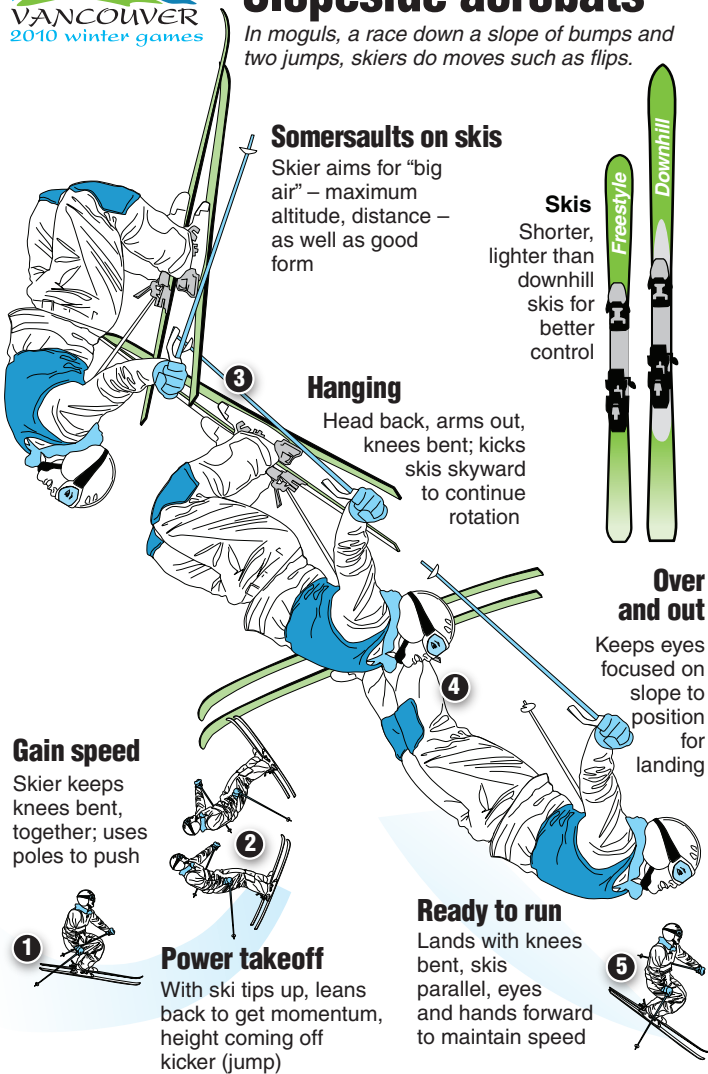


# Slopeside acrobats

In moguls, a race down a slope of bumps and two jumps, skiers do moves such as flips.



## Somersaults on skis

Skier aims for "big air" – maximum altitude, distance – as well as good form

## Skis

Shorter, lighter than downhill skis for better control



## Hanging

Head back, arms out, knees bent; kicks skis skyward to continue rotation

## Over and out

Keeps eyes focused on slope to position for landing

## Gain speed

Skier keeps knees bent, together; uses poles to push



## Power takeoff

With ski tips up, leans back to get momentum, height coming off kicker (jump)

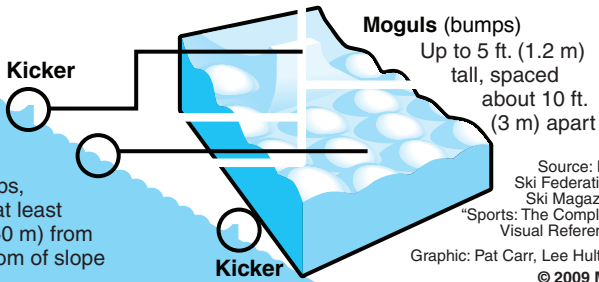
## Ready to run

Lands with knees bent, skis parallel, eyes and hands forward to maintain speed



## Kickers

Two jumps, located at least 165 ft. (50 m) from top, bottom of slope



Source: Intl. Ski Federation, Ski Magazine, "Sports: The Complete Visual Reference"