

SYT™ SKIING VIDEOS

Mike 2004
MISSOURI

Son 2007
ALTA, Utah

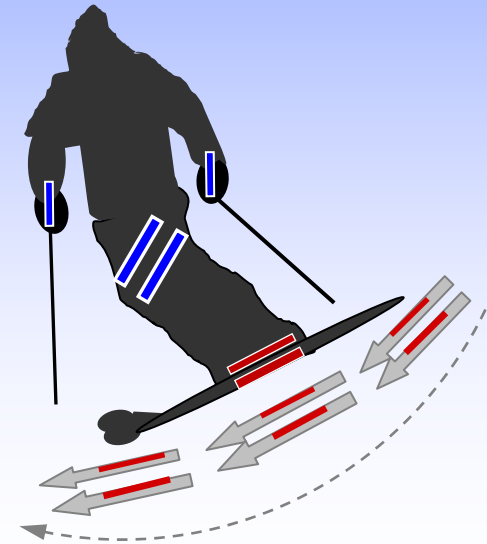
Author photo
2007
Chamonoix

SYT™ SKI Method
new video: 01-06-2013

THIGHS + Arms RULE

Learn to ski parallel immediately

SYT
SPORTS
PREMISE



Our parallel **THIGHS ARMS EDGES** become the core driving force for all ski turns. They become the center of our gravity and our mental universe.

both THIGHS + ARMS LEAD
matching EDGES

Every ski turn begins with simple feeling of both **THIGHS + ARMS LEADING** our matching ski **EDGES** charging down the hill. Our parallel matching ski edges turn well carved turns in the desired direction. Our thighs arms hands work together in a natural balanced fashion. *-jfjaeger*

Master art of Skiing using simple and precise

MIND-to-BODY

Our entire **FOCUS** is limited to only the essential core skiing components and nothing more.

Here are two excellent YouTube videos published by other skiers.

They show how precise carving action looks and feels. Notice their **THIGHS – ARMS – EDGES** all remain connected and in-sync.

- 1) demo by [coach Greg carving](#)
- 2) demo by [Cream of SKIING skills](#)

In the 40+ years that I've been involved with skiing, I have heard the same basic pointers given by ski instructors over and over again. To support my hypothesis, I have made it a point to watch and listen to **how and what professional ski instructors teach their students.**

Throughout my years of skiing, I have visited many top skiing resorts with excellent teaching programs and ski instructors from around the world. I would frequently discuss with many of these ski instructors what they believed to be the key **core principles one must learn** to improve and excel. *So exactly what are the precise optimum elements a skier's mind and body should **think, feel, and coordinate?***



In almost all ski lessons, from beginner to advanced we are taught the importance of correctly weighting and un-weighting our skies, keeping our shoulders square, our weight forward, our arms facing downhill, our shins pressed forward against ski boots applying correct pressure to ski edges, and staying relaxed. Most ski instruction contains very similar teaching methods and core themes. Throughout this process, **I sought to discover exactly what finite elements (focal points)** are really critical to good snow skiing.

Over time, I began to realize there are only a few key body parts our **mind** needs really focus on – *and nothing more.*

-jfjaeger [author photo](#)

Everything is reduced to
SIMPLY
focusing on our matching
THIGHS+Arms
+
EDGES

It's all about **narrowing your focus** to the right thing !

Our skis turn together naturally, our upper body (**arms, shoulders, head**) are following naturally, you feel relaxed and in-control.

You are amazed how easy snow skiing is to learn and master reasonably well. You will delight in how much fun skiing becomes!

Your **mind and body are in-sync**. You suddenly feel calm and confident.

Most important you now feel in TOTAL control, because you have discovered this unique way of feeling and thinking about snow ski turns actually works.

our primary lever

THIGHS

(ankles feet)

