

Index of the DVD sequences

We recommend that the reader download the free documentary that accompanies this book. www.skipanda.com. This **index** will allow him to associate the movement with the explanation. It gives the timing of the documentary sequences in relation with the method's theoretical explanations and illustrations.

Skiing Basic Knowledge

Mechanics

Lean downhill (Illustration 01)

Psychology

(Illustration 02)

Fall line (Illustration 03)

Shin pressure (Illustration 04)

See Documentary 05'00''

See Documentary 07'28''

See Documentary 12'16''

Crescent moon position..... (Illustration 05)

See Documentary 14'40''

See Documentary 14'57''

See Documentary 15'34''

See Documentary 16'00''

See Documentary 16'38''

See Documentary 17'04''

Kneel, Rise, Down up down..... (Illustration 06)

Setting an edge (Illustration 07)

See Documentary 06'35''

See Documentary 06'44''

See Documentary 06'50''

Racer **leans downhill** (Illustration 08)

Upper body **leans downhill** (Illustrations 09, 10)

See Documentary 14'40''

See Documentary 16'00''

Sideslipping (Illustration 09)

See Documentary 14'08''

See Documentary 14'57''

See Documentary 15'34''

See Documentary 16'00''

Straight sideslipping	(Illustration 10)	See Documentary 16'38''
Uphill turn	(Illustration 11)	See Documentary 17'04''
Emergency stop	(Illustration 12)	See Documentary 14'08''
		See Documentary 19'14''
		See Documentary 18'40''
		See Documentary 18'58''

Lesson One

Introduction to the world of skiing

1. On flat terrain:

1.1 Let's meet 1.2 Checking clothes

- Snow gets into the boots.....	(Illustration 13)	See Documentary 04'14''
- Pants over the boots.....	(Illustration 14)	See Documentary 05'40''
- Cover bare skin.....	(Illustration 15)	See Documentary 05'35''
- Hat / helmet.....	(Illustration 16)	See Documentary 05'56''
- Sunglasses	(Illustration 17)	See Documentary 06'20''
- Sunscreen.....	(Illustration 18)	See Documentary 06'10''

1.3 Skis, poles and boots

Ski bindings	(Illustration 19)	See Documentary 05'13''
Setting an edge	(Illustration 20)	See Documentary 06'35''
Flat skis pivot	(Illustration 21)	See Documentary 14'28''
		See Documentary 18'04''
Poles for propulsion	(Illustration 22)	See Documentary 07'15''
		See Documentary 07'19''
Poles for turning	(Illustration 23)	See Documentary 07'22''
Poles NOT for stopping	(Illustration 24)	See Documentary 07'25''
Boot forward flex	(Illustration 25)	See Documentary 05'00''
Shin pressure	(Illustration 26)	See Documentary 07'28''
		See Documentary 12'16''

Leaning back in the boot	(Illustration 27)	See Documentary 17'50''
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1.4 Carrying skis	(Illustration 28)	See Documentary 06'28''
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1.5 Scrape the boot clean	(Illustration 29)	See Documentary 07'06''
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1.6 Step out of the skis	(Illustration 30)	See Documentary 05'30''
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1.7 - Slide straight	(Illustration 22)	See Documentary 07'15''
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- Slide around	(Illustration 31)	See Documentary 07'19''
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Keep the skis on the ground	(Illustration 22)	See Documentary 07'41''
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		See Documentary 07'19''
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2. On a shallow slope with a flat at the bottom:

