

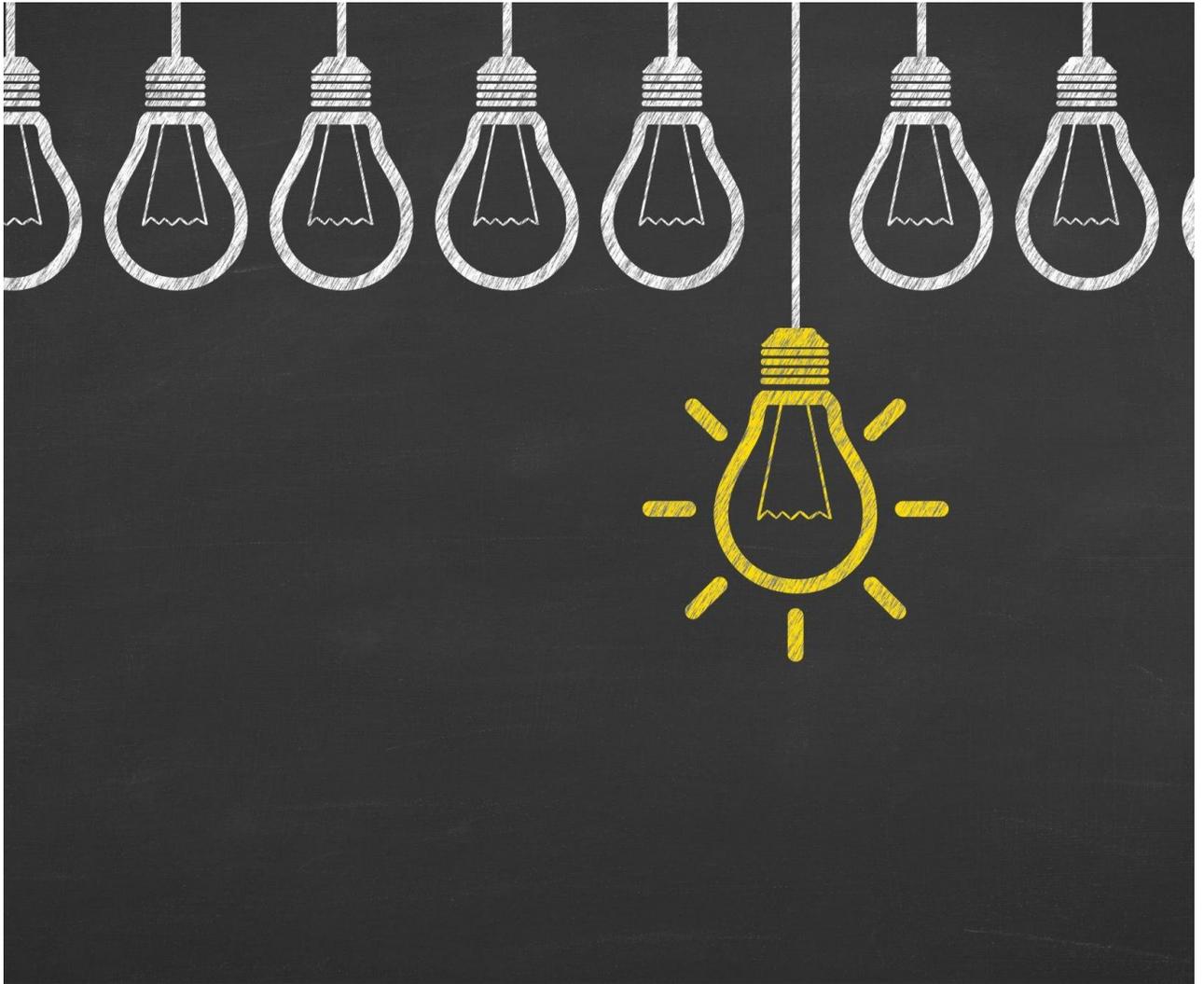


SKATE SKIING UPHILL: OLD VS MODERN OFFSET

Chanwoo/찬우

PRESENTATION SUMMARY

- Old offset과 Modern offset의 차이점
- Old Offset (explanation)
- Modern offset (explanation)
- Advantages of Modern offset
- Quality of movement
- Impact of stance width
- Learning the Modern technique





OLD OFFSET 과 MODERN OFFSET의 차이점

- Old offset 과 Modern offset 스키 기술의 주요 차이점은 양쪽 다리의 폭과(스키 꼬리) 발 위치에 있습니다.

OLD OFFSET

- The old style of offset focuses on landing on a flat ski and getting the body over the ski. However, skiers have this awkward time having to lift and reposition their bodies to push the skis, and skiers also have to twist their body a lot to push the skis.
- Old offset을 하기 위해서 스키는 땅과 수평으로 착지 시키고 스키를 밀때는 다리를 들어올린후 다시 자세를 잡아 미는 시간이 필요하며, 골반을 많이 비틀어야 합니다.





MODERN OFFSET

- On the other hand, the modern offset technique focuses on a wider stance and immediate pushing off the inside edge of the ski. **Skiers in modern offset maintain a wide stance, working from edge to edge and avoiding trying to land on a flat ski.**
- Modern offset 은 왼쪽의 사진처럼 양발의 간격을 넓히고 스키의 안쪽 날를 세우고 스키의 안쪽 모서리가 땅에 떨어지자마자 거의 즉시 밀어냅니다.