LEAD ski **EDGES**

matching

our upper body

ARMS hands

following

The essence of all Parallel ski turns

THIGHS LEAD

matching **EDGES**

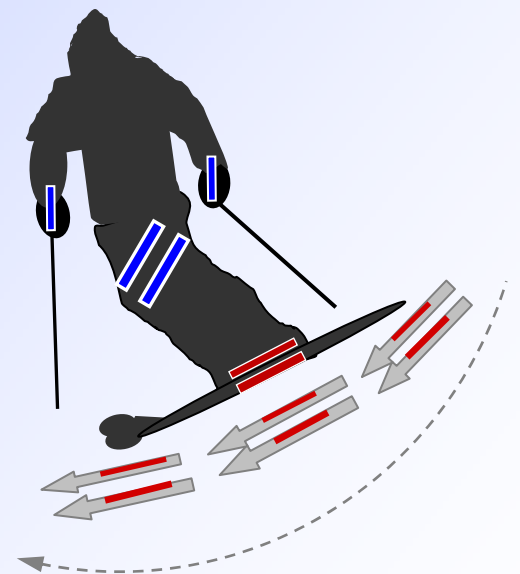
mind to **THIGHS** *to* **EDGES**

mind to **THIGHS** *to* **SHINS**

mind to **THIGHS** *to* **FEET**

mind to **HANDS** *to follow*

mind to **ARMS** *to follow*



SOLUTION: WE CAN MAKE GOOD SKI TURNS AND STAY IN GOOD BALANCE - SIMPLY BY DIRECTING MOST OF ATTENTION TO OUR **THIGHS** - Hands - **EDGES**

WHY SKIERS FALL	SYT™ SOLUTION
<p>Skier is off-balance</p> <p>weight is too far back</p> <p>weight is <i>NOT</i> over skies</p> <p>thighs <i>NOT</i> over skies</p> <p>thighs <i>NOT</i> leading skies</p>	<p><i>THIGHS LEAD</i></p> <p><i>matching EDGES</i></p> <p>skier's matching Edges in the desired direction and upper body will naturally follow skier's thighs leading skis under his body</p>
<p>ARMS - hands fall back</p> <p>uphill arm - hands drifts behind skier</p> <p>downhill arm drifts behind skier</p> <p>downhill ski <i>NOT</i> weighted on inside</p> <p>uphill ski <i>NOT</i> weighted on outside</p>	<p><i>THIGHS LEAD HANDS</i></p> <p><i>HANDS - ARMS follow</i></p> <p><i>HANDS OUT-FRONT</i></p> <p><i>Hands LEAD THIGHS</i></p>
<p>UPPER BODY not over skis</p> <p>upper body <i>NOT</i> facing downhill</p> <p>shoulders <i>NOT</i> facing downhill</p> <p>head <i>NOT</i> facing downhill</p>	<p><i>EYES face downhill</i></p> <p><i>HEAD faces downhill</i></p> <p><i>Shoulders face downhill</i></p> <p><i>UPPER BODY FOLLOWS</i></p>

The skier first experiences a loss of balance and control – then he prepares to fall.

The **shaped ski** has revolutionized the ski industry. These skis make it much easier to turn properly on the slopes. The new shaped skis are all about riding the ski. Let your *mind direct your* **THIGHS and EDGES** (combination) do the rest of the work. Your skis will turn naturally your lower body driving and upper body following in proper balance. When you desire to make more rapid ski turns, simply apply quicker forward and rolling pressure to our matching ski **EDGES**. Both our **THIGHS** and **EDGES** are now working together to steer and carve excellent ski turns.

- (1) **weight** stays forward and balanced OVER matching EDGES
- (2) **weight** transfers naturally from 1 SET OF matching edges TO OTHER SET
- (3) **arms and hands** stay out in front OVER matching EDGES
- (4) **upper + lower** body stays in-sync OVER matching EDGES
- (5) **mind + body** stay calm and focused

Pizza wedge turns place too much (motor control) neural focus on our inside edges !

Stem Christie turns place too much mechanical focus on independent foot action !

