

Making Sense - Press on Big Toe? Not exactly...

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.

Sacred Cow - Press on the Big Toe to tip the ski to start a turn....

This intent of the advice, "Press on your big toe" is good - it's to try to advise folk how to tip the ski on a bit of an edge at the start of the turn. Most often, when an instructor says to their client, "Press on your big toe..." they will not say, why or what it's meant to do to the ski. So the client simply pushes down on their big toe...



And, pressing on the big toe does not necessarily edge the ski!

Telling folk to press on their big toe mostly results in more pressure being directed towards the balls of their feet, and maybe a little towards actually tipping the ski.

We do not want to pressure the balls of the feet. We want

to stand centered with weight on the whole foot tripod (heel-big toe-little toe) which will put the weight from our body coming down through our shin bone, centered towards to back of our arches.

So if what you want is to help someone learn how to actively edge their skis, simply start with the idea that they need to actively tip their skis on edge.. Suggest that they play with rolling onto their arch, (not the big toe) of their new outside ski... And suggest that they then, after rolling onto their arch, they also think of their shin bone. - To tip the ski on edge more.

Edging is helped by thinking of the shin bone as a lever and tipping it to one side to help edge the ski... it starts in the foot, rolling it, and then the shin bone tips more. (*More in other "Making Sense" articles.*)

The desire is to stay centered, balanced while learning to tip the ski more on edge, **actively** using your feet and shin bones.

(If you still don't understand why we don't want to pressure the balls of the feet, try this:

1. Stand on the balls of your feet with little or no weight on your heels. Now flex your ankles... It's pretty hard and you are not near so solid and stable. Now, from this flexed, ball of foot stance, try to tip your shins to the side as if you were edging... Not very stable at all!);



2. Then try it the other (right) way - Stand with your weight on your whole foot, including the heel. Now flex you ankles, tipping your shins forward. Easy. Now tip them to the side. Easy and more stable! It works a lot better than when you are on the balls of your feet!

