

Try Two

Advantages of Learning the Two-Ski Basics

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There has been a developing trend in recent years to start beginning trick skiers on a single trick ski as opposed to two skis. And while there are arguments to support the benefits of diving straight into one-ski tricks, in my opinion the advantages of initially including a two-ski pass far outweigh the alternative.

Like learning to ride a bike with training wheels, two ski tricks are the stepping-stones used to advance your

child into the sport of trick skiing while minimizing bad habits and increasing enjoyment and reward.

Build A Solid Base

Even if your child can get up on a single trick ski, time spent on two will not be done in vain. It is much easier to learn the necessary balance, edge control and body position on two skis as opposed to one. Most two-ski fundamentals are fully transferable to what is required on one ski. So as your child becomes more comfortable on two skis, they will become

more comfortable on one.

Establish A Sharper Learning Curve

There is nothing more frustrating than hitting a learning plateau. Two-ski tricks are generally easier to learn, making your child's skiing more rewarding. The more accelerated their progress the more exciting their time on the water will be.

Score More Points

By including two-ski tricks, your

Five Keys To Good Body Position On Two Skis

1. Bend Your Knees
2. Keep Your Eyes and Chest Up
3. Relax Your Arms. Don't Hold Them Straight Out And Don't Try To Keep Them In The Whole Time
4. Keep Your Weight Balanced
5. Don't Pull In The Handle To Try To Regain Your Balance

child will be able to build two complete tournament runs in far less time. By building a basic two-ski run and a one-ski run, they will quickly become more competitive against other skiers in their division. Here is a great set of beginner sequences that can be quickly and easily learned. Pass One (two skis): S, RS, B, F, RB, RF, O, RO; Pass Two (one ski): S, RS, B, F, RB, RF, B, BB, RBB, F, WB, WF. ♦

Mandy Nightingale, the two-time defending Women's world tricks champion, is sponsored by MasterCraft, D3, Master-



line and Wing.



Front-To-Back Turn

To perform a "back," start with your knees bent. Your arms should be relaxed as you do not want them all the way in or all the way out.



As you begin the turn, think about pushing your hip up to the handle and pulling the handle toward the small of your back. Concentrate on using one continuous, smooth pull.



Keep your eyes and your chest up. Bend your knees and feel the weight on the balls of your feet.



Anna has turned 180 degrees and completed the full back in good form. She has her head and chest up, knees bent, and two hands on the handle. She can ride comfortably in this position and doesn't feel like she needs to turn out of it in order to regain balance.

Side-Slide & Reverse Side-Slide



Anna is demonstrating a side slide. Your skis must be turned 90 degrees in order to get credit for the trick. You should have your knees bent and think about pushing your hip up to the handle as you're turning.

This picture shows the reverse side slide. To receive credit for this trick, you must turn 90 degrees the opposite direction and complete the trick after the regular side slide.