

PSIA-C Drill and Exercise List – URL Links to information and Videos

(GHT CLICK on label, and then OPEN HYPERLINK)

<ul style="list-style-type: none">• Basic Garlands
<ul style="list-style-type: none">• Basic Parallel
<ul style="list-style-type: none">• Beginning Railroad Tracks
<ul style="list-style-type: none">• Guided Uphill Arc
<ul style="list-style-type: none">• Hockey Stops
<ul style="list-style-type: none">• Introduction to One-Ski Activities
<ul style="list-style-type: none">• Level 1 Ungroomed Terrain
<ul style="list-style-type: none">• Level 1 Free Run on Smooth Terrain
<ul style="list-style-type: none">• Sideslip in the Fall Line
<ul style="list-style-type: none">• Step Turn into Fall Line
<ul style="list-style-type: none">• Straight Run Leapers
<ul style="list-style-type: none">• Wedge Christie
<ul style="list-style-type: none">• Wedge Turn
<ul style="list-style-type: none">• Basic Parallel Garlands
<ul style="list-style-type: none">• Basic Parallel Leaper Turns
<ul style="list-style-type: none">• Basic Short Turns
<ul style="list-style-type: none">• Carved Uphill Arc
<ul style="list-style-type: none">• Increasing Arc Railroad Tracks to Medium Radius
<ul style="list-style-type: none">• Intermediate One-Ski Activities
<ul style="list-style-type: none">• Level 2 Ungroomed Terrain
<ul style="list-style-type: none">• Linked Short Turns in Bumps (Level 2)
<ul style="list-style-type: none">• Linked Sideslips
<ul style="list-style-type: none">• Medium Radius Turns (Level 2)
<ul style="list-style-type: none">• Outside Ski Turns
<ul style="list-style-type: none">• Railroad Tracks
<ul style="list-style-type: none">• Alpine Resources
<ul style="list-style-type: none">• Advanced One-Ski Activities
<ul style="list-style-type: none">• Dynamic Leapers
<ul style="list-style-type: none">• L3 Railroad Track Garlands
<ul style="list-style-type: none">• L3 Ungroomed Terrain
<ul style="list-style-type: none">• Medium Radius Carved Turns
<ul style="list-style-type: none">• One-Footed Railroad Track
<ul style="list-style-type: none">• Performance Bumps L3
<ul style="list-style-type: none">• Performance Short Turns
<ul style="list-style-type: none">• Pivot Slips
<ul style="list-style-type: none">• Short Turn Leapers
<ul style="list-style-type: none">• White Pass Turn

Source: PSIA-C website 20160919