

# How to Perform a Kick Turn on Skis

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If you've ever found yourself in one of those predicaments on skis that requires a fast about face, then you know how valuable knowing how to do a kick turn can be. While kick turns are not taught in many ski schools today (due to liability concerns), it's still one of the most valuable skills you can pull out of your bag of tricks and is indispensable for turning around on steep or other difficult slopes.

Difficulty: Moderately Easy

## Instructions

things you'll need:

- Skis that have been properly fitted to your weight, height and skiing ability
- A pair of ski poles
- A flat or moderately sloped ski run
- Lots of patience

- 1 Stand with your weight evenly distributed between your 2 feet while standing on your skis.
- 2 With your ski poles attached to your wrists with the straps, extend your arms out to the sides of your body. Move the uphill arm slightly ahead of your body and push the ski tip into the snow. Move your downhill arm slightly behind your body and push the ski tip into the snow.
- 3 Swing your downhill ski up and forward of your body, allowing the tail of the ski to rest in the snow. Your downhill leg should be completely extended and the majority of your weight should be on your uphill leg.
- 4 Allow your downhill ski to pivot on its tail as you lower it slowly to the snow until it is facing the opposite direction of the uphill ski. You should now have the uphill ski pointing forward and the downhill ski pointing backward.
- 5 Slowly transfer your weight from your uphill ski to your downhill ski, keeping your knees bent. As you apply weight to your downhill ski, lift the uphill ski and swing it around until it is parallel with the new uphill ski. Stand up and release your ski pole tips from the snow.

## Tips & Warnings

- Always stand with your weight evenly distributed between your 2 feet.
- Extend your arms sufficiently to the side to provide balance while you are lifting your legs.
- Keep the uphill arm well ahead of your body and the downhill arm well behind your body.
- Always begin practicing kick turns on flat terrain, away from speeding skiers.