

The Five Fundamentals

1. **Control the relationship of the center of mass (CM) to the base of support (BOS) to direct pressure along the length of the skis.**

This fundamental relates mostly to the ability to maintain good balance throughout the entire turn from initiation through the shaping to the finish. (3 phases)

2. **Control pressure from ski to ski and direct pressure to the outside ski.**

The fundamental deals with the ability to use a long-leg, short-leg tactic to facilitate turn initiation and balance over the outside ski.

3. **Control edge angles through a combination of inclination and angulation.**

Inclination is a lateral movement to the inside of a turn and angulation allows the skier to adjust edge angle and maintain balance toward the outside ski.

4. **Control the skis rotation (turning, pivoting, steering) with leg rotation, separate from the upper body.**

5. **Regulate the magnitude of pressure created through ski/snow interaction.**