EXAMPLE (VIDEO) 2:00-4:40



ADVANTAGES OF MODERN OFFSET

- **Wider Stance:** The wider stance in modern offset allows for immediate pushing off the inside edge of the ski.
- **Efficient Positioning:** With a wider stance, the skier is in a more advantageous position for pushing the ski.
- Modern offset은 더 넓은 자세로 스키의 안쪽 가장자리를 편리하게 즉시 밀어낼 수 있는 자세입니다.



QUALITY OF MOVEMENT

- **Body Position:** The modern offset technique allows the skier to use the body more effectively to power the skate push. (Modern offset 기술을 통해 스키어들은 보다 효과적으로 몸을 사용하여 스키를 밀어낼 수 있습니다)

Rotation in Hips: There is less rotation in the hips in the modern offset technique, leading to more efficient weight usage. (Modern offset 기술에서는 골반의 회전이 적기 때문에 Weight Transfer를 보다 효과적으로 할 수 있습니다)



IMPACT OF STANCE WIDTH

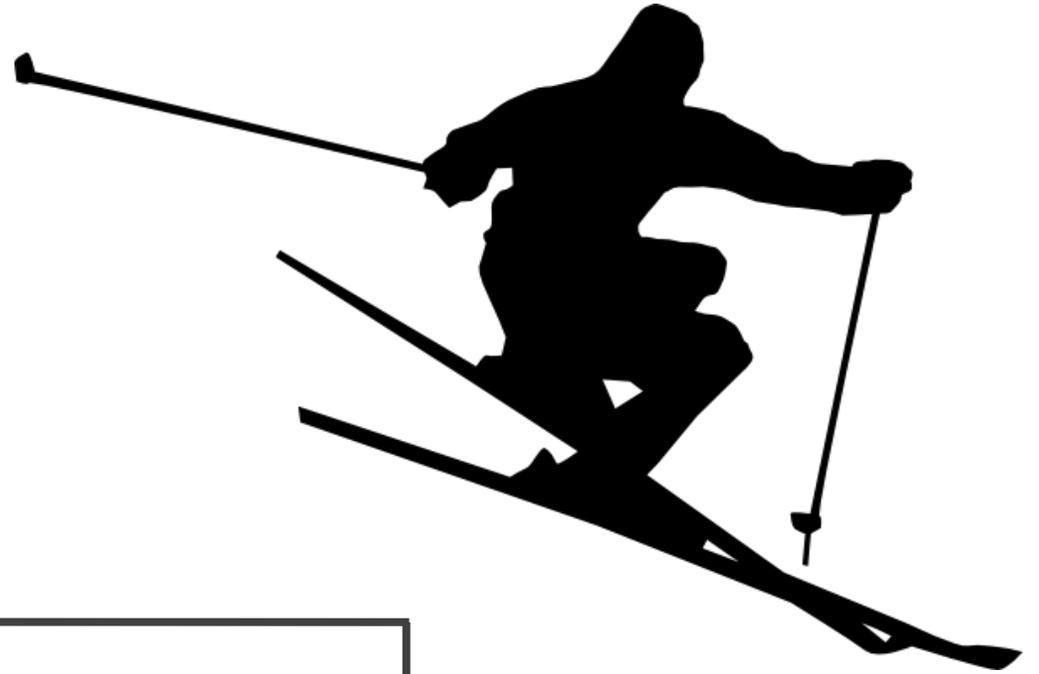
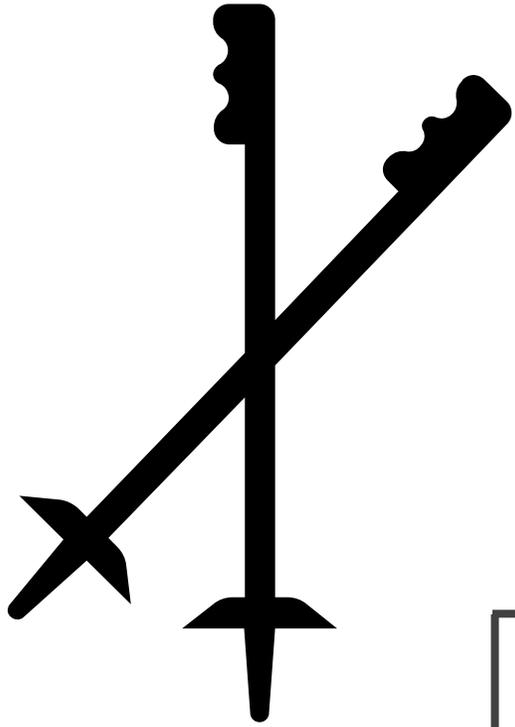
- **Old Style:** The old style of offset results in longer and labored steps due to the narrow stance.
- **Modern Offset:** The wider stance in modern offset allows for lighter, quicker steps and a more efficient technique.



LEARNING THE MODERN TECHNIQUE

- **Wide Stance:** Learning to maintain a wide stance is a great first step in adopting the modern offset technique.
- **Sharpness in Movement:** The modern offset technique involves a quality of sharpness at the end of the skate push, leading to dynamic and efficient movement.





Thank
You!

