How the Australian Telemark Movement Creates Versatile Skiers and Instructors

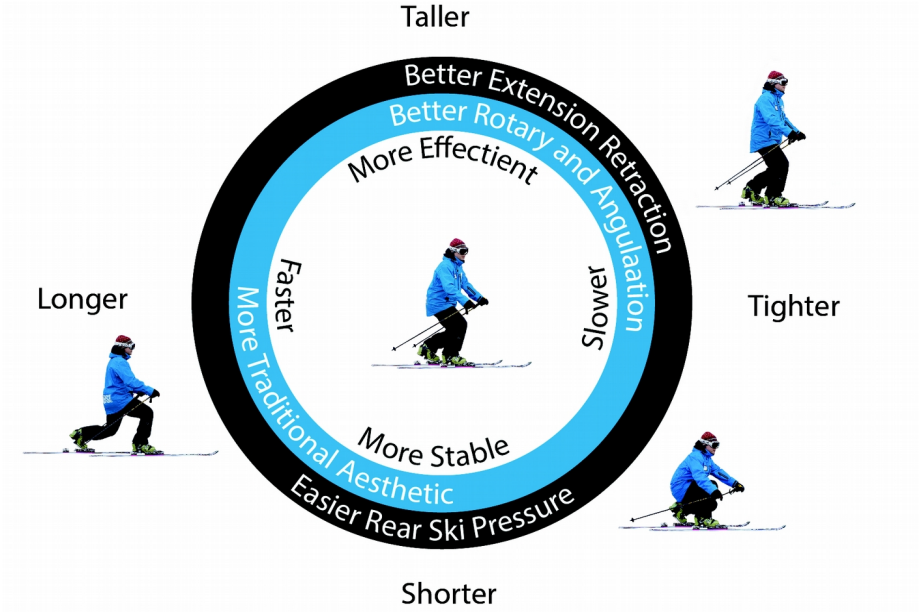
The Telemark Movement

In the Australian System we call the telemark position and lead change the “Telemark Movement” since we believe that by continuously moving our feet in the turn we achieve more dynamic balance, better pressure control the ability to better use leg turning and angulation mechanics.

The Basic Telemark Turn is the foundation turn of the Australian Telemark Technique. It is a steered turn leaving a track about 30cm wide where the skiers balance is between their feet with both feet weighted. The Telemark movement happens throughout the whole turn with the skier’s feet passing each other in the fall line.

Adapting the Movement: Height and Length

This turn is adapted by changing the height, length duration and timing of when the skiers feet pass to create a versatile telemark technique.

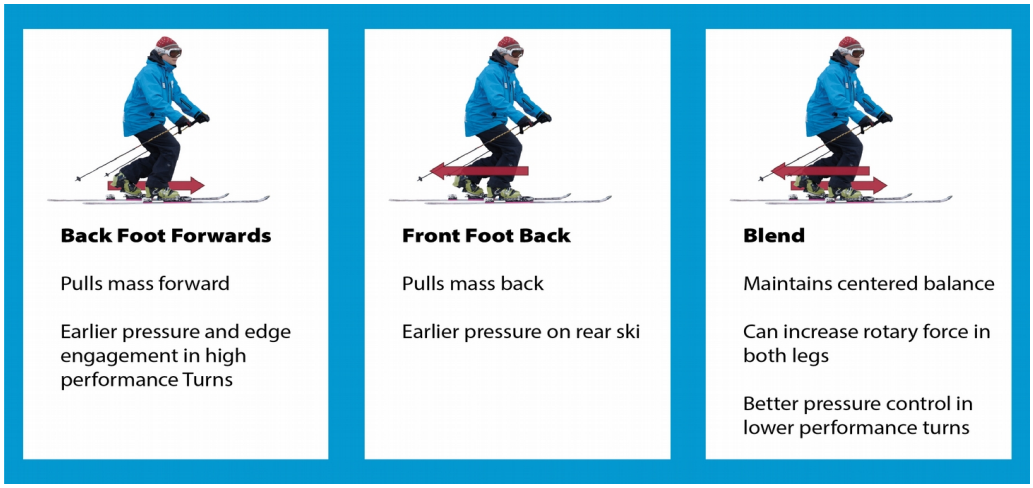


Adapting the Movement: Timing and Duration

A slower movement with feet passing through the middle of the turn allows better rotary and angulation mechanics. As the movment is made quicker with the feet passing higher in the turn the skier is able to more strongly control either the front or rear ski.

Adapting the Movement: How the feet Pass

Adapting how the feet pass allows the skier to adjust their balance, and which or both skis they are most actively controlling.



The Application

Steered Short Turn

Taller and shorter movement

Long duration with feet passing in the middle of the turn

Taller through the body of the turn for stronger rotary and angulation

Blended movement

Medium Pure Carve Turn

Movement style varies throughout the turn due to crossunder in the transition

Quick movement with the feet passing at the top of the turn to quickly edge and pressure the front ski

Rear foot pushed forward to keep mass forward to pressure front ski

Crud Skiing

Lower and longer movement for stability and to pressure the rear ski

Quick movement with the feet passing at the top of the turn to pressure the rear ski

Front foot pulled back to keep mass back to pressure the rear ski

Mogul Skiing

Taller tighter movment for extension retraction and strong rotary

Continuous movement with feet passing in the fall line for stronger rotary

Blended movement for stronger rotary