Making Sense - Where do You Stand

Why Sense Making? I strongly believe that 'sense making' is important to learning. When you make sense of something, you can then use it creatively, grow and expand. If you don't make sense of something that you are doing, then you just do "things" because someone told you to.

Where do You Stand

Where do you stand on your foot? Where is your sweet spot? Why? The foot is a tripod - ball of foot, little toe side and heel, with the arch as the suspension system. Your tibia comes down into the foot near the forward part of the heel, back part of arch. Look a the skeleton. Your heel sticks out quite far.

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In skiing, we are always balancing and moving with our skis. To do this, we need to have functional bodies. We need to have our legs functional, be able to bend and unbend to maintain balance and move. This all starts with our feet. When you are centered, standing on your whole foot, it's easy to bend your ankle. Play with this and find your sweet spot.

Without shoes on, stand up and bend your ankles. First try standing with most of your weight on the balls of your feet and bend your ankles. Then try heels and finally the whole foot. You will find that when you are standing on your whole foot, weight on the tripod - heels as well as front of the foot, it's easy to bend your ankle.

So, do this when you ski. Stand on your whole foot with the sweet spot some place near your arch. If you focus on feeling your arches, it will help you not only maintain balance, but also edge the skis! Play with this too - edging and your center.

Often times you will hear people say, "Get forward!" I really don't like that. I don't want to be forward, I want to be centered and balanced.

Telling someone to get forward can have unintended consequences such as standing on the balls of the feet, which will prevent them from being able to balance by flexing their ankles… or they will lean on their boot cuffs, tipping forward and also not being able to flex their ankles and balance!