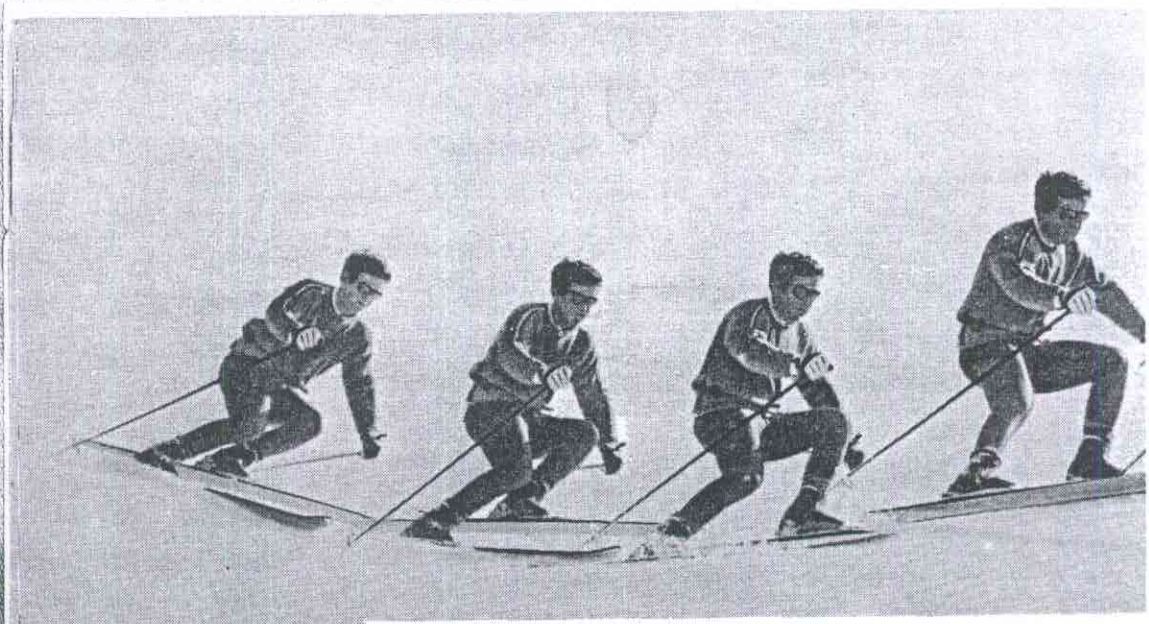
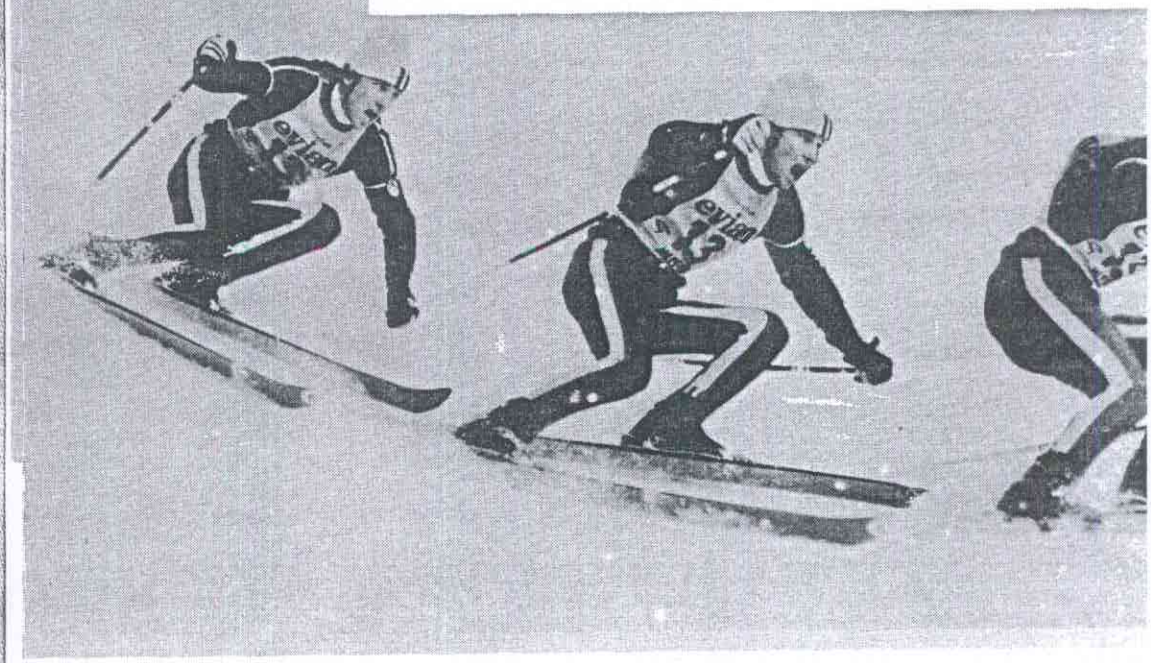


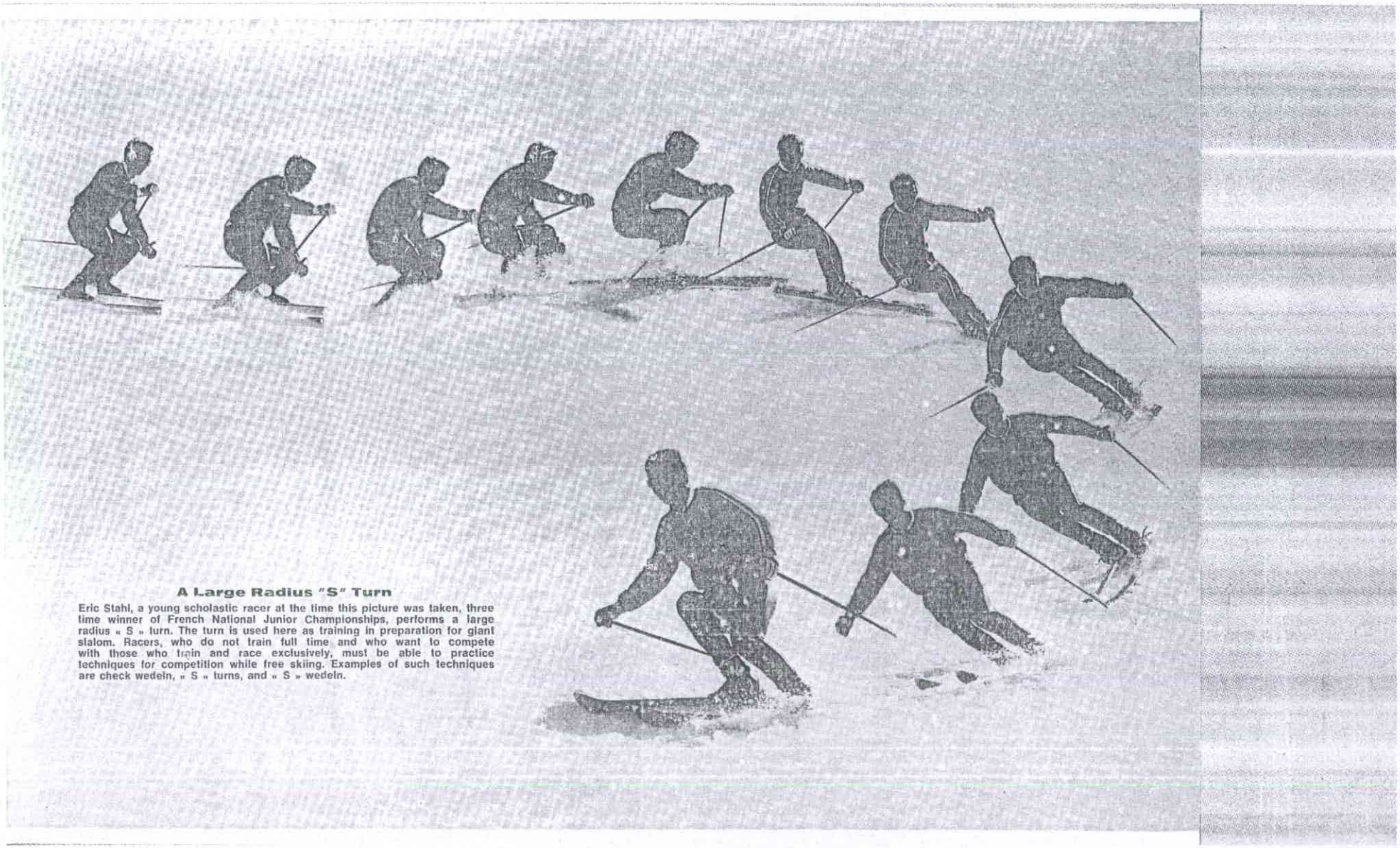
The " S " Turn with Lateral Projection

Avalement **in a narrow stance, with an identical action of both legs, was found to be slower than an** ***avalement*** **combined with a lateral thrust and projection of the inside ski. Above, Eric Stahl performs this movement while free skiing. Below, Alain Penz uses it in giant slalom. The three phases of the movement are : 1) balancing on