BRAIN TO **THIGHS** TO **EDGES**

BRAIN TO **THIGHS** TO **FEET**

BRAIN TO **THIGHS** TO **Hands**

BRAIN TO **THIGHS** TO **Shins**

BRAIN TO **THIGHS** TO **Ankles**



The simple action of narrowing

our mental concentration to very

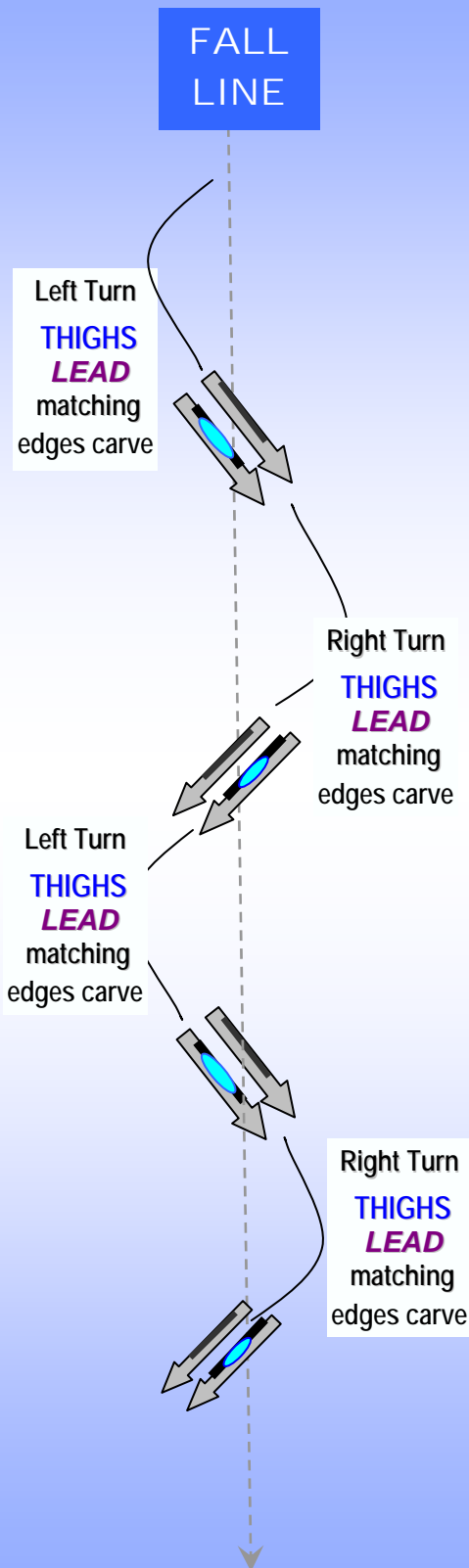
precise mind-to-body actions will

naturally lead the skier to begin

experiencing good ski turns.

*Always maintain
a keen awareness
on your matching*

THIGHS + EDGES



THIGHS LEADS / STEERS FEET + HANDS

THIGHS LEAD
matching EDGES

THIGHS ROLL EDGES

THIGHS LEAD Hands

our body follows in perfect balance

THIGHS and **matching EDGES** become the center piece of our mental and feeling concentration. They offer precise focal points for coordinating both lower and upper body skiing actions.

We are able to shrink our thinking to initiating each turn. Both our **downhill THIGH + uphill THIGH LEAD** and direct **matching EDGES** in desired direction we wish to go. All other body and skiing components such as our head, shoulders, hips, legs, knees, shins, boots, and skies will follow naturally and in balance. Keeping mind and body focused on these few essential actions enables us to **lead** and steer our **SKI EDGES** in all turns, and in all types of ski conditions. We naturally maintain a solid balanced position over our skis. Simple and precise **mind-to-body** reference points permits both mind and body to remain calm, focused, relaxed, and in-control. **THIGHS, EDGES,** and **Hands** become the **center of our universe**.

Whenever we begin to feel the slightest bit out of control, we simply return our thoughts + energy back to **1 mantra: THIGHS LEAD matching EDGES**

Experience a very natural way to snow ski.

Feel an instant sense of stability, control, and turning power by focusing most of your mental awareness:

THIGHS LEAD matching EDGES

THIGHS LEAD HANDS

SYT™ SKI METHOD

USES VERY PRECISE

MIND - TO - BODY

AWARENESS TECHNIQUES

ALLOWS YOU TO DISCOVER

natural sense of balance

natural sense of stability

natural sense of control

natural sense of turning

natural sense of carving

natural sense of stopping

BRAIN

THIGHS

EDGES

“Don’t over-rotate.

Arrive to the edges very softly. Every turn sets.

Belief and courage is what makes it powerful.

You must believe in your turns. When you can make every turn then you will believe in yourself.

Finish each turn with your downhill ski.

Good SKI turns use low energy.”

- The Edge of Never

You will not have to spend anymore time - trying to figure out other skiing secrets!

