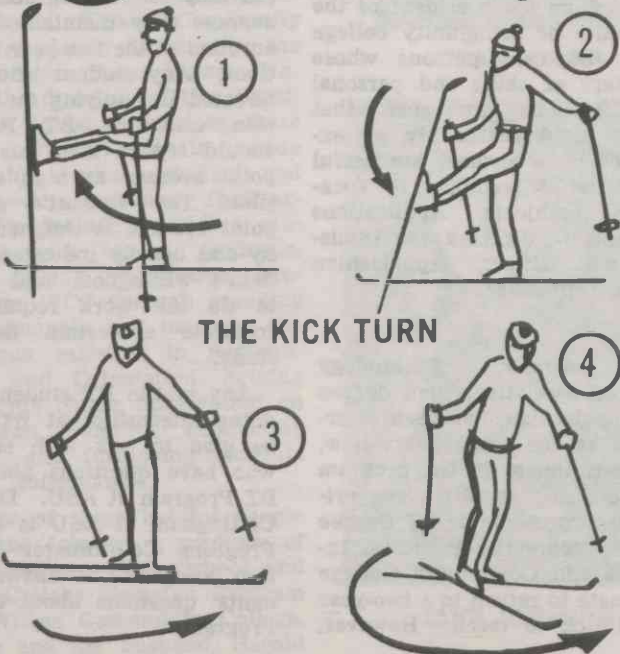


French-Swiss Ski College Jet System

6

Stand with skis heading across the hill. Be sure they're exactly perpendicular to the hill. Thus you neither slide backward nor forward. As indicated in illustration one, start kicking with



THE KICK TURN

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left (or downhill) ski straight up. Notice all weight is on right (or uphill) ski during this movement. You might find that by sliding the downhill ski back and forth first will give you the correct balanced feeling.

Bend your foot back toward you as you kick. Plant the heel of the ski beside the toe of the other ski. It should be at least that close or it'll be impossible to complete the turn. Now pivot your leg and ski around so it falls down beside your other ski. (see illustration 2 and 3) Also note, very important, the poles are planted behind the uphill ski throughout the kicking procedure.

Now, putting all your weight on the kicking foot, bring your other foot around, as illustrated. Be careful not to hit ski pole behind you. You'll notice as the leg comes around, the body also turns and you're ready to go in the opposite direction. A little concentration and you should have no trouble.

