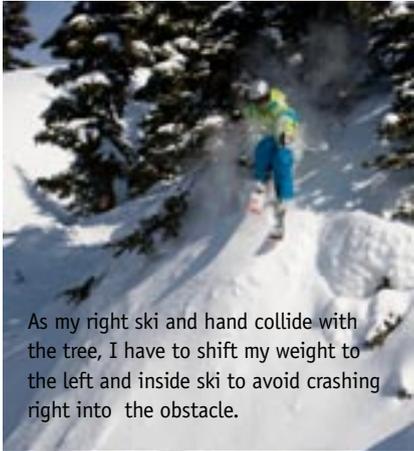




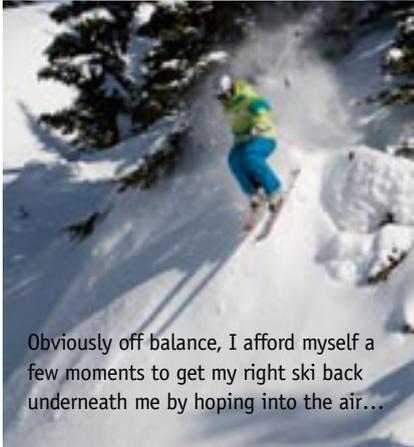
**SKIER:** Chris Lennon  
**SNOW:** Blackcomb

# HOP TO RECOVER

Skiing is about constantly dealing with changing terrain. Occasionally little obstacles will get in your way and threaten to knock you off balance. The key is to adapt as best you can and roll with it. I find that sometimes the best way to regain your balance is to hop into the air for a moment to re-centre. For example, in this sequence, I unexpectedly got a little too close to a tree:



As my right ski and hand collide with the tree, I have to shift my weight to the left and inside ski to avoid crashing right into the obstacle.



Obviously off balance, I afford myself a few moments to get my right ski back underneath me by hopping into the air...



...and after doing a little inadvertent tree pruning, bring my arm and pole away from the tree and back to my side.

# AIR TURNS

When skiing fun little lines in the trees, it's often necessary to catch small amounts of air without interrupting the flow of your turns. When the trees are tight, you can't always land in the same direction that you took off from, but there is no reason to. Just make an air turn like this:



**1** Ski the line as if there wasn't any required air, focusing on your ultimate line of travel. Ski until the terrain falls away beneath your feet.



**2** As you start to feel the terrain disappear and send you airborne, begin to steer your direction of travel a bit with your upper body.



**3** Once fully airborne, turn your feet to catch up to your body's direction of travel.



**4** Extend the landing gear and the moment you touch down continue steering your skis as though you never left the ground.