

DESCRIPTION

In this Exercise you link turns. Initiating the turn is typically the most difficult to execute without lateral movement. And, it is fairly common to allow your skis to glide a few degrees off-axis in the transition, when your skis are flat. This will result in feedback.

For best results, start on a slope steep enough to build sufficient speed to carve correctly, but not so steep that the snow can't hold the edge pressure. Start with just two arcs linked. Add more when you can finish the first arc and pass through the cross-over point and into the initiation of the next arc without feedback. Next step: steeper terrain.

This exercise is easier on hard snow. It is very difficult to make perfectly clean (*no feedback*) linked arcs. Even for elite skiers skiing on injected snow there is typically a small amount of lateral movement. Don't be discouraged!

CONFIG menu settings

1. Set Feedback to Slip.
2. Set Level to 5 if snow is hard, but in most cases we recommend starting at a lower level and working your way up to level 5.
3. Set Autostop to something appropriate (*20 seconds works well for 2-4 turns*).

RUN Instructions

1. Press ON button to start the linking and countdown process.
2. When the count-down is complete, start skiing straight to generate enough speed for the first turn.
3. When you reach turning speed, start your first arc.
4. Repeat and work towards consistently making linked arcs with minimal feedback.

TECHNICAL NOTES

Note 1: The video clip is best watched while wearing stereo headphones or the vLink ear-buds, as the feedback is directional.

Note 2: The vLink shuttles used during the filming of these exercises are mounted in front of the bindings. While this gives accurate data, normal mounting is behind the binding where the vLink racing computer is less susceptible to damage.