

# **Tecnica-Skwal<sup>©</sup> (beginner)**

**by Obi One**

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# Tecnica-Skwal®

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## Skwal base position

Feet are lined up in close stance, facing forward the tip of the *asse*, the skwal. The heel of the front foot almost touching the toe of the back foot, or so close that the back knee could still easily fit in-line with the front knee, that is, it would perfectly line up behind the front knee. Legs are close and aligned facing forward the direction of movement. The weight is equally and centrally spread over both plantar arcs of the feet. Both legs are slightly flexed and the bust is relaxed, slightly bent forward. Arms are extended externally. The palms are open and “looking for” the snow. See Figure 1 and Clip A.

Figure 1 – Skwal Base Position



Clip A: Skwal base position (by Tecnica-Skwal®) (select minutes 6.34-6.44)

<http://www.youtube.com/watch?v=MgEgGScjnAg>

## Ski-poles

The use of ski-poles is recommended for beginners, especially to keep one's balance and correct posture. However, ski-poles are also used by advanced skwalers. The technique described here (Tecnica-Skwal®) does not consider ski-poles, but does promote their use especially for skwal beginners.

## Riding a skwal: Hard boots (vs Soft boots)

Skwal is 99,999 % hard-booters: skwalling down from the slopes is generally a hard-boot thing. However, one may think of riding a skwal with soft-boots (e.g., bindings and snowboard soft-boots). See Clip B here below.

#### Clip B – Soft-boots and skwal

<http://www.youtube.com/watch?v=YGCx8tW5f6I>

In the future skwal and soft-boots could provide this sport with a new dimension. Let's wait and see...

#### Skwal Turn: Tecnica-Skwal®

Let's assume three phases to generate and manage a skwal turn: the *engagement* represents the preparatory actions and positioning to enter a skwal turn, the *lead* which represents the management of the turn. The *disengagement*, as the process to exit a skwal turn.

##### Engagement

From the skwal base position start a change of posture and movement. *Engage* the chosen turn by shifting gradually your weight forward towards the chosen trajectory. Spread your body weight equally over the front part of both plantar arcs of the feet. See Clip 3a.

#### Clip 3a – Easy Engagement Tecnica-Skwal® (select minutes 0.38-0.41)

<http://www.youtube.com/watch?v=YGCx8tW5f6I>

##### Lead

Still in the *engagement* phase and just before entering the line of maximum slope, return the body weight over the centre of both plantar arcs. Bend (laterally) slightly and very gently “within” the turn maintaining the skwal base position. This gentle bent (internally to the turn) should be sufficient to generate a curved trajectory where the skwal edge starts skidding regularly. Have your legs progressively charged and pressed, while your skwal keeps on skidding into the turn. The legs compression facilitates the general control of the turn and improves equilibrium. The weight remains central over the centre of the plantar arcs and it would slightly shift behind the central part of the plantar arcs towards the end of the *lead* phase. The management of the skidding process within the turn together with the legs compression would allow an easy *lead* phase. See Clip 4a.

#### Clip 4a - Easy Lead Tecnica-Skwal® (select minutes 0.33-0.35)

<http://www.youtube.com/watch?v=YGCx8tW5f6I>

##### Disengagement

The skwal base will turn flat automatically as the edge starts carving or skidding less and less in the snow. Following on from this, you are about to exit the turn, a *disengagement*. If the skidding is sufficiently strong and opposite to your direction of movement, then the *disengagement* will stop you. On the contrary, if the *disengagement* is followed by another *engagement* phase, then a new turn process is initiated. During the *disengagement* phase the weight would shift forward and towards the central part of the plantar arcs (remember that in the final part of the *lead* phase you have the weight behind the central part of the plantar arcs). See Clip 5a.

#### Clip 5a – Easy disengagement Tecnica-Skwal® (select minutes 0.33-0.36)

<http://www.youtube.com/watch?v=YGCx8tW5f6I>