the outside ski, 2) projection of the inside ski in an exactly lateral plane, and 3) balancing on the uphill ski which is immediately thrust forward and pivoted into the coming turn through** ***avalement.***



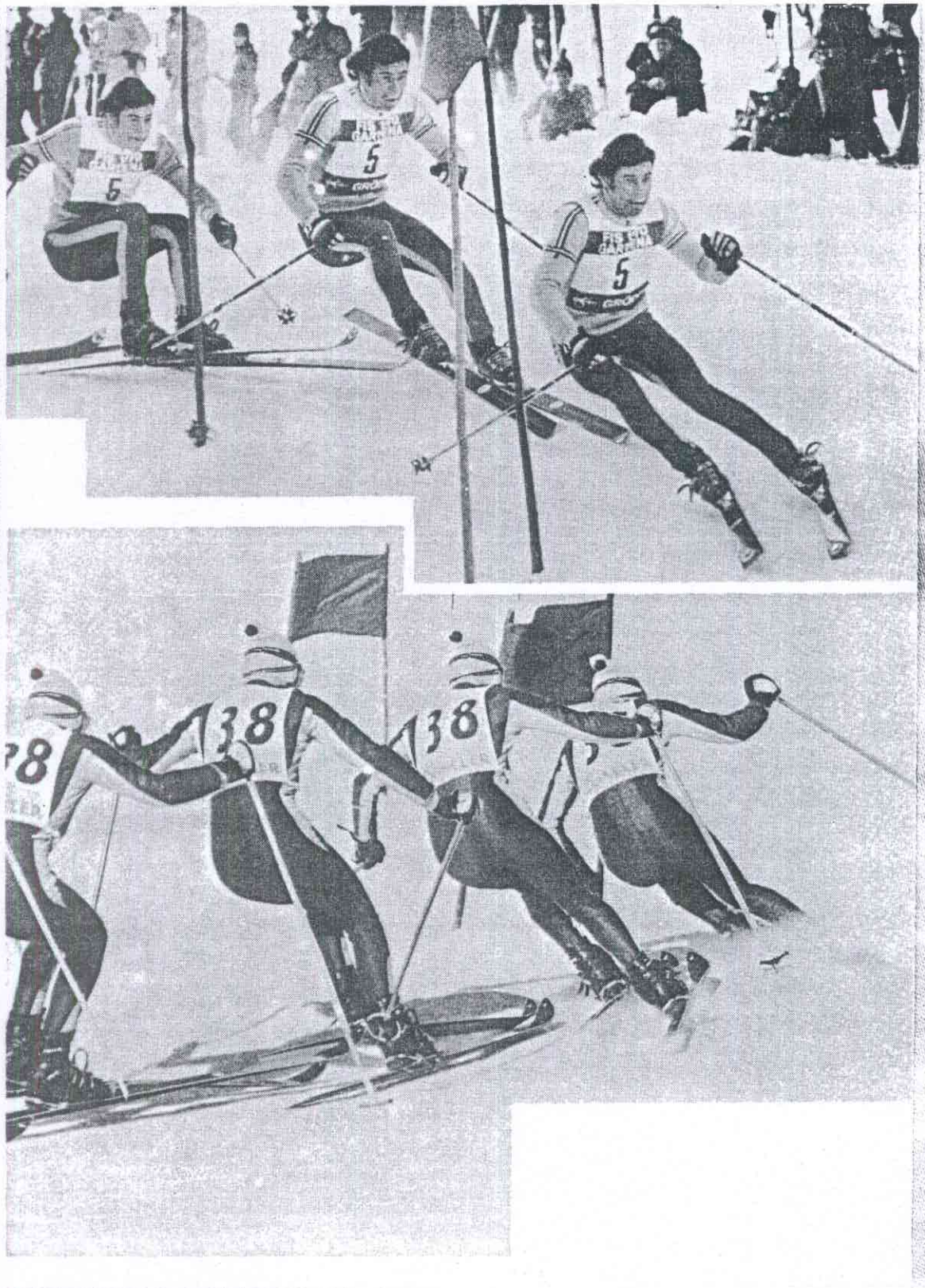
" S " wedeln with Avalement

This type of wedeln is performed on a steep slope and resembles check wedeln. As this series of photos illustrates, this technique allows the skier to make very tight turns. Its advantages are threefold : 1) It allows the skier