

Updated Sept/2024

Telemark Teaching, Presentation, and Progression Examples

Basic telemark movements

- Corridor is about 2 cat tracks wide
- Lead change, trailing ski tip about mid-way between lead ski tip and binding
- Scissor Inside knee behind outside knee so there is daylight showing
- Inside thigh perpendicular to top sheet of ski
- Enough pressure on inside boot cuff to flex boot bellows
- Hips directed toward tip of outside (downhill) ski, sternum directed toward apex of new turn, to create slight counter and to balance over outside ski

Lead Change (Level 3-4)

- a) On a flat area, shuffle in a circle paying attention that the tips of the skis have at least a boot sole length between them, and the heel of the boot of the trailing ski comes off the ski. Change direction and repeat
- b) Transition to gentle slope, two-legged shuffle into guided arc. Focus on outside (downhill) ski going forward as inside (uphill) ski is pulled back, see above. Change direction and repeat
- c) Aim skis more towards the fall line to pick up speed, alpine parallel skis into guided arc, finish guided arc with telemark movements. Change direction and repeat as you get closer to fall line
- d) Link turns, increase angle to fall line, start turn from telemark movements at finish of previous turn to stop / slow, creating linked "J" turns. Repeat in opposite direction

Edging Control (Level 3-4)

- a) On a gentle slope in a telemark stance with a slight counter, slightly more weight on downhill ski, use feet and legs to flatten skis to slide sideways and to edge skis to telemark stop.
- b) Continue as in "a" and focus on moving center of mass (CM) to control edging movements by slightly lifting outside / inside edges to flatten both skis at same time. Change direction and repeat
- c) On a gentle slope start in telemark stance moving slightly downhill, start turn by tipping both skis and scissor femurs to telemark stance, finish with telemark hockey stop. Focus on your balance with slightly more weight on downhill ski with a slight counter. Change direction and repeat
- d) Link turns: Start turns in telemark stance by flattening both skis and finish turns with telemark hockey stop by tipping both skis, gradually reduce hockey stop to hockey slide between turns

Rotational Control (Level 3-4)

- a) On a flat area, shuffle in a circle paying attention that the tips of the skis have at least a boot sole length between them, and the heel of the boot of the trailing ski comes off the ski. Right ski starts direction change to right, left ski to go left. Change direction and repeat
- b) On a gentle slope, shuffle to start moving then glide in telemark stance turning uphill to telemark stop (guided uphill arc). Start a turn as femurs scissor rotating legs under disciplined hips and upper body to create a slight counter. Focus on hips toward downhill ski tip and sternum toward apex of new turn. Change directions across the fall line and repeat
- c) On gentle slope: shuffle into fall line and telemark glide out of fall line to a telemark stop (fan progression), with hips pointing toward downhill ski tip and sternum toward apex of new turn. Start turning by steering the right ski to go right and the left ski to go left. Shuffle and gliding telemark stops in both directions. Note: garlands might work here
- d) Link turns, shuffle to turn into fall line, telemark glide with disciplined hips and upper body to create counter and complete turns. Focus on turning legs under disciplined hips and upper body, and starting

the turn with right ski for right turn and left ski for left turn

Fore/Aft Pressure Control (Level 3-4)

- a) With skis on: in alpine stance, jump by flexing and extending ankles, knees and hips, exaggerate flexion and extension movements. Repeat with a telemark stance. Notice how balance improves with telemark stance when hips and upper body are directed toward outside tip of lead ski
- b) In a straight run, alpine parallel or small wedge: jump and land maintaining a centered alpine stance. Next jump from alpine stance and land with a balanced telemark stance. Focus on starting jumps from balanced alpine parallel stance and land in balanced telemark parallel stance with slight counter toward lead ski
- c) Link turns: remaining centered, jump from alpine stance after the shaping phase of the turn, land in balanced telemark parallel stance. Focus on hips and upper body staying disciplined in both alpine and telemark stances while maintaining a slight counter
- d) Link turns: Transition to more telemark movements throughout turns keeping skis on snow. Exaggerate flexion and extension movements while maintaining counter. It is OK to vary turn size and shape

Ski/Ski Pressure Control and balancing over the outside ski (Level 3-4)

- a) With skis on: stand across the fall line in telemark stance, shift pressure to and balance on the downhill ski, note pressure on the first metatarsal head behind the big toe, and the inside of the heel. Now balance on the trailing ski, focus pressure on the fifth metatarsal head behind the little toe. Maintain telemark stance alignment and direct hips toward downhill ski tip and sternum toward apex of new turn
- b) On a gentle slope, make a telemark "J"-turn; increase pressure on the outside ski by tipping ski onto edge, while creating pressure on the trailing ski by tipping ski onto corresponding edge. Focus on the fifth metatarsal head on trailing ski and equal pressure on lateral boot cuffs of both boots, maintain counter by directing hips toward downhill ski tip and sternum toward apex of new turn
- c) In linked basic telemark turns, manage pressure on outside ski by closing ankle and knee, and manage pressure on trailing ski by closing ankle, maintain counter by directing hips toward downhill ski tip and sternum toward apex of new turn
- d) Link telemark turns. Manage pressure on the inside ski before the middle of turn by pulling the inside ski back, closing the ankle, and tipping the fifth metatarsal head into snow. Maintain counter by directing hips toward downhill ski tip and sternum toward apex of new turn

