Movement Analysis Filter

Skis Performance "Effect"		Body Performance "Cause"	Description "Where, What & How" Transition / Initiation	Shaping	End / Finish
Bend (Pressure)		**Flexion / Extension (Pressure Control) Movements**			
Fore/Aft		**Front / Back**			
Ski/Ski		**Foot / Foot**			
Maintenance / Change	=	**CM Closer to / Farther from Skis**			
Twist (Rotary)		**Turning (Rotary) Movements** Rotation, Counter Rotation, Feet & Leg Turning, Outside Force			
Edge (Edge)		**Tipping (Edging) Movements** CM moves laterally relative to base CM does not move laterally			

DIRT – "How"

Duration - the length of time something continues or exists
Intensity - magnitude, as of energy or a force per unit of area, volume, time, etc.
Rate - degree of speed, progress, etc. Pace.
Timing - the sequential relations that any event has to any other, as past, present, or future

Step 1: Describe the skis' performance in a specific location of the turn.
Step 2: Describe the body parts and their specific movements in that specific location of the turn that creates the skis' performance.
Step 3: Construct Cause & Effect Relationships (4) and describe how they affect skier's balance/stance throughout turn.