to shorten the time normally spent braking in such a series of turns. The skis are pulled forward and cut the snow, thus carving instead of sideslipping. 2) Because of the preceding fact, turns can be made much more complete. 3) Rebound is reduced and the skis can remain in contact with the snow. « S » wedeln is the best exercise for very short complete slalom turns.



A Large Radius "S" Turn

Eric Stahl, a young scholastic racer at the time this picture was taken, three time winner of French National Junior Championships, performs a large radius « S » turn. The turn is used here as training in preparation for giant slalom. Racers, who do not train full time and who want to compete with those who train and race exclusively, must be able to practice techniques for competition while free skiing. Examples of such techniques are check wedeln, « S » turns, and « S » wedeln.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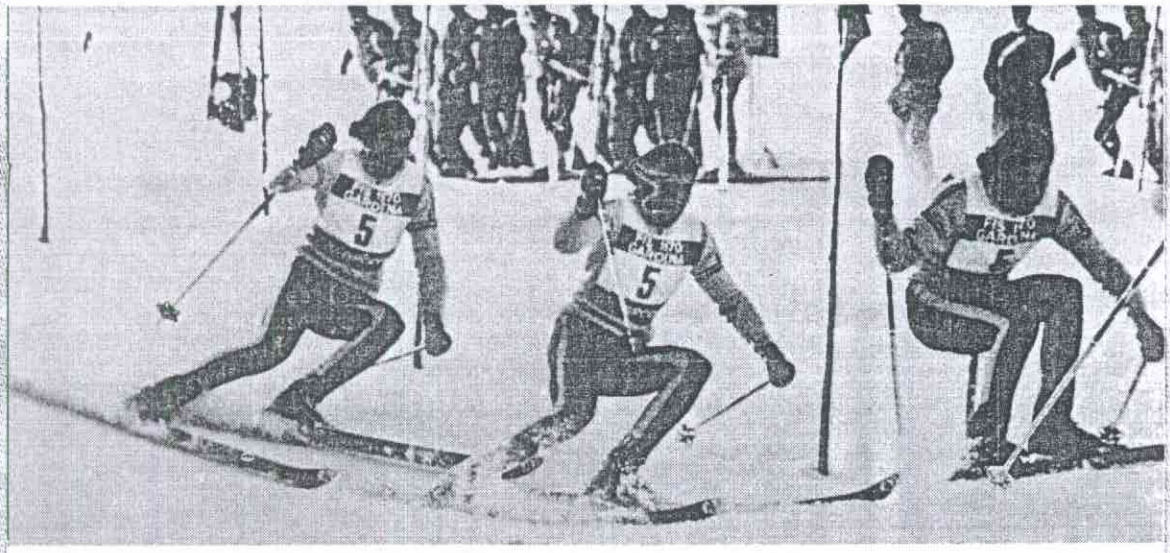
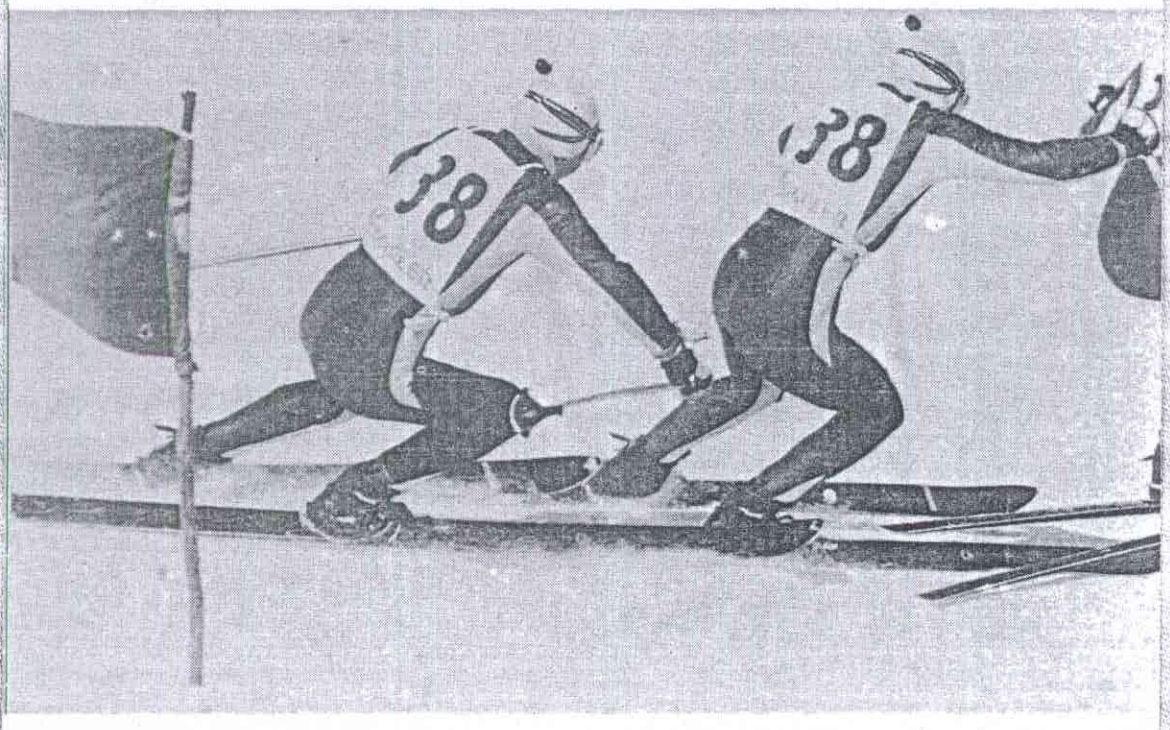


Two Different Techniques for an Intermediate Length Racing Turn

Above, Patrick Russel makes a turn with the aid of an extreme *avalement* justified by the terrain. Below, he uses a classic down-up motion. Both of these turns are effective in slalom and giant slalom, but the first is used more often. It results in a better *glissement* at the completion of the turn, a better grip with the outside ski during the initiation of the turn, and a greater control of the arc of the turn with the ourside ski.