

PSIA



AASI

WESTERN DIVISION

Professional Ski Instructors of America

American Association of Snowboard Instructors

NORDIC

TELEMARK

Level III

Study Guide

PSIA West Telemark 3 Take Home Study Guide Worksheet

The following questions will help you prepare for the technical portion of the exam. Please give clear and concise answers in short essay form. Please return the test to the address below at least **TWO WEEKS** prior to the exam you plan on attending. You must turn in a completed test in order to pass the technical portion of the exam.

1. What are the psychological factors that influence decisions in avalanche prone terrain?
2. Why do we use a strongly countered upper body position in some turning situations, and not in others?
3. In what situations would you teach hop turns and why? Write a progression teaching hop turns.
4. Why should we learn a carved telemark turn? Write a progression for teaching a carved turn.
5. Briefly describe the 6 fundamental skating maneuvers. Which of these would you use on your telemark skis and why?
6. Which teaching styles seem to work best when teaching the more advanced levels of telemark skiing? Why?
7. Write a progression with specific skill development exercises for each of the following:
 - a. Introduction to skiing steeps
 - b. Introduction of telemark turn to a Wedge turn student
 - c. Improvement of short radius telemark turns
 - d. Improvement of short radius parallel turns
 - e. Introduction to bump skiing
8. What are the benefits and drawbacks of teaching a beginner the wedge position? What are the benefits and drawbacks of teaching a beginner "direct to parallel"?
9. What is a retraction turn? When would you use a retraction turn in Telemark skiing?
10. Discuss the effect of shaped skis and risers on modern telemark technique.

When finished please send to:

Urmass Franosch

PO Box 9008

Mammoth Lakes, Ca 93546

760 924 3327

urmas@hollowstone.com

rev. Sep. 2008