

# How to Get Out of Your Ski Bindings Without Any Hands

By Allen Smith, eHow User



As anyone knows, the most important part of skiing is looking cool. And, even if you've mastered towering moguls or waist-deep powder, you'll lose all credibility if you struggle to get out of your bindings. While there are many ways to pop out of your bindings at the end of the day, try this simple technique used by professional ski instructors and ski patrolmen.

Difficulty: Moderately Easy

## Instructions

things you'll need:

- A pair of skis with bindings
- Ski poles
- Balance

- 1 Begin by standing with your weight evenly distributed over both feet. Put your ski poles in the snow, approximately 6 inches away from your feet and lean on the ends of the handles.
- 2 Lift and rotate your right foot outward until the your ski is perpendicular to left ski and your right foot is behind your left ankle.
- 3 Use your right foot to push down on the heel release on the back of the left binding with the base of the ski. At the same time, gently lift your left heel until it releases from the binding.
- 4 To release the right heel, stand with all of your weight on your right ski. Using your left boot (that should now be free of it's ski), rotate the toe out and place the heel over the right heel piece. Press down with the left foot while lifting the right heel until the right foot releases.

## Tips & Warnings

- Practice on an absolutely flat slope that is free of skier traffic.
- Begin with your weight evenly distributed between both feet.
- Until you get proficient, use your poles for balance.
- Always check for skier traffic before starting.
- Never attempt to release your bindings on a busy or steep slope.