THIGHS LEAD + STEER EDGES - HANDS follow

THIGHS LEAD EDGES

THIGHS ROLL EDGES

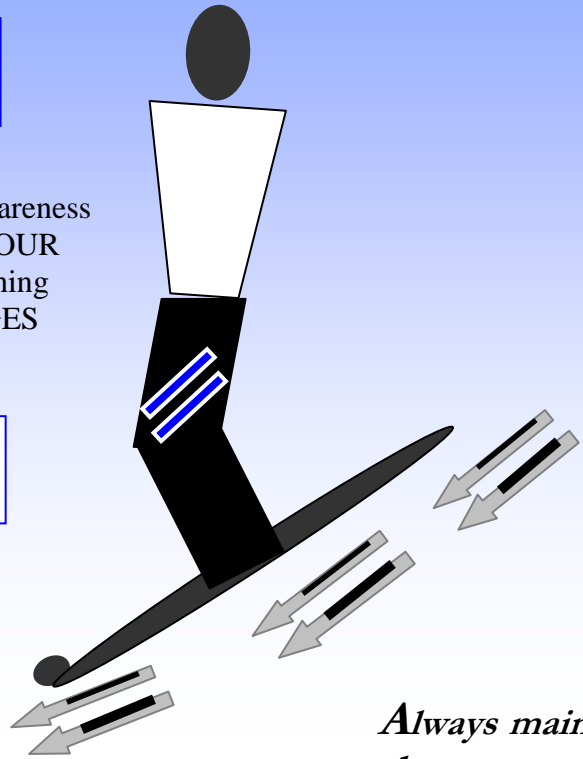
THIGHS LEAD Hands

A GOOD SKIER DOES THE FOLLOWING	Think - Feel these key sensory keys
<p>Keeps his center of gravity over skis Keeps both <i>Thighs + Hands</i> mostly parallel</p>	<p>THIGHS LEAD matching EDGES</p>
<p>Keeps both skis turning together 8 -10 inches apart Leaves behind 2 distinct ski trail lines in the snow</p>	<p>THIGHS ROLL matching EDGES</p>
<p>Stays in a lower position with both <i>Thighs + Hands</i> crossing under the skiers upper body and across the Fall Line.</p>	<p>THIGHS LEAD <i>HANDS - ARMS Follow</i></p>
<p>Keeps both hands out in front by allowing <i>hands and arms</i> to follow <i>Thighs</i>.</p>	<p>Upper Body <i>FOLLOWS</i></p>
<p>Keeps his upper body square - facing downhill</p>	<p>Upper Body <i>FOLLOWS</i></p>

