How to Ski Using a Gliding Wedge

By Allen Smith, eHow User

In the early days of skiing, it was called a snowplow turn. Today, it's called a gliding wedge.

The gliding wedge is the most basic method in alpine skiing to turn and maneuver your skis. Unlike it's cousin the snowplow turn, the gliding wedge is performed using an absolutely flat ski with little or no edges used to turn the skis. Taught at most professional ski schools throughout America, the gliding wedge can help even the most inexperience skier learn how to maneuver their skis within a matter of hours.

Difficulty: Moderately Easy

Instructions

things you'll need:

- A flat to moderately inclined ski run
- A pair of contemporary alpine skis
- Patience

1 Begin by standing with your weight equally distributed between both feet and your skis directly underneath your hips. Bend your ankles, knees, hips and spine and hold your hands in front of your hips as if you were riding a bicycle.

2 While keeping the ski tips at a consistent distance apart from each other, spread the tails of the skis 6 to 8 inches. Try not to roll the skis up on their inside edges. The skis should remain flat and directly under your body.

3 Push off with your poles and allow the skis to glide over the snow.

4 To turn to the left, rotate the right foot to the left while keeping the skis in a wedge. The skis should turn "laterally" to the left without increasing the amount of edge.

5 To make a sharper left-hand turn, rotate the right ski more to the left. Continue making a left-hand turn until you come to a complete stop, facing uphill.

6 Repeat the process to the right side by rotating the left ski.

Tips & Warnings

- Begin on a moderate slope with minimal skier traffic.

- Be patient. Don't try to turn to quickly.

- Remember to keep your ankles, knees and hips slightly bent like a spring.

- Avoid going too fast or too slow. Both will make turning difficult.

- Do not try to turn too fast. If you perform the wedge correctly, the turn will happen almost by itself.