

Learning the Tumble-Turn Position

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The tumble-turn is a simple, yet impressive beginner trick for the average barefooter, a show ski act, or competitive tournament skier. Unfortunately, many aspiring tumble-turners have trouble keeping the proper position and form throughout the turn. This will give any skier a bad experience with the tumble-turn. In order to bypass the trial and error stage of learning this trick, it is wise to learn the position before going out and trying the actual trick.

It is important to remember that during a tumble-turn you will be switching hips as you swivel around, so when practicing the position, do not neglect or favor one hip over the other.

The best way to get the feel for the position is on a five-foot extension from the boom. The boat will only be tugging you gently through the water in an idle as you hold the rope firmly to one hip. You should have your knees and waist bent in a fetal position facing the opposite direction as the boat and leading with your

backside (parallel to the boom). As your body pushes its way through the water, you must focus on holding the leading hip up so as not to catch the water when performing the trick at full speed. This position will be your ¼- and ¾-mark of the tumble-turn. These steps can also be practiced on dry land or a hardwood floor with an assistant gently tugging the rope.

It is important to remember that during a tumble-turn you will be switching hips as you swivel around, so when practicing the position, do not neglect or favor one hip over the other. Switch off between the two in order to become equally strong and comfortable riding both ways. This will keep you content throughout the turn and make it easier to learn the reverse tumbles.

After you feel comfortable and efficient riding the position, go ahead and try the tumble. Remember that this is only an exercise for the tumble-turn to gain confidence; so don't spend too much time on it. Once confidence is achieved, go for the turn. The only difference between the actual tumble-turn and this exercise is that you must switch between your basic and reverse positions throughout the turn. Be sure to keep the handle moving firmly from one hip to the other to keep momentum and help you finish the trick.



Keith St. Onge's Barefoot Ski School is located in Winter Haven, Fla. For more information, visit ksobarefoot.com, call (863) 887-0039, or e-mail reservations@ksobarefoot.com. Whether you are a serious tournament skier or you just 'foot for fun, all levels are welcome! Sponsored by: Vortex Wetsuits, Gopal's, US Gear and Clincher.