IT'S ABOUT STAYING IN

Keen awareness
ON YOUR
Matching
EDGES

NEAR PERFECT BALANCE



*Always maintain
keen awareness
on matching
THIGHS
+ EDGES*

ALL THE TIME

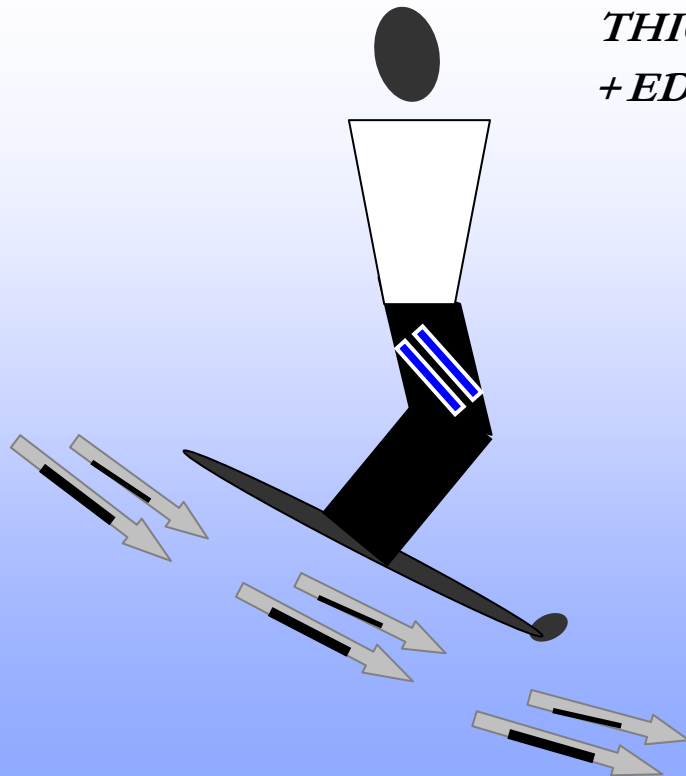
IN-SKIING

THIGHS

LEAD

MATCHING

EDGES



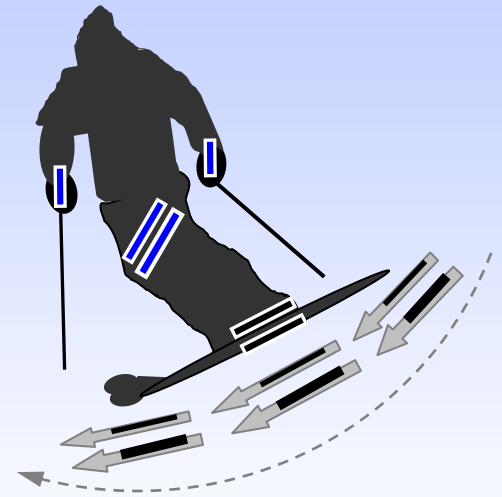
Master the art of Skiing

using simple and precise

MIND - to - BODY

Awareness Techniques

Keen
awareness
on
matching
EDGES



THIGHS LEAD

Feet EDGES Hands

The actual mechanics of a balanced stance are quite simple. The skier body weight /mass should always be centered over his **THIGH lines** and **MATCHING EDGES**. Feel your body weight over and ahead of the arches in both feet – matching foot edges. You find the hard plastic shell of the boot will naturally support your weight in this position—they are designed for just this purpose. If your weight gets shifted to the heels, you will not be able to turn the ski fast enough, and uncontrollable speed will be the result.

The forward part of the skis and edges are properly pressured and will turn quickly from side to side. This can be naturally accomplished by limiting our physical awareness to **THIGHS LEADING EDGES** each and every turn. By consciously extending and driving our matching THIGHS and Feet in the desired direction we are in control even on steep slopes.

Good balance is also maintained with proper **HAND** + arms motion. We connect their motion to the corresponding motion of our **THIGHS EDGE** combination. By allowing our **Hands + Arms** to **naturally follow** the movement of **THIGHS** driving forward, the upper body stays in good balance.

THIGHS LEADING Hands forces us to keep hands and arms out in front, as if you were carrying a tray of food. The closer we strive to keep our hands in-sync with our thighs, the more balance and control the skier will experience.

NOTE: Whenever our **Hands** and **ski poles** are allowed to drift behind our torso, then the skier's weight and his center of gravity is shifted backwards. As the ability to properly pressure ski edges is lost, the skier begins to lose turning control. Concentrate on allowing your ARMS to track naturally with your THIGHS - you automatically start becoming a more competent skier. **Always maintaining a keen awareness on your THIGHS - Hands - EDGES connection.** This mind-to-body connection is the key to staying in perfect balance and feeling confident every moment on the ski slopes.

Don't let yourself get caught up in all the contemporary how to do it jargon. Snow skiing is actually rather simple to learn.

Learn to start skiing parallel immediately!

THIGHS steering edges is incredibly powerful to think about. Conventional ski instruction asks us to place awareness on skis, carved turns, shin, foot, pressure, pole planting, etc. These are only a few of the ski terms that seem to confuse more than clarify. They tend to place too much of the skier's **share-of-mind** on his skies, feet, shins to make a well managed ski turns. The feet should be somewhere around 8 to 12 inches width apart, but whatever feels comfortable will do.

Because you are moving, it is important to realize that there is no perfect balancing spot. THIGHS FEET EDGES become the center of this **balanced zone**. It is also important to realize that our balance will be continually buffeted by snow drifts, ice and other irregular terrain and that you must constantly struggle to re-achieve your optimal state of balance. The good news is our educated ski thighs and feet will perform naturally when we allow our mind to stay in focus. This **mind-to-body** (mind-to-thighs-to-edges) **helps you create and maintain a forward THIGH extension** and skis will turn naturally with minimal effort. Don't confuse "getting rhythm" with too much swinging of the arms, a common misconception in skiing. If you examine pictures or videos of a professional skier, you will notice a forward extension of their thighs, feet, hands and arms.

Generally, our **Hands follow THIGHS**. However, it is okay to feel and practice allowing your **Hands to lead THIGHS** out in front of our body. Maintaining upper body quietness is a priority, which makes the good skier look like they are moving effortlessly down the hill. **Hands** awareness is equally important in staying balanced.