2.1 Sidestep up the slope	(Illustration 32)	See Documentary 07'46''
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2.2 Climbing up in a herringbone	(Illustration 33)	See Documentary 08'05''
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2.3 First slide	(Illustration 34)	See Documentary 08'20''
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2.4 Falling	(Illustration 35)	See Documentary 08'31''
2.5 Getting up		
- Instinctively	(Illustration 36)	See Documentary 08'38''
		See Documentary 09'00''
- Using 2 poles	(Illustration 37)	See Documentary 09'14''
- Using 1 pole	(Illustration 38)	See Documentary 09'06''
- Take 1 ski off	(Illustration 39)	See Documentary 09'23''
2.6 Open a wedge		See Documentary 10'25''
2.7 Wedge as you slide	(Illustration 40)	See Documentary 10'35''
2.8 Wedge to stop	(Illustration 41)	See Documentary 10'25''
		See Documentary 11'31''

3. On a green run: 4% - 10%

3.1 Take the chairlift	(Illustration 42)	See Documentary 09'35''
3.2 Ski down in a wedge		
Increase the friction	(Illustration 43)	See Documentary 11'24''
Adjusting the edging		
- Ski too flat.....	(Illustration 44)	See Documentary 11'08''
- Too much edge	(Illustration 45)	See Documentary 11'04''
- Tilt the knees in & out to adjust the edging	(Illustration 46)	See Documentary 11'15''
3.3 Wedge turn	(Illustration 47)	See Documentary 11'36''

Lesson Two

Wedging and Sideslipping

1. Practice wedge turning for a few hours.
2. In between 2 wedge turns insert a straight parallel run
..... (Illustration 48) **See Documentary 17'05''**
See Documentary 18'09''
3. Side slip skis parallel (Illustration 49) **See Documentary 14'08''**
See Documentary 15'00''
See Documentary 15'22''
See Documentary 16'15''

4. On a green run, 2/3 through the wedge turn, uphill foot hits lower foot to induce a sideslip.

Marines drilling : “...tten...tion !”(Illustration 50)

See Documentary 17’22’’

See Documentary 18’09’’

Lesson Three

Sideslip to a turn and a stop on an intermediate run: 21% – 30%

1. Sideslipping

..... (Illustration 51)

See Documentary 14’40’’

See Documentary 15’00’’

See Documentary 15’27’’

See Documentary 15’37’’

See Documentary 16’00’’

2. Extensive sideslipping practice

- Backward in a wedge(Illustration 52)

See Documentary 17’04’’

- Sideslip on a swing(Illustration 53)

See Documentary 16’38’’

3. Feet tight together make slideslipping easier

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See Documentary 17’58’’

See Documentary 18’09’’

3.1 Sideslip at a consistent speed

3.2 Fists on toes to stop(Illustration 54)

See Documentary 18’40’’

3.3 Emergency stop (Braquage)(Illustration 55)

See Documentary 18’58’’

4. Introduction to the Long Radius Turn

.....(Illustration 56)

See Documentary 19’23’’

See Documentary 19’33’’

Lesson Four

The Long radius Turn on intermediate runs : 21[%] – 30[%]

Ski flat on the snow pivots

1. The Magic Knife

- 1.1 Knife flat swivels, on its edge gets stuck (Illustration 57) **See Documentary 04'44"**
- 1.2 Ski on its edge gets stuck(Illustration 58) **See Documentary 06'40"**
- Ski flat swivels(Illustration 59) **See Documentary 18'04"**

2. Stand perpendicular to the slope

- 2.1 Ski flat on the snow pivot (Illustration 59 & 21) **See Documentary 15'34"**
See Documentary 16'00"
See Documentary 18'04"
- 2.2 Skier stands perpendicular to the slope..... **See Documentary 15'35"**
- 2.3 The center of gravity overhangs downhill beyond the feet
.....(Illustration 60) **See Documentary 15'55"**
See Documentary 14'08"

