

## How To Be a Master Skier

# Willin' Workers Can Learn the Wedeln

By Bill Wallace

It is not very hard to learn how to ski badly, with or without lessons. But to float down the slopes, the skis together and parallel, to master the beautiful "wedeln" technique, this is a vastly different proposition.

In golf a score of 80 is one thing but to sink down to par often becomes a long labor in spite of dozens of lessons. Par in skiing is to achieve perfect wedeln and the ski instructor may or may not help.

Peter Estin, director of the Sugarbush Valley Ski School in Warren, Vt., reports amazing success this winter in achieving par for his pupils through use of a simple "check" exercise.

Now, if there are any readers left, we will give away the Estin technique as a bonus for purchase of today's paper.

Wedeln, promoted originally by the Austrians and adopted widely in America within the last four years, means to link tight turns one after the other with the skis always parallel, absolutely together, the knees locked. It looks good and it feels good.

"The secret to parallel turning," says Estin, "is a small check prior to the turn. The skier traverses across the hill and pushes his heels downhill, causing a slide-slip or a check. Call it a heel thrust.

"After this brief check, the skier plants his downhill pole into the snow and pushes away from the ground. This action initiates a sideways heel thrust in the opposite or downhill direction. The skier is now executing the actual turn, which brings him across

the fall line. The skis, in effect, slide into the turn.

"Throughout the two stages of the turn, the preparatory stage of the initial check and the stage of the actual downhill turn itself, the shoulders face downhill, into the fall line, the skis always together.

"When we make a parallel turn, we break the turn down into two heel thrusts, a pre-

paratory thrust in one direction and next comes a heel thrust in the opposite, or desired direction of the turn "check-check, chung chung."

Estin, who is 32 and teaches at Partillo, Chile, during our summer, continued. "The second heel thrust can serve as the initial check for the next turn and in linking several incomplete turns, wedeln is

achieved. The end of one turn becomes the start of the next."

That's all, heel thrust and check into the hill, push off with the pole, slide across the fall in line with skis together, check again on the other side, and presto, wedeln. We do believe, with instructor Estin, that here is the secret of skiing well, the means whereby everyone can ski at par.



PETER ESTIN—Sugar Bush Valley Ski School director

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