

Backward One-Foots

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The backward one-foot is a very important foundation trick, and it will make your skiing much stronger as well as open up new doors in your skiing potential. Before attempting to perform this trick, you should be rock solid in the backward position and be comfortable shifting weight back and forth between each foot.

Once you are ready to begin the backward one-foot, the first thing you want to do is make sure you are in a stable backward position with your feet close together, your knees bent, and your eyes and chest up. Shift your weight slowly over the foot that you wish to stand on, and try to bring the opposite hand to the center of your butt, keeping your wrist firmly pressed to your suit. This arm should be feeling all of the pull from the rope. Try not to let your arm be completely extended, but at the same time, do not pull it into a chicken wing. Instead, keep a small bend so that the handle rests just below the small of your back. You should be feeling a bit more tension on the line as you shift your weight.

If you have done everything right so far, 80 percent of your weight should be on your ski leg, and your arm should be lined up with the foot as you center it under you body. The rest of your position should still be the same as your normal backward position, with

your shoulders square, knees bent, and your chest and eyes up. Little by little, lift the foot upward in the air without straightening the ski leg, lifting to the side, or leaning away. Always lift the entire leg backward with the knee, and then the hip so as to keep even the knee in the air bent. Keep your chest up, and try to look “down the hallway” of your spray, and not down into the water. Stay on top of your feet and lock in that position. You should now

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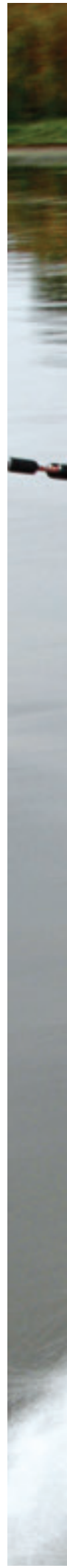
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Enjoy the trick, and when you want to recover to the back two-foot position, reach for the water with your toes, and try to gently set down a little bit in front of the ski foot. Do not rush to shift weight back to that leg. Make the transition quiet, so that you do not have any inconsistency or bobbles. Now you can recover to your original position.

When this trick is mastered, you should be able to ride both the basic *and* the reverse comfortable and consistently. Learning this skill straight on the boom is the most efficient way to learn at first, even though it is possible to jump right to the long line. If you have problems on your feet, be sure to use a pair of our WBC shoe skis to aid you in learning this skill. This will allow much slower speeds and a larger

surface area. Take your time with it, and you will find your skiing basics stronger than ever.

The World Barefoot Center is a ski school located in Winter Haven, Fla. Whether you are a serious tournament skier or you just ‘foot for fun, all levels are welcome. Visit worldbarefootcenter.com, e-mail wbcbarefoot@gmail.com or call (863) 877-0039.





INSTRUCTION