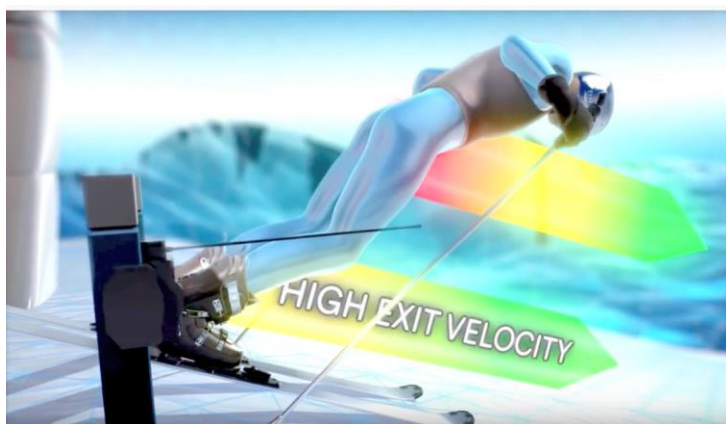
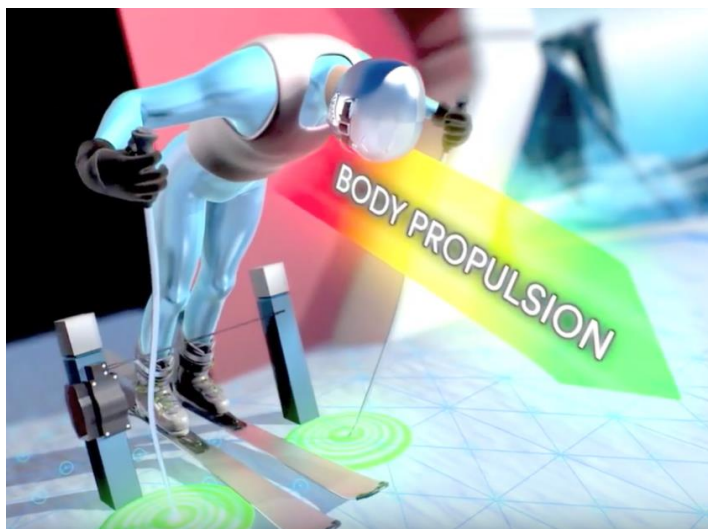
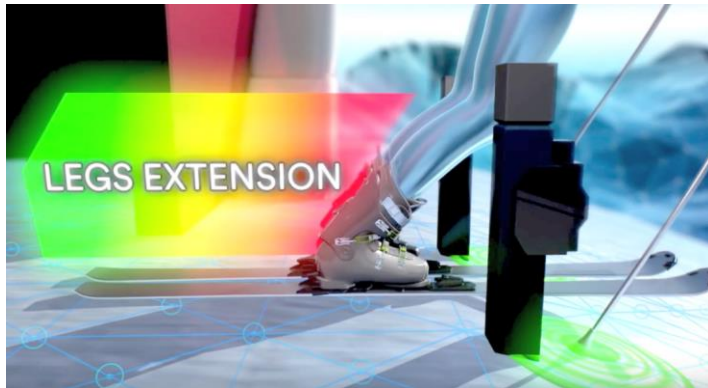


Race Start Decompose

Thanks to: Lee Morse Vid. <https://youtu.be/QHSdapaAZCg>

The Video is broken down to steps. Look at the steps and the video.

Basic – 3 panel



Full Step by Step



Extend hips forward and up





Bend At The Waist



Drive Hands Forward



Kick Up Heels



Fully Extend Hips



Weight on the Tips



Trip Wand with Boots

Giant Slalom Starts

Bigger kick

Body out over tips of skis

2-4 Hard, quick skates in before 2nd gate

Skate to set up the 2 turn

Speed in the course is multiplied by your speed from the start

NEXT is POLE / SKATE

