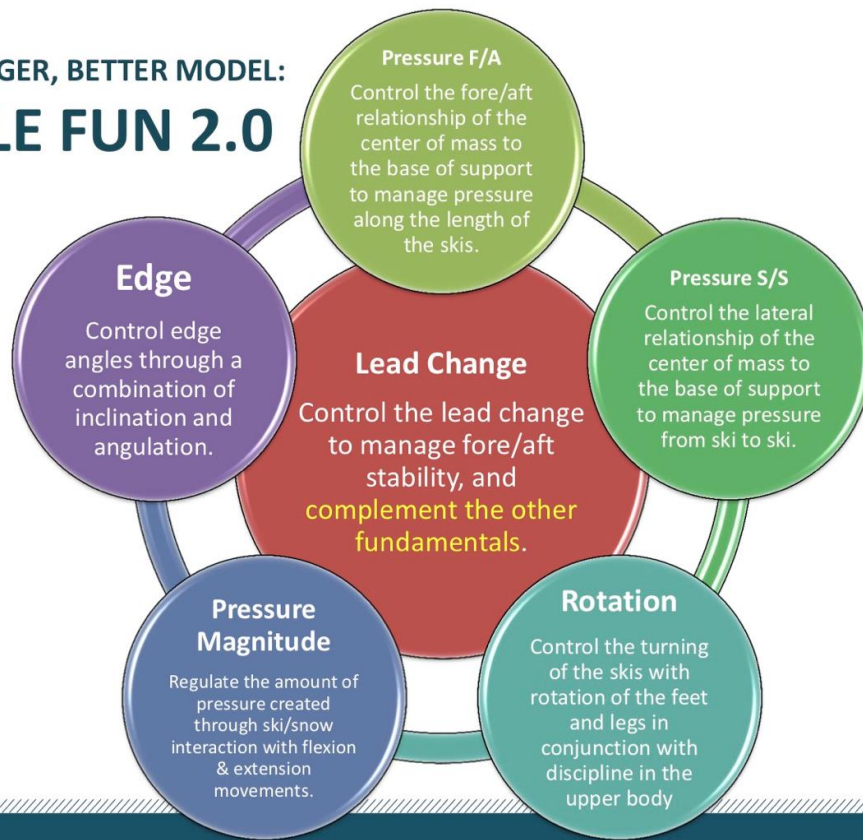


**A BIGGER, BETTER MODEL:
TELE FUN 2.0**



Why have Fundamentals? – Fundamentals orient Examiner, Trainer, Instructor, and Student/Client to the ‘planes’ of movement – or most important categories of movement to look at and develop.

Any technique being taught should relate to one of these fundamentals of body movements (excluding tactics, except for where/when to apply the Fundamentals).

Lead Change - Control the lead change to manage fore/aft stability and complement the other fundamentals.

Fore/aft - Control the fore/aft relationship of the center of mass to the base of support to manage pressure along the length of the skis.

Side to side - Control the lateral relationship of the center of mass to the base of support to manage pressure from ski to ski.

Rotation - ***Control the turning of the skis*** with rotation of the feet and legs in conjunction with **discipline in the upper body.**

Edge - ***Control edge angles*** through a combination of inclination and angulation.

Overall pressure - ***Regulate the amount of pressure created through ski/snow interaction with flexion and extension movements.***