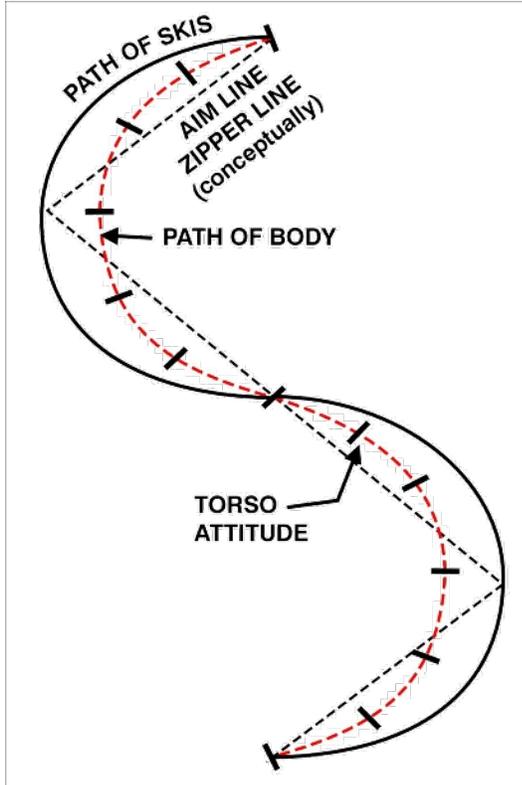


# Making Sense - Guiding Your Upper Body

*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.*

## Guiding Your Upper Body



Balance is always the constant which means staying loose enough so you can feel the forces and move in them, and even with them at times! It's obvious that we have to direct and guide our skis with our legs and pelvis. What about our upper body? What is your upper body??

For skiing purposes, the pelvis should be considered to be part of the lower body because what you do with your pelvis very much effects what you can do with your legs. When your pelvis is rotated as compared with your feet, your legs get twisted and your knee cannot function very well because it is mainly a hinge joint.

So what do you do with your upper body? You need to be guiding and directing your upper body. We guide and direct our skis and we guide and direct our upper body. As we make turns, we 'go around corners'. The physical forces are similar to a bicycle going around a corner. Your upper body will be taking an inside line while your feet/skis take an outside line.

So, where do you aim your torso? You aim at where you are going and where you are going next! The hips/pelvis go with the feet and the shoulders go along the inside line. You have a turn table at about your waist. You can

understand this turn table by simply sitting on a chair, then turning your shoulders in some direction. Your hips don't also turn because your spine can twist. This is the same in skiing. Your shoulders and your hips don't always go in the same direction at the same time. At times they can line up, but it depends mainly on the turn size and speed.

Guiding and directing your upper body keeps it coordinated with your feet/skis. It will appear 'quiet', however, you are not holding it still or 'quiet'. You are actively guiding and directing it. In order to always be moving, total motion, it is also important that you do not 'engage' or tighten your core, but rather that you use it. If you 'engage' it, often you end up only putting tension in it and that prevents your ability to feel forces and move. So, instead of thinking 'engage', think and feel loose, balanced and coordinated - using your core.

Not only do your upper and lower body take different lines, but their timing is different in regards to where you consider the new turn beginning. For the skis, the new turn begins at edge change. For the upper body, the new turns right after the apex, as soon as you start to flex and start to move towards the new turn!

When your feet and your upper body take different lines, and have different timings, angles between the torso and lower body will be created. These are the result of the different lines, as well as edging the skis. Such angles are a result, not a cause. Just let the angles happen...

Move and stay in balance! Stay loose and go with the force!