3. Hitch up gravity to the skier's flying carpet

- 3.1 Task Gravity
- The Long radius Turn(Illustration 61) **See Documentary 19'23"**
- 3.2 Testing out the efficient working of gravity
.....(Illustration 62) **See Documentary 19'33"**
- 3.3 Overcoming the fear of falling
- 3.3.1 Drifting onto the fall line (Illustration 63) **See Documentary 07'22"**
See Documentary 14'28"
- 3.3.2 Sideslipping into the hill (Illustration 64) **See Documentary 19'14"**
See Documentary 19'42"
- 3.3.3 Turning is a rounded zigzag (Illustration 65) **See Documentary 19'58"**
See Documentary 20'19"
- The complete turn :
- A - "drifting"(Illustration 66) **See Documentary 14'28"**
- B - "schussing"(Illustration 67) **See Documentary 19'14"**
- C - "sideslipping"(Illustration 68) **See Documentary 14'14"**
- 3.4 Swap (flat land) static balance for (snow slope) dynamic balance
- 3.5 Exercises to help conquering gravity:
- 3.5.1 Stretch out the fist(Illustration 69) **See Documentary 20'32"**
- 3.5.2 Lean the shoulder(Illustration 70) **See Documentary 20'43"**

3.5.3 Grab the pole	(Illustration 71)	See Documentary 20'53"
3.5.4 Weigh the pole	(Illustration 72)	See Documentary 21'07"
		See Documentary 21'16"
		See Documentary 21'23"
3.5.5 Hips twist	(Illustration 73)	See Documentary 22'43"
		See Documentary 22'54"
		See Documentary 23'00"
3.6 Applying the new balance and hip twist to normal skiing Yell out: "drifting", "schussing", "sideslipping" (Illustration 74)		See Documentary 23'06"
3.7 New balance and the magic eye Set your eyes on the ski tail	(Illustration 75)	See Documentary 21' 28"
		See Documentary 22' 28"
3.8 Before dismissing the class, Panda demonstrates the Medium Long Turn , "Belly thrusting",		

Lesson Five

The Medium Long Turn and pole planting

1. The Medium Long Turn (Illustration 76) **See Documentary 24'49"**

See Documentary 25'16"
See Documentary 26'15"
See Documentary 26'47"

Leave your feet behind you (Illustration 77)

2. 1st time exercising in pole planting

(Illustration 78) **See Documentary 26'54"**

Start drifting down (Illustration 79) **See Documentary 27'33"**

3. Exercises in tipping downhill and turning on flat skis

3.1 Nose on the pole handle (Illustration 80) **See Documentary 28'38"**

3.2 Hand slides down the pole (Illustration 81) **See Documentary 29'19"**

3.3 Ankle tipping (Illustration 82) **See Documentary 29'53"**

3.4 Dropping 2 hands to ankles (Illustration 83) **See Documentary 30'12"**

See Documentary 24'00"

Thought for the day :

1. Feet close together (Illustration 84) **See Documentary 17'40"**

See Documentary 17'59"

See Documentary 18'04"

2. Feet apart (Illustration 85) **See Documentary 15'34"**

See Documentary 14'08''
See Documentary 07'22''

Lesson Six

The Medium Short Turn and some more pole planting

1. The Medium Short Turn(Illustration 86 + 87) **See Documentary 30'28''**
See Documentary 31'06''
2. Second time exercising in pole planting
 - 2.1 Two hands in front of the nose (Illustration 88) **See Documentary 27'54''**
See Documentary 28'22''
 - 2.2 Kneeling on moguls(Illustration 89)
3. Demonstration of the Short Turn

Lesson seven

The Short Turn

on a black diamond run : 31% – 40%

1. The Short Turn (Illustration 90) **See Documentary 31'45''**
2. Turning on moguls(Illustration 91)
3. Free wheeling(Illustration 92) **See Documentary 34'18''**
4. 180° Kick Turn(Illustration 93) **See Documentary 33'56''**

5. Wedelning(Illustration 94)

Low frequency wedeln(Illustration 94A) **See Documentary 38'20"**

High frequency wedeln(Illustration 94B) **See Documentary 38'33"**

Wedeln with a rebound (Avalement)(Illustration 94C) **See Documentary 38'40"**

6. Keep up a dynamic progression (Illustration 95)