



Ski levels required for winter training

<p>You can link basic turns with parallel skis, with short and medium radii, taking into account and adapting to external elements (terrain, users, type of snow, etc.). You master your balance in schuss on varied terrain (hollows and bumps). You improve your lateral balance by using a series of skids interspersed with direct traces when crossing (scallops).</p>	<p>3^{ème} étoile</p>						
<p>The Flèches and Chamois are timed alpine skiing events. Silver Flèche: between 28.01% and 40% more than the forerunner's time Bronze Chamois: between 55.01% and 75% more than the forerunner's time</p>	<p>Bronze Chamois/Sivler Arrow</p>		<p>Skiing level required for the 6-day Tandemski training</p>	<p>Skiing level required for piloted Dualski training</p>	<p>Skiing level required for Snowkart training</p>	<p>Ski level required for Uniski Dualski training</p>	<p>Skiing level required for Tetraski training</p>
<p>You compete in freestyle or you have obtained a first or second level federal diploma in French skiing</p>	<p>FreestyleCompétition</p> <p>MF1 / MF2</p>						
<p>State Certificate in Mountain Trades</p>		<p>Diploma required for the Tandemski training in 4,5 jours</p>					
<p>Advanced downhill turns on all types of slopes. Advanced direct lines. Advanced sculling. Introduction to skiing on all snow types and terrains.</p>	<p>Adult level classe 3</p> <p>MF1 / MF2</p>						
<p>Basic parallel turn descent on medium to varied slopes. Basic straight line. Basic sideslips and scallops. Basic sculling.</p>	<p>Adult level classe 2</p>						
<p>Elementary downhill curve on a gentle to medium slope. Elementary direct track. Elementary skids: rounding, slanting. Sliding turning steps uphill.</p>	<p>Adult level classe 1</p>						