

preparing for a greater winter season than ever. Trail cutting has been the order of the day. At St. Marguerites a tremendous ski jump was under construction. It is expected that leads of 180 feet will be obtainable on this new hill, which is second in size in Eastern Canada only to Lucerne's 60 metre hill.



# JUMP TURNS

*By*

H. T. CLIFF

**T**HE jump turn is being widely discussed in Canada at the present time. It seems appropriate, therefore, that a discussion dealing with the advantages and disadvantages of it would be of particular interest to Canadian skiers.

It is not definitely known who first discovered this turn, but we can very definitely say that the Ski Club of Great Britain was the first ski-ing organization to give this turn any serious consideration; they were quick to realize that it was a useful turn and that it should be included in the technique of every British ski-runner.

It was first brought to the attention of British skiers in Switzerland by being included in the Ski Tests; its introduction raised strong protests on every side. Since it was controversial, it was widely discussed. It, therefore, achieved widespread interest quickly.

There were those who looked on the jump-turn as an impractical circus stunt at the outset, and they could not be convinced that it had any place in the technique of a modern skier, contending most vigorously that it was a waste of time to even practise it.

The Ski Club of Great Britain, realizing that it was a practical and useful turn that could be readily adapted to the technique of the mountains, still insisted that it be included in the ski tests. All candidates were, therefore, obliged to master it in order to pass the ski tests. The members soon found that their protests were of no avail, so they settled down to master it.

After practicing it they soon discovered the many advantages it possessed over the other turns, and the converts, soon forthcoming, did not take long to outnumber the sceptics.

It was soon found that this turn that had been branded as an im-

practical stunt possessed many of the advantages for mountain skiing that could not be found in the other more popular turns. The old prejudice against it has now definitely passed away. It has gained so much favour in Switzerland and other parts of Europe that it is being used by both the novice and the expert skier with equal success.

It was soon brought to Canada by skiers who had used it in Switzerland. It was unfortunate, however, that when shown here for the first time, it created the same impression here as it did among British skiers. There were many who regarded it as a stunt. This prejudice has rapidly disappeared as it is becoming better known. There are a



E. H. COUSENS, of the Toronto Ski Club, doing a Jump-Turn.

Note the position of the legs from the knees down, how they have been tucked sideways under the body. This is a decided help when clearing an obstacle. It also helps to gain greater distance in the length of jump, especially on a steep slope.

number of skiers in Canada, both ladies and men, who have been using this turn to good advantage for the past five or six years.

I have been using this turn since 1925, having been obliged to do it in order to pass the ski test at Murren, Switzerland. As soon as I commenced to use this turn seriously I was soon convinced that it was a very valuable turn, and also that it could readily be adapted to our skiing in Canada. I am now very definitely convinced that it is one of the most useful of all turns.

In my opinion the jump-turn is one of the most practical turns we now have and I will give you my reasons for thinking so.

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(1) *It can be used under more varying snow conditions than any other turn, it being practical in snow varying from light powdered, to breakable crust. There is no other turn which gives you the same latitude.*

(2) *It can be done by using a single pole or by using two poles. The former method is quite suitable for normal conditions and the latter methods allows the skier to get greater height with less effort as two poles support the weight of the body.*

(3) *It is the best turn to use on very steep ground. It is ideal when travelling on slopes of 25 degrees or over, the advantage of using this turn over all others is that a great deal of vertical distance can be accomplished in the execution of it. This vertical distance will increase in proportion to the degree of steepness of the slope. It is recognized that on slopes of 25 degrees or over the Telemark, Christiania, and various forms of Stem Turns are almost impossible to do except by the most expert runners, whereas the jump-turn can be executed with ease by the most timid novice.*

*I have seen skiers in Switzerland come down exceedingly steep slopes, some of them looked almost impossible, but they were negotiated successfully with ease by using a jump-turn.*

(4) *It is the only turn that can be used in breakable crust.*

*While ski-ing in Switzerland in 1925, it was my experience to have this turn brought seriously to my attention; it happened one day while making a climb of about 2,500 feet. On leaving the hotel in the morning, we were blessed with bright sunshine, and this continued until after lunch, when the sky clouded and a light rain fell. It was not long before it had frozen, making a thick crust. The descent was much too steep to be taken straight and, therefore, had to be negotiated in a series of jump-turns, all other turns being impractical. I was very glad I had taken some time a few days before to practice it, exceedingly sorry, however, that I had not practiced it with a ruck-sack on my back. Mine lacked a strap to hold it in place and on every turn it would come up and hit me in the back of the neck, reminding me that a full ruck-sack was not the best companion to use with jump-turns.*

(Moral)—*After learning to do a jump-turn, have some practice with a ruck-sack on your back, with some weight in it.*

(5) *It is the only turn (except a Gelandesprung) that can be used in clearing obstacles, such as fences, sunken roads, ditches, stones and other obstacles.*



(6) *It is the only turn (except the Gelandesprung) in which both skis leave the snow together. This is, in my opinion, one of the most important points in its favour and can not be stressed too strongly. Any manoeuvre that will get the skier off the snow is a good one. We see too many people to-day, even among the better runners, who are afraid to take their skis off the snow. They seem to think that their skis must be glued to the snow at all times.*

*Keeping the skis continually glued to the snows tends to make a skier very timid and cautious. If one practices jump-turns one will soon realize that one can leave ones beloved snow without losing all sense of balance and control. The fact that a jump-turn gets a skier off the snow is one of its salient features.*



A. CHILCOTT, *Toronto Ski Club*, doing a single pole jump-turn.

There are various forms of jump-turns, and they are all worthy of consideration, the most simple one being with one pole, this is sufficient for getting about under ordinary conditions, but we would be well advised to learn the other methods of using it, so that we have a well-balanced style.

This turn can also be done with two poles, one in each hand. This necessitates getting one pole out of the way very quickly in order to let the skis finish the jump. This allows the skier to get higher in the air than if a single pole is used; it makes one quick in executing the turn and is also less fatiguing.

Two poles can also be used on the same side, simply by passing one pole across the skis and putting both rings in the snow together. This is excellent for the ladies, as the actual jump does not need to be nearly as vigorous, which makes the turn easier to execute.

The Stem Jump is, as the name implies, a stem and then a jump-turn, the stem reduces the speed and the jump-turn is then completed with ease.

I will not indulge in a discussion of how these different turns should be done, as they are very well described in the various books that have been written on the sport. You will be surprised at the help you will get by making a serious study of these turns from the pages of the skiing literature.

Most beginners have the idea that a jump-turn is easier to do on the level than on a steep slope. This is entirely wrong, because the steepness of the slope allows the skis to come around without hind-



R. F. GUNN, of the Toronto Ski Club, doing a two-pole Jump-Turn.

rance. After you have accomplished this turn fairly well on the level, try it on a moderately steep slope, and note the difference.

A great deal of real pleasure can be added to your skiing if you are a good jump-turner. Practicing it will convince you that skiing in the air is pleasant. It will help you acquire a more free and easy style because you will be getting off the snow.

If you have difficulty in learning it, ask the first person you see on the snows who does a good jump-turn, how to do it, and I think you will find him only too willing to spend some time with you on the slopes to teach you the technique.

The following books will be found very helpful in giving you the technical details of the jump-turn:

"Modern Ski-ing," by Captain A. H. d'Egville.

"The Complete Ski-Runner," by Arnold Lunn.

"Ski-ing Turns," by Vivian Caulfield.

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## Winter Sports Programme • 1932 •

- Dec. 26. Saturday Afternoon. Exhibition Match College Hockey.  
Jan. 1. Friday Afternoon. Ski Jumping Exhibition, Ottawa vs. Montreal.  
Jan. 2. Saturday. Skiing Relay Races, Montreal-Ottawa.  
Jan. 2. Saturday. New Year's Winter Carnival.  
Jan. 2. Saturday. Torch Light Toboggan Carnival.  
Jan. 3. Sunday. Fancy Skating Exhibition.  
Jan. 9. Saturday. Seignior Club Curling Bonspeil.  
Jan. 16. Saturday. Bobsleigh Races, Seignior Club.  
Jan. 17. Sunday. Seignior Club's Ski-Joring Races.  
Jan. 23. Saturday. Invitation Ski Jumping Contest.  
Jan. 30. Saturday Night. Fancy Dress Skating Carnival and Ball.  
Jan. 31. Sunday Afternoon. Fancy Skating Exhibition.  
Feb. 6. Saturday Afternoon. Habitant Trotting Races on the Ottawa River.  
Feb. 13. Saturday Afternoon and Night. Seignior Ski Club Meet and Ball.  
Feb. 20. Saturday Afternoon. Exhibition Ski Jump.  
Feb. 21. Sunday Afternoon. Exhibition Fancy Skating.  
Feb. 22. Monday Afternoon. Post - Olympic International Bobsleigh Races.  
Feb. 27. Saturday Afternoon. Seignior Ski Club Events.  
March 5. Saturday Afternoon. Third Annual Ski Jump for Lucerne-in-Quebec Cup.

*The Log Chateau* is reserved for the exclusive use of members of the Seignior Club, their families and their friends. This announcement is made in order to avoid inconvenience to persons arriving at Lucerne-in-Quebec without cards of introduction from members of the Seignior Club or Club representatives.

For major sports events, the Club facilities will be available to members of certain Canadian and American Clubs and Universities by special arrangement.

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