

Telemark Level 1

Workbook Questions:

NAME: _____

1. When did PSIA form it's first Telemark demonstration team and share it's Telemark technique with the world?
2. Define acceleration. p.16
3. What is the Center of Mass (CM)?
4. With skis and boots on, where is the skiers center of mass (CM) located in the body?
5. Which of the 3 forces is responsible turning?
6. Name the planes of motion used to describe how the human body moves.
7. What type of joint is the knee joint?
8. What types of movement does the hip joint allow for?
9. What muscle is often called the "6 pack"?
10. What body parts are flexed and extended to create the most effective vertical movements?
11. Name Telemark's four skills.
12. Define balance
13. Name the 2 types of lead changes.
14. What are the 2 movements used to change edge angle?

15. Which is the skill that turns the skis from one direction to another?
16. When CM accelerates quickly upward what happens to the pressure on the skis?
17. Fore-aft movements and foot-to-foot movements are exhibited in what skill?
18. Describe the difference between "effectiveness" and "efficiency" ?
19. Describe four aspects of an effective telemark stance?
20. Which joints are involved in creating a balanced telemark stance?
21. In a static, balanced telemark stance where is the center of mass in relation to the feet?
22. What causes counter?
23. Where in the body do edging movements begin?
24. What purpose does the lead change serve in telemark skiing?
25. When in the turn does a lead change happen?
26. What does the acronym DIRT stand for?
27. What are the 3 common elements of movement analysis systems? Define each.
28. What are four common turn shape descriptions, and which would describe the more round shape?
29. What are the three phases of the turn, and what distinguishes one from another?

30. Define "carving", "slipping", and "skidding" ?

31. What are the characteristics of a rockered ski?

32. Where do rockered skis work well and why?

33. Where on a telemark ski boot is the ski/walk mode switch found?

34. What is the major role of a telemark binding?

35. Why is it important to check the resistance of a skier's cable binding? ?

36. What are the lesson factors you can control?

37. What are the PSIA stepping stones?

38. Using the stepping stones found on Pg 81 in the Telemark Technical Manual, describe a five step progression that you could use to help a beginner make telemark turns.

39. What is the a drill?

40. What are exercises?

41. What is a progression?