

ESKIMOS

ski.snowboard.school.

ESKIMOS SKI SYSTEM

We have developed the unique ESKIMOS ski system to simplify the choice of lessons for our guests. It is built like an igloo. The three Basic lessons are the igloo's fundament. Beginners can learn how to ski controlled in a quick and safe way and intermediate beginners can optimise their skills. Those who want to fly high can look up to the roof of the igloo, to the 4 Allround and the 2 Freestyle lessons. Advanced skiers can bring the specific techniques to perfection in these lessons and reach for the stars.



Basic 1

- Breaking and stopping
- Changing direction in snowplough
- Using the lift
- Introduction crossing the slopes in parallel
- Information about FIS-Code

Basic 2

- Crossing the slopes in parallel
- Weight and unweight movement
- Introduction parallel turn
- Introduction turning on edges of ski
- Skiing on red slopes

Basic 3

- Parallel turn on red slopes
- Safe turns on red slopes
- Introduction carved turn on blue slopes
- Introduction steep terrain
- Parallel stop

Allround 1

- Advanced parallel turn on red slopes
- Varying size turns on red slopes
- Advanced carved turn on blue slopes
- Introduction fakie skiing on blue slopes
- Introduction short turn on red slopes

Allround 2

- Short turn on red slopes
- Introduction carved turn on red slopes
- Advanced fakie skiing
- Introduction slope tricks
- Introduction short turn on moguls

Allround 3

- Carved turn on red slopes
- Introduction short turn on black slopes
- Introduction mogul short turn
- Advanced parallel turn on black slopes
- First jumped 180° on the slopes

Allround 4

- Advanced short turns on moguls
- Advanced carved turn on red slopes
- Varying size of carved turns
- Safe skiing on varying terrain
- Performance in every terrain

Freestyle 1

- Introduction jumps on kickers
- Advanced fakie skiing
- Safety rules in the park
- Introduction slope tricks
- Introduction boxes and rails

Freestyle 2

- Advanced slope tricks
- Introduction jumps with rotation on kickers
- Special on-/off- jumps boxes/rails
- Safe landings
- Advanced tricks und airs