A very unique
self-learning
skiing method

LET your MIND surrender on only a few simple basics. Forget about most of the skiing jargon.

Learning to ski using these **mind-to-body** concepts will make skiing far more enjoyable.

What makes good skiers look like they are almost floating down the ski slope making smooth curving turns. All body movements in skiing are progressive.

We begin each turn with our **THIGHS** initiating the turn in a relaxed and assured manner. Our **HANDS, ARMS, Upper-Lower Body, SHINS, FEET,** and **EDGES** are all following. Our weight stays in-balanced while skis carve turns in a controlled fashion. Magically, the body's natural core "*center of gravity*" follows **THIGH LINES** as they continue to apply correct pressure to ski edges.

With **THIGHS LEADING EDGES (Hands, Shins, Ankles, Feet)** our upper body following automatically in-sync with lower body, and the skier naturally maintains a proper forward leaning position over his ski edges. Like the action of starting to walk from a standstill, the human body pitches **forward** but stays balanced during this motion. The skier starts out each run with a tall stance and gracefully moves into a natural angulated position.

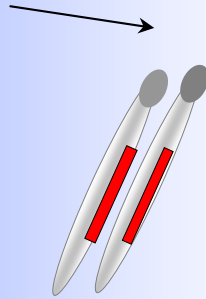
[Top 10 Secrets to Skiing Faster](#) – by Lisa F Densmore

It's all about **narrowing your focus to the right thing !**

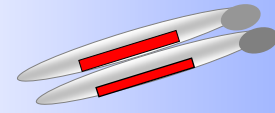
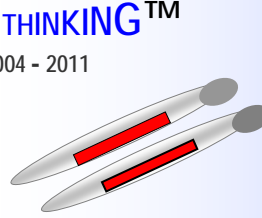
SKIING SHRINKING YOUR THINKING™

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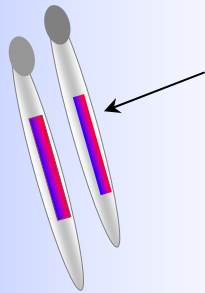
Transitions
to
RED
matching
EDGES



Right TURN



Transitions
from
BLUE
to **RED**
EDGES



IN-SKIING

THIGHS

LEAD

MATCHING

EDGES

Always maintain a keen awareness
on matching **THIGHS + EDGES**

- JF Jaeger

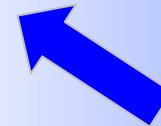
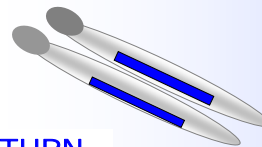
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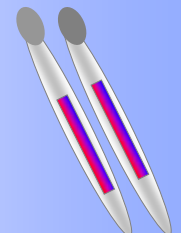
Good SKI turns use low energy”

- The Edge of Never

LEFT TURN



Transitions
from
RED
to **BLUE**
EDGES



Master the art of Skiing

using simple and precise

MIND - to - BODY

Awareness Techniques

THIGHS awareness

EDGES awareness

HANDS awareness

FEET awareness

**Pizza wedge turns place
too much focus only
on our inside EDGES!**

1st - Learned to **walk** with skis on using – primary **THIGH** and 'parallel pout' technique.

2nd - Learned **side-slip** with skis on using - primary **THIGH** and 'parallel edges' technique.

3rd - Learned to **stop** with skis on using - primary **THIGH** and 'parallel edges' technique.

4th - Learned to **ski** with skis on using - primary **THIGH** and 'hands-feet-edge' technique.

5th - Learned to **ski** with skis on using - primary **THIGH** and 'imaginary blinders' technique.

* Skis turn naturally using the proper combination of *both* your inside and outside edges.

The skier goes from matching edges
to matching edges!

Nobody can build an edge like he can!

Wedge turns are okay for skiing with
your feet on the brakes!

Stem turns discourage learning good
parallel edging + turning skills!

Roll, roll, roll your **THIGHS** quickly down the hill.
Merrily, merrily, merrily, skiing is but a dream.

Roll, roll, roll your **EDGES** quickly down the hill.
Merrily, merrily, merrily, skiing is but a dream.

A very unique
self-learning skiing method