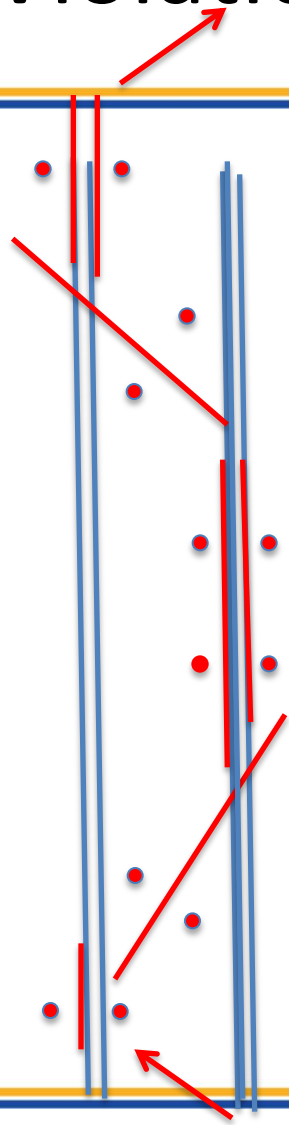
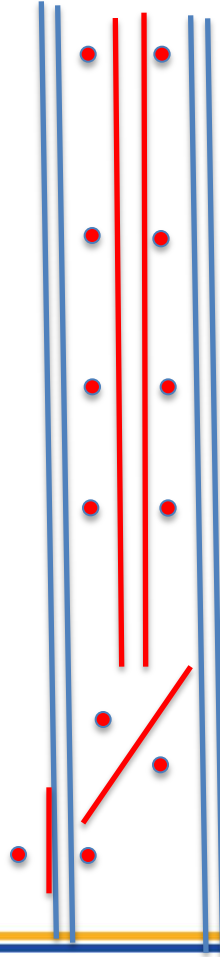


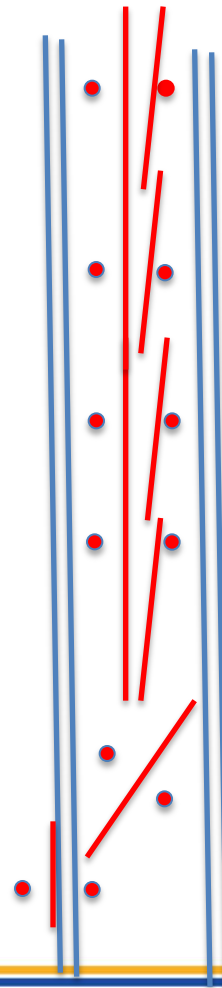
# Violation of ICR



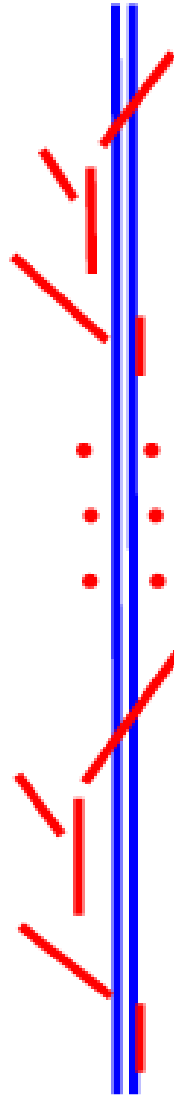
# Allowed



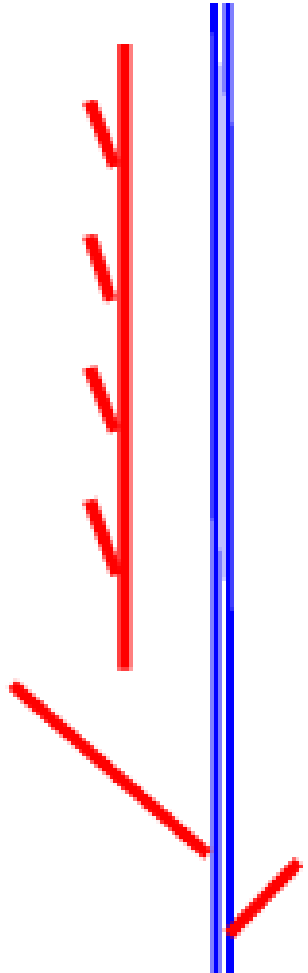
# Violation of ICR



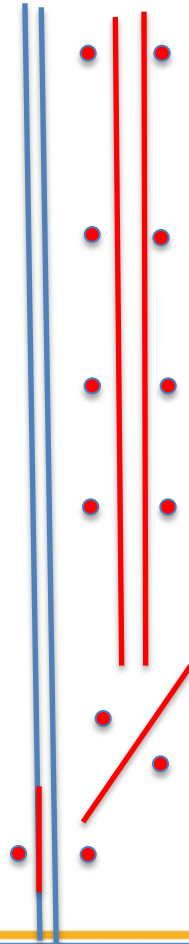
# Violation of ICR



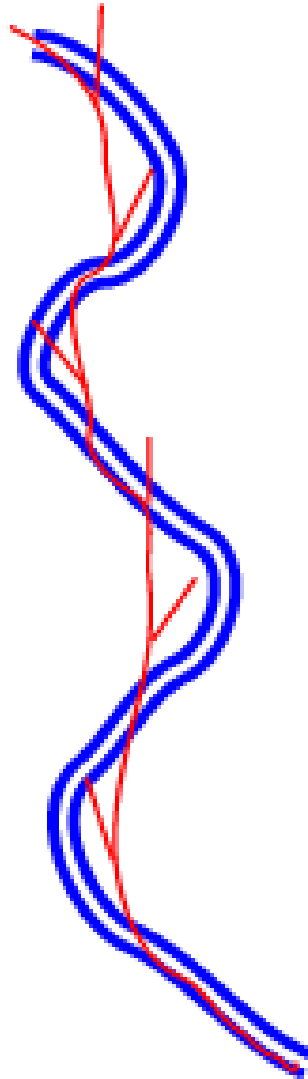
# Violation of ICR



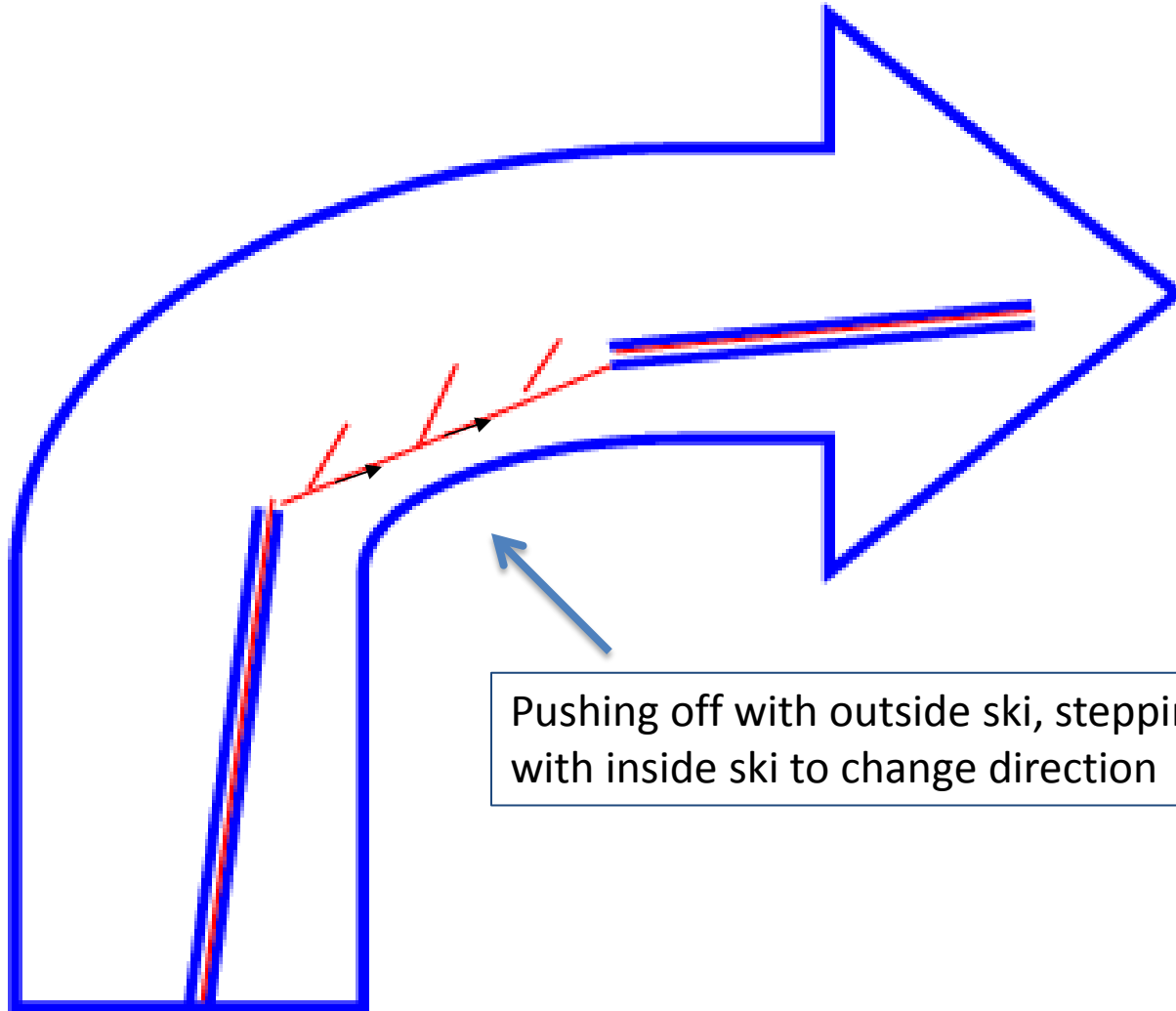
# Allowed



# Violation of ICR



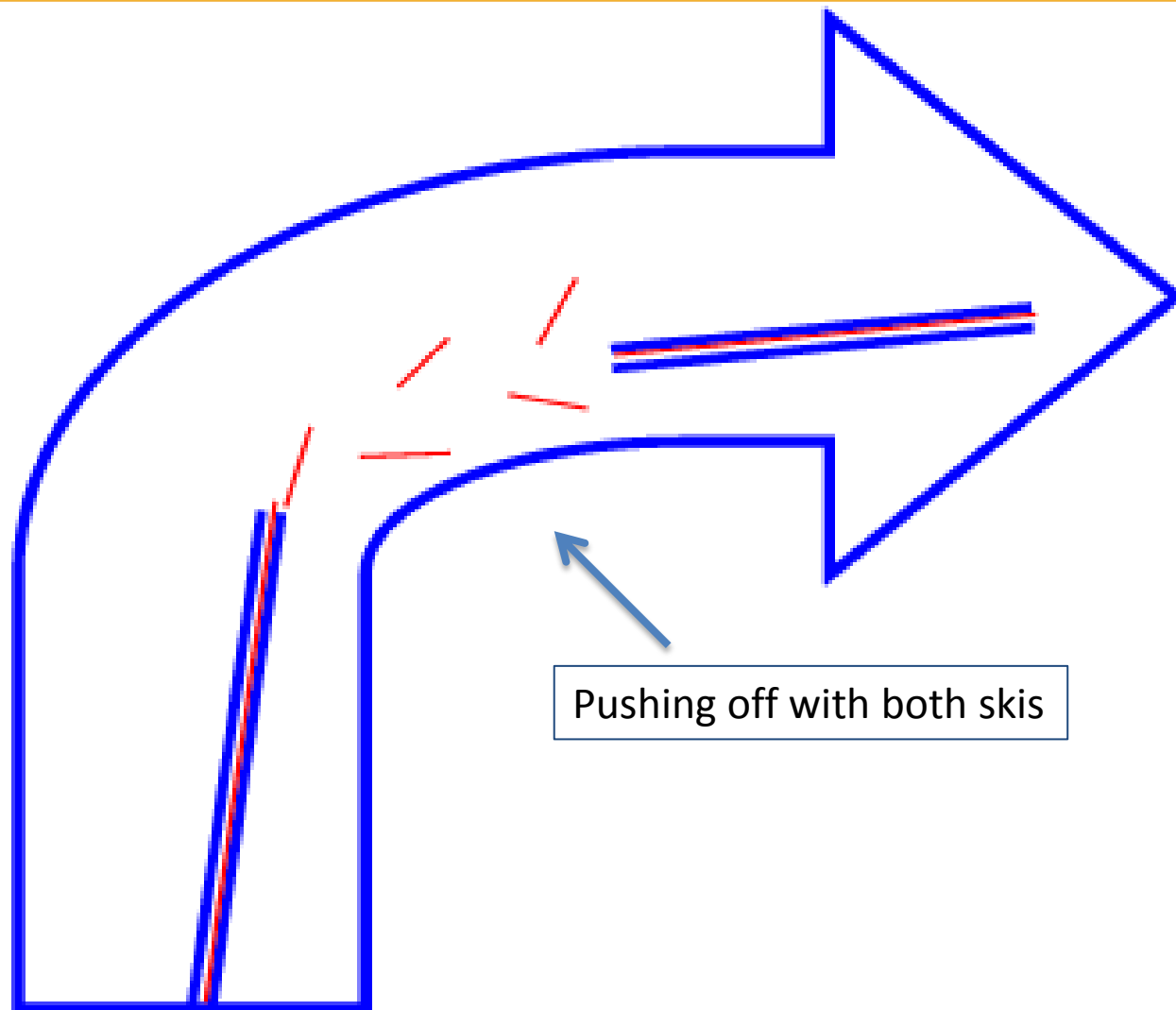
# Correct turning technique



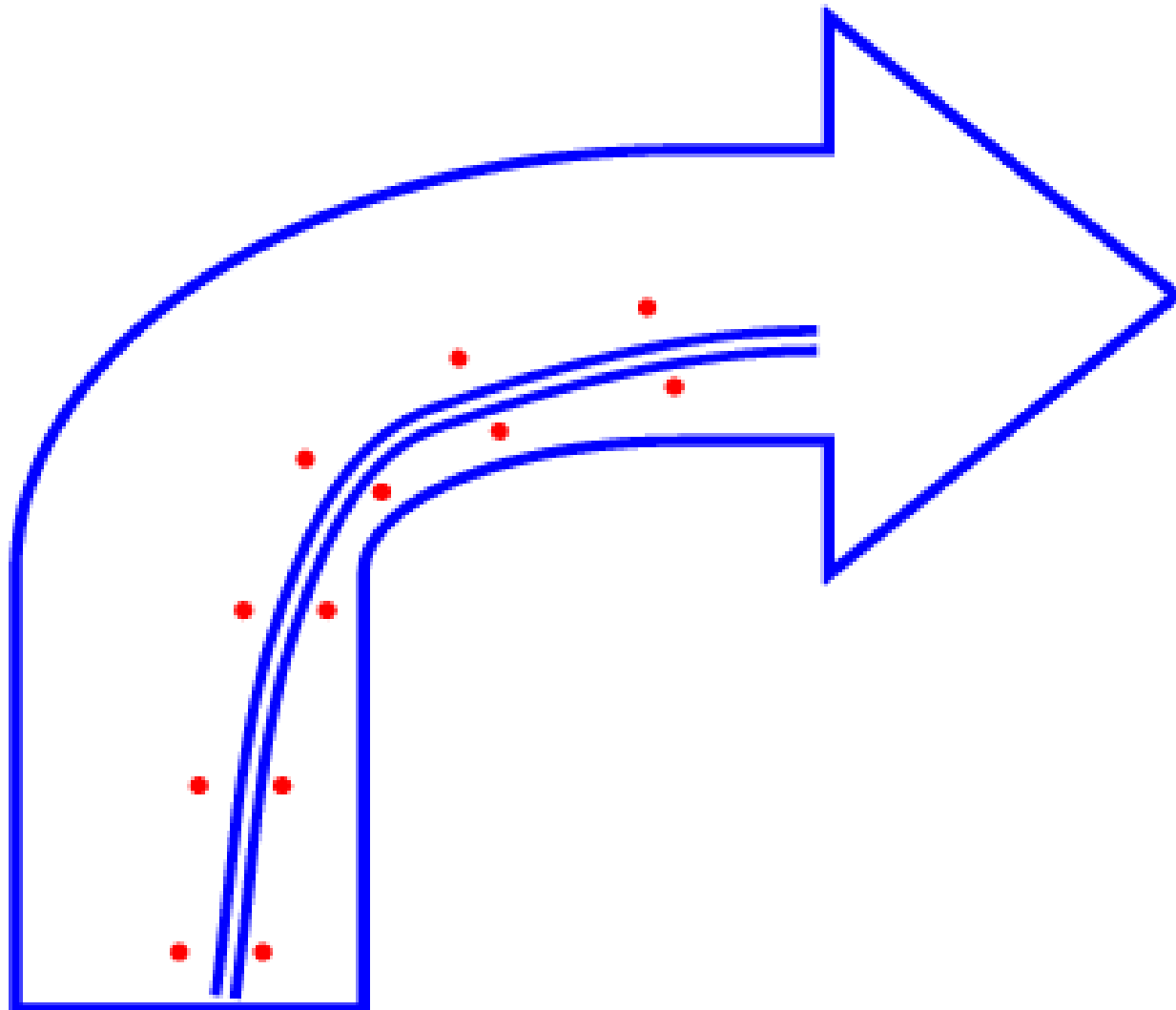
Pushing off with outside ski, stepping  
with inside ski to change direction



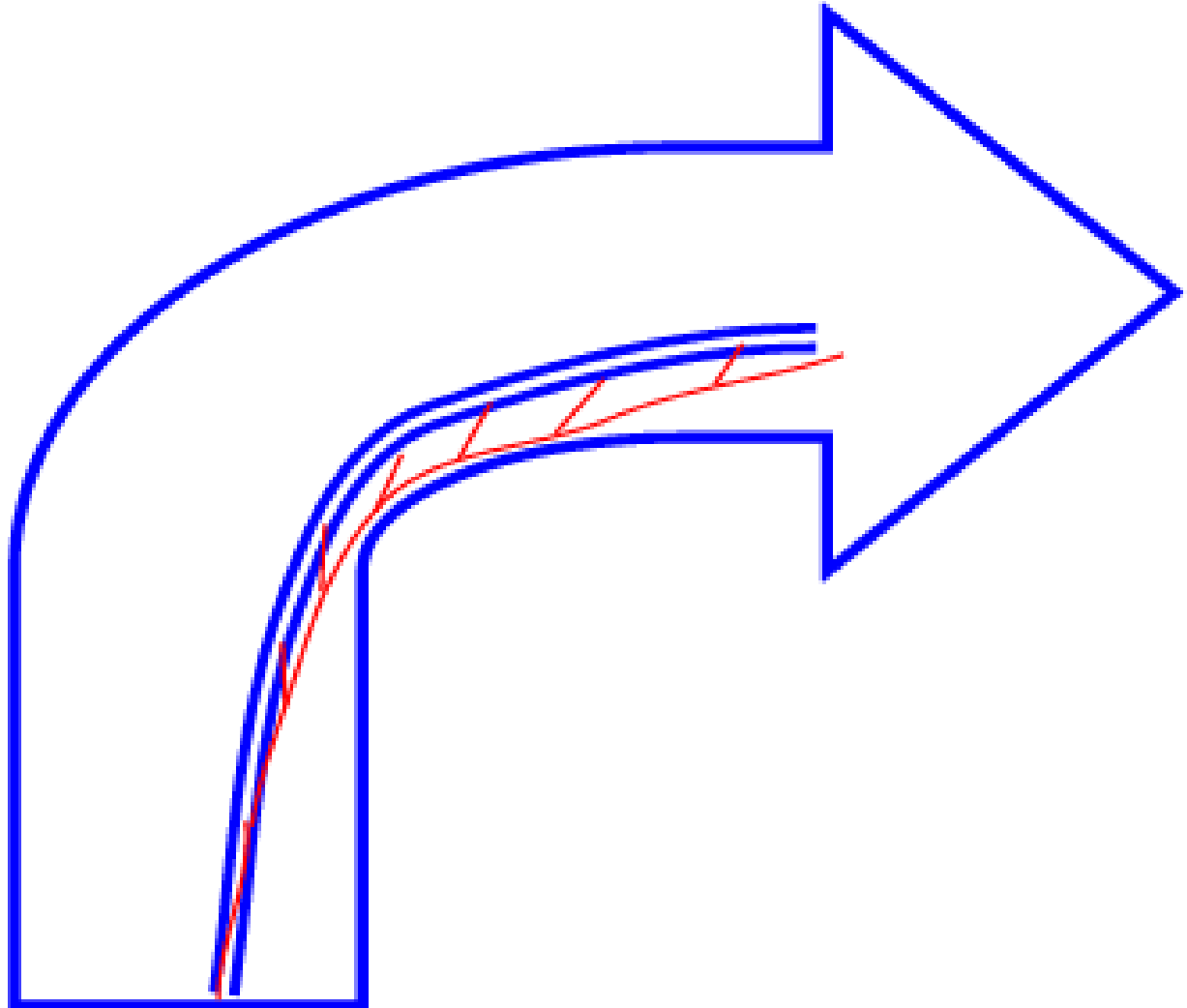
# Incorrect turning technique



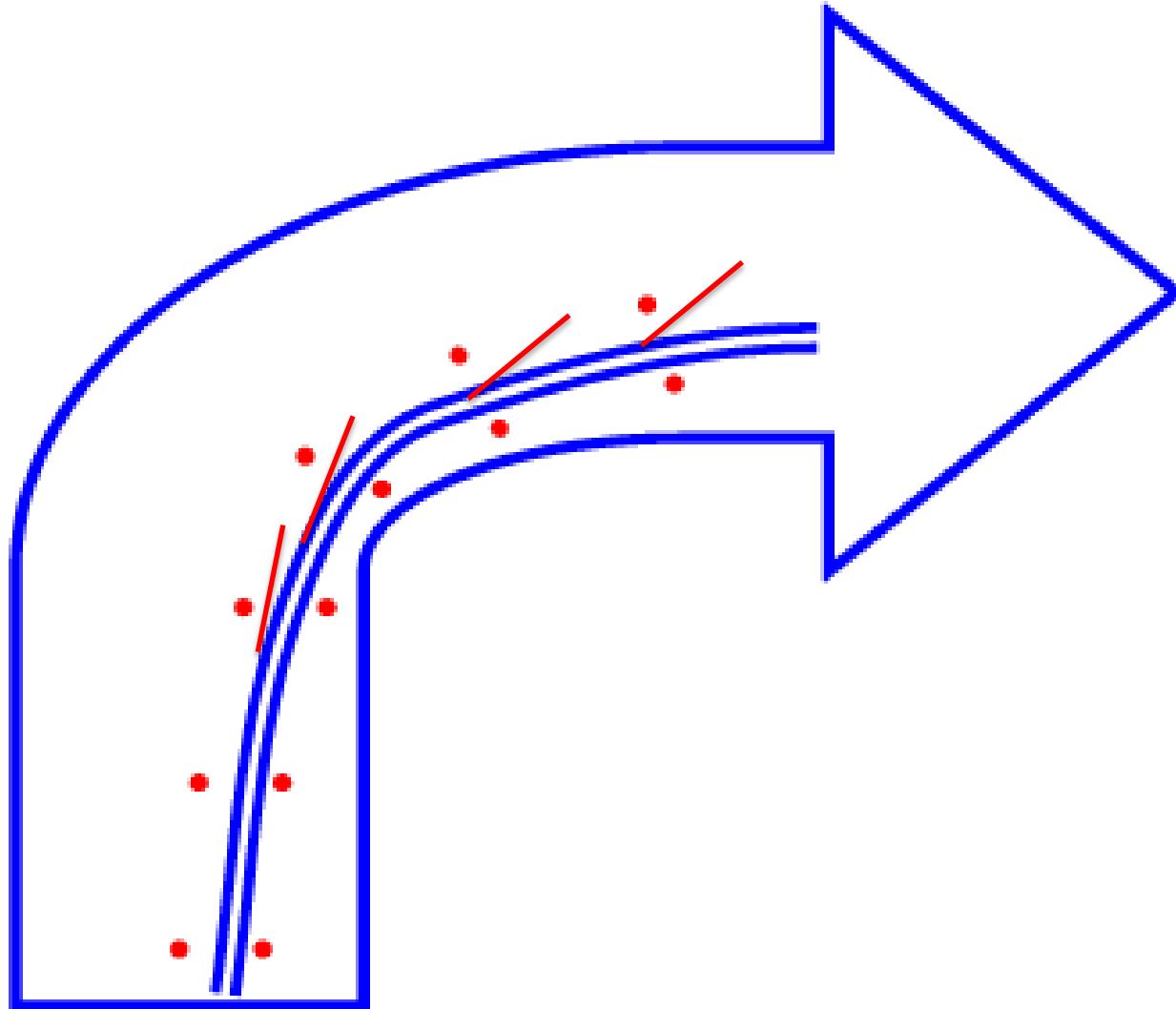
# Correct technique



# Violation of ICR



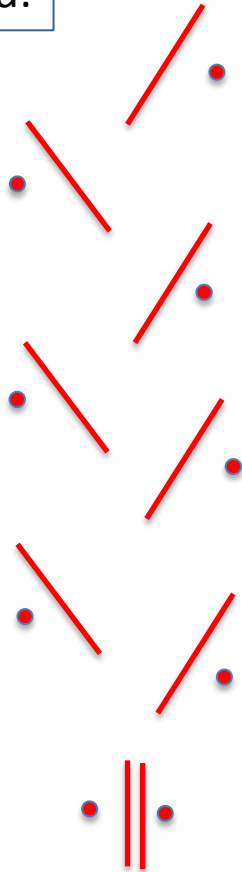
# Violation of ICR



# Herringbone uphill

Allowed:

No glide phase



Not allowed:

Glide phase

