

# SNOWPLOW BACKWARD

## Learn to Snowplow Forward then Backward, First Day

Learn to snowplow backward as soon as possible, like first day. It teaches proper balance. Snowplow forward is only useful for controlling speed and direction while going slow on a flat hill. It teaches balance with the ankles open. All the rest of skiing is done with the ankles closed, using completely different leg muscles. Without words, the backward snowplow compared to the forward snowplow teaches this difference immediately.

## Compare at Home-Notice Your Balance Change

Before even putting on skis and boots, just balancing with the feet in both positions, one can feel the muscle change to balance. Before going to the hill just balance with your feet in a forward snowplow position, Then, notice your balance change to the new muscles when you balance with the snowplow pointing to the rear. This is on a flat floor. Notice ankles open, ankles closed. Turn back to look where you are going. Close both ankles, all the way.

## Snowplow Forward and Turn

One of the problems with snowplow forward: when you turn, one of the skis is always in the way. For example, its edges arc right and you want to go left. That opposition is great when going straight down the hill, or making small turns, because the opposition works like brakes. But if you want to go around a corner, better get into the other snowplow position.

## Stopping

Learn stopping as soon as possible, We stop by snowplowing backward. So, learn backward snowplow as soon as possible. After we learn to balance snowplowing straight backward, it is easy to turn backward because with ankles in the right position the skis work together, both arcing the same way naturally. In fact, the more you close the ankles, which is natural when you ski backwards, the more the inside ski's arc will perfectly match the outside ski's arc. We stop by snowplowing backwards because it is the shortest way (by 90 degrees) to turn up the hill, which causes the stop. If you are going fast, it may take a few backward turns to slow down. But they are great and accurate brakes. Because of the mark they make on the snow, I call these "L" shaped turns as opposed to "C" shaped turns. It is easy to put the point of the "L" on a dime. Also, C shaped turns are easy to learn from the proper position.

## Summary

Learn to snowplow backward as soon as possible, like first day. It teaches proper balance. Without words, the backward snowplow compared to the forward snowplow teaches this difference immediately. And from there we learn to stop when going too fast for a forward snowplow. Without words we learn the "L" shaped turn the first day. They teach proper balance. Ready for the second day and "C" shaped turns.