

