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fo flamingo turn

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**Points**

Keep your body axis straight engaging your abdominal muscles. Changing the axis of the body on the oblique line is essential.

Draw a curve with a single edge have come to open **the world of skating on the slope.**

**Fall line**

**Be always conscious of the fall line, for getting the right edge.**

**Oblique line**

So as not to stall, change axis of the body on the oblique line, not on the horizontal line.

**Pre-turn**

In order to obtain speed, strat to ski of the fall line direction with both feet

**Ｒfo flamingo turn**

Bend both knees a little, push left foot diagonally outward, and draw a curve with right foot. The last moment of the uphill turn, gather your left knee strong, and change axis of the body toward the center of the next turn.

**Lfo flamingo turn**

In the same way as Rfo, draw a curve with only left out edge.