



Altius Nordic Ski Club Jump 'n Fly Skill League  
LEVEL 3 - TIGER: K-38 Jump/K-63 Landing Hill  
Cross country skiing Intro 1

**T: Take-off Movement/Further adaptation of the Offset and 2 skate skiing techniques**

I know why the take-off movement is the most important part of the jump. I can perform it well doing imitations. At least 80% of my jump timing at takeoff is good and well controlled. My shoulders and arms are calm/quiet. I only use my legs to power the jump. I lock my legs and pull my toes to enter the flight position. I can adjust the direction of my take-off according to the size of a jump (k-18 and k-38) I can switch between the 2 skate and off set skate techniques according to terrain demands. I understand the dynamics/timing of weight transfer in skate skiing.

**I: In-run/Balance and Coordination (XC skiing)**

I can control my skis and I have good balance while skiing down the landing hill in the in-run position and can hold it through a transition curve. I can coordinate my arm, leg and body movements and know the difference between coming to a stop on sawdust and snow. My upper/lower body movements are fully coordinated and there is a good sense of balance in my skate skiing. I can glide 10 m. on one ski without falling or touching the snow.

**G: Great Telemark in Difficult Conditions**

I can telemark in difficult conditions through practising the following:

- From an 8" to 20" high box placed before the incline. I know how to lift one leg to the flight position and drop into the telemark position.
- On the balance beam. I can hop up and set in a telemark landing.
- Skiing down the k38 and k63 landing hills in the telemark position held through the transition.

I can switch between slow, medium speed and sprint according to the terrain specifications and part of the race course.

**E: Excellent Physical Skills.**

- I can run 20 meters in less than 4.5 seconds and jump over 140 cm - two feet together (4.0 sec. and over 170cm for "Gold E").
- I can do 5 sets of 20 squats with 30" break in between. I can hold the in-run position for 1 minute.
- At least 80% of my jumps on the k38 are past the 25m with the telemark and "V" (28m with the telemark and "V" for "Gold R").

**R: Rocking people connections!**

I know last year's NC WC "A" and SJ WC winner. I've looked up at [www.fis-ski.com](http://www.fis-ski.com) for overall results of the last World Cup. I help and look out for other Hoppers.