

ASE Technical Vocabulary

Angulation: Laterally tipping and flexing certain parts of the body, more than others, to form angles between body segments.

Apex: A point in an arc where the skis / board are pointing or matched with the fall line.

Blocking: Using internal (muscles) or external (pole plants) forces to stop rotation of the upper body.

Carved: Ski / board passes on edge from tip to tail through the same curved arc with minimal slipping or skidding.

Counter rotation: The upper body is pointing in a direction different than that of the skis/board (lower body).

Open parallel: Skis are parallel throughout the turn, but may be on a lower edge angle, allowing some drifting to occur.

Dynamic balance: The ability to effectively retain balance while in motion.

Dynamic parallel: Turns are made with more carving than skidding.

Early Edge Engagement: Skis/board has come up onto a working edge before the apex of a turn.

Fall line: The pathway down a slope that a bowling ball would be pulled by gravity.

Helmet: A device worn by educated snow sport enthusiasts for added head protection and personal safety.

Inclination: The center of mass has moved inward towards the center of the turn resulting in the body having less distance to travel around the arc than the skis/board, tipping.

Learning styles: Styles a learner uses to have meaningful changes for improvement. Learning styles may include auditory, visual, kinesthetic and sensory or any combination thereof.

Leash: A device used to secure the appliance so it doesn't slide dangerously away from its user.

Medium radius: Smaller than large radius turns yet bigger than small radius turns.

Parallel: The skis remain matched on corresponding edges through the entire arc of connected turns with simultaneous edge release and engagement.

Pole plant: A firmer action than a pole touch or swing, for assistance with balance or rotary.

Pressure management: Flexing and extending movements of legs and core, redistribution of weight from foot to foot, increase and decrease of edge angles, turn shape and size.

Rotary: A twisting of the feet, legs, core and other body parts in an effective balanced manner.

Skidded: The tails of the skis/board travels a further distance through a turn than the tip with a combination of skidding and slipping (drifting).

Tactics: A blending of skills (balance, rotary, edging and pressure) to meet an outcome

Tasks: An activity that develops a skill or specific movement and may include garlands, hockey stops, traverses, j-turns, pivot slips, etc.

Wedge: The tips of the skis are closer than the tails and are converging/pointing inward toward each other.