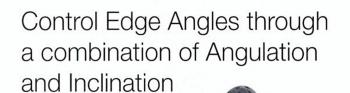
## Alpine Skiing Fundamentals



Control the skis rotation with leg rotation, separate from the upper body

Control the relationship of the Center of Mass to the base of support to direct pressure along the length of the skis

Regulate the magnitude of pressure created through ski/snow contact

Control pressure from ski-toski and direct pressure toward the outside ski