphill off the uphill edge-set. Or, when we need a delay between turns, we edge-set off the uphill ski by skipping forward from toe to toe, while turning uphill before landing on an edged ski and long leg, then turning downhill facing the moment from the ankles while floating down bending the leg till ready to skip again. Two ankle turns for a delay or GS turn and one for the slalom turns. Plus, we edge-set off the uphill ski by running forward from toe to toe, like starting a sprint. Think flush (tight) slalom turns off the uphill toe.

### Five Ways: to run; to turn; to edge-set

There are five ways to run, five ways to turn and five ways to edge-set. Two (jogging and sideways running, off a downhill ski edge-set) for slowing down, hockey stops and “L” shaped turns to take advantage of the terrain and gravity. Two (skipping and backward running, off an uphill ski edge-set) for short turns or delays. And one (forward running off the toes or sprinting, off an uphill edge-set) for a straight flush where we take advantage of the wedge.

### Summary: Edge Sets - Skipping Forward and Running Backward

The purpose of this document is to define edge-sets by associating them with running. In skiing, we bend or extend the leg to unweight the ski to get over the hump. In other words, skiing is a series of up and down movements. The up movements are quick and the down movements are not. Without getting in to “down unweighting”, we jump up and float down. The edge set is the platform made when we go up or unweight the ski. This document associates the edge sets with running where we also jump up and float down. There are five correct ways we turn, and there are five ways we run, each one correlating with one of the skiing edge-sets. The way the arms swing, also the same. To get better: practice skipping forward and running backward and their arm swings.