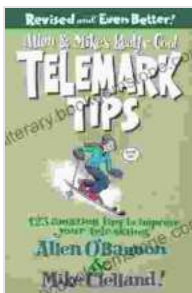


123 Amazing Tips to Improve Your Tele Skiing

Allen Mike Series

The Allen Mike Series is a collection of tele skiing videos that provide detailed instructions and tips on how to improve your tele skiing technique. This article provides 123 of the best tips from the series, covering everything from basic movements to advanced techniques.



Allen & Mike's Really Cool Telemark Tips, Revised and Even Better!: 123 Amazing Tips to Improve Your Tele-Skiing (Allen & Mike's Series) by Allen O'Bannon

★★★★☆ 4.8 out of 5

Language	: English
File size	: 12669 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 139 pages
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Basic Movements

1. **Keep your knees bent and your weight centered.** This will help you maintain balance and control.
2. **Initiate the turn by pressing on the inside ski.** This will cause the ski to turn in the direction you want to go.

3. **As you turn, keep your outside ski slightly elevated.** This will help you maintain stability and prevent the ski from catching.
4. **Finish the turn by straightening your legs and extending your arms.** This will help you accelerate out of the turn.

Advanced Techniques

5. **Use edging to control your speed and direction.** Edging is the act of tilting your skis on their edges to create friction and control your movement.
6. **Carve turns by keeping your skis on their edges and using your body weight to pressure the inside ski.** This will create a smooth, 弧形 (arc) turn.
7. **Jump turns to overcome obstacles or change direction quickly.** Jump turns are performed by jumping up and switching the position of your skis in the air.
8. **Telemark turns to slow down or stop.** Telemark turns are performed by dropping down into a deep knee bend and extending your outside leg.

Tips for Specific Conditions

9. **Skiing on groomed trails:** Keep your skis sharp and waxed to reduce friction. Use edging to control your speed and direction.
10. **Skiing on ungroomed trails:** Be prepared for uneven terrain and obstacles. Use edging and carving to maintain control.
11. **Skiing in powder:** Use a wide stance and keep your skis close together. Use edging to control your speed and direction.

12. **Skiing in icy conditions:** Keep your skis sharp and use edging to control your speed and direction. Be aware of the potential for slipping.

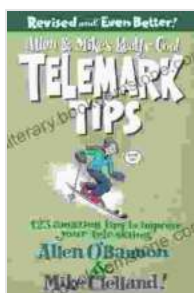
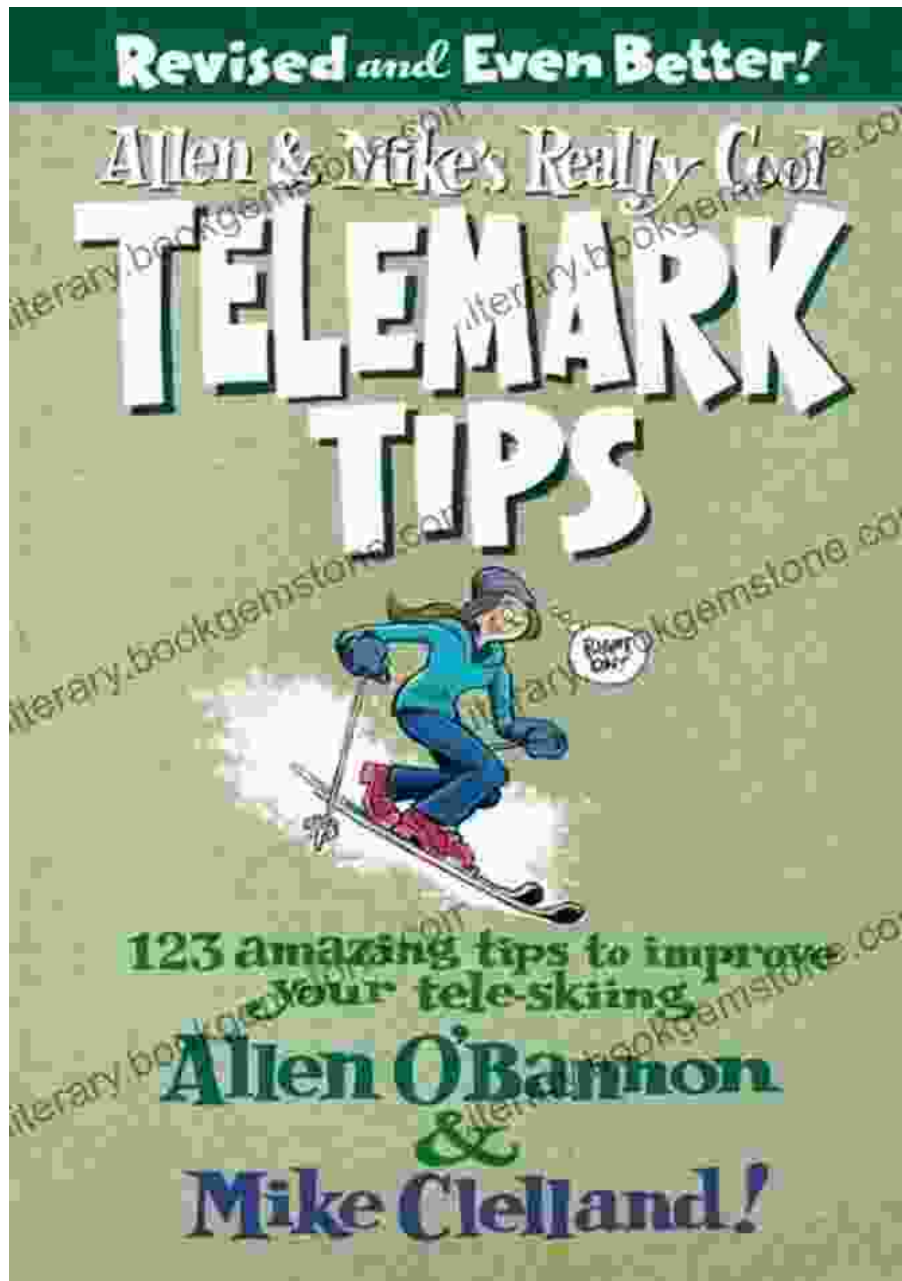
Common Mistakes

13. **Not keeping your knees bent.** This can lead to loss of balance and control.
14. **Not pressing on the inside ski.** This can make it difficult to turn.
15. **Keeping your outside ski too low.** This can cause the ski to catch and lead to a fall.
16. **Not extending your legs and arms at the end of the turn.** This can slow you down and make it difficult to transition to the next turn.

Safety Tips

17. **Always wear a helmet.** This will protect your head in the event of a fall.
18. **Dress in layers so you can adjust to changing temperatures.** Wear moisture-wicking fabrics to stay dry.
19. **Stay hydrated by drinking plenty of water.** Dehydration can lead to fatigue and impaired judgment.
20. **Be aware of the weather conditions and terrain.** Don't ski in conditions that are beyond your ability.

The Allen Mike Series is a great resource for tele skiers of all levels. The tips in this article will help you improve your technique, stay safe, and have more fun on the slopes.



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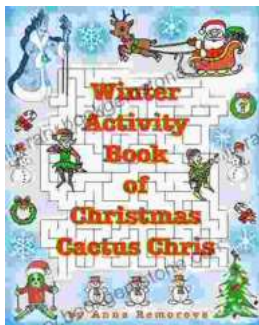
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