DYNAMIC

SKIING"™

FOR LIFE

s k i i n g

a s s e s s m e n t

name _____

do you need rental equipment? YES_____ or NO _____

Please use the narratives below to help describe your skiing, or circle that which applies to you:

introduction to skiing	intermediate skiing	advanced/expert skiing
You have never skied before. **welcome to skiing**	You can vary turn shape, link wedge christie turns with rhythm, reducing the size of the wedge. The turn finish is parallel. You explore all green runs and the easiest of blues. **linked wedge christie: green trails**	You can link parallel turns on blue and easy black runs, link short radius turns on blue runs, ski easy bumps in the falline with speed control. You have explored natural snow and powder conditions. **dynamic parallel: variety of black trails**
You can walk and climb. You can wedge/snowplow, make slight changes in direction and stop in a **wedge turns: beginner area**	You start the turn with a slight wedge or stem and quickly match the skis parallel. You can vary turn shape for speed control and are beginning to use poles for timing and rhythm. You have skied some ungroomed snow conditions. **linked christie: green & blue trails**	
You can vary the size of the wedge for speed control, turn to a stop, link wedge turns, ride the beginner chairlift and ski the beginner area. **linked wedge turns: beginner area**		You can carve medium and long radius turns: ski short radius turns. You can link turns in bumps, powder, and on steeper slopes. **dynamic parallel: all conditions**
You can link round controlled wedge turns rhythmically with a parallel and skidded finish. You can ski easiest beginner trails on the mountain. **wedge christie: mountain introduction**	You make open stance parallel turns with a poleplant for timing and rhythm. You can change rhythm and turn shape as slope and conditions demand. You can ski easy bumps with a poleplant, and ski ungroomed snow conditions. openstance parallel: **blue & black trails**	

"Integrated Skiing"™ seminars encompass intermediate through expert skiing.

36 Au Place • Paia • Hawaii 96779
email:mauimarg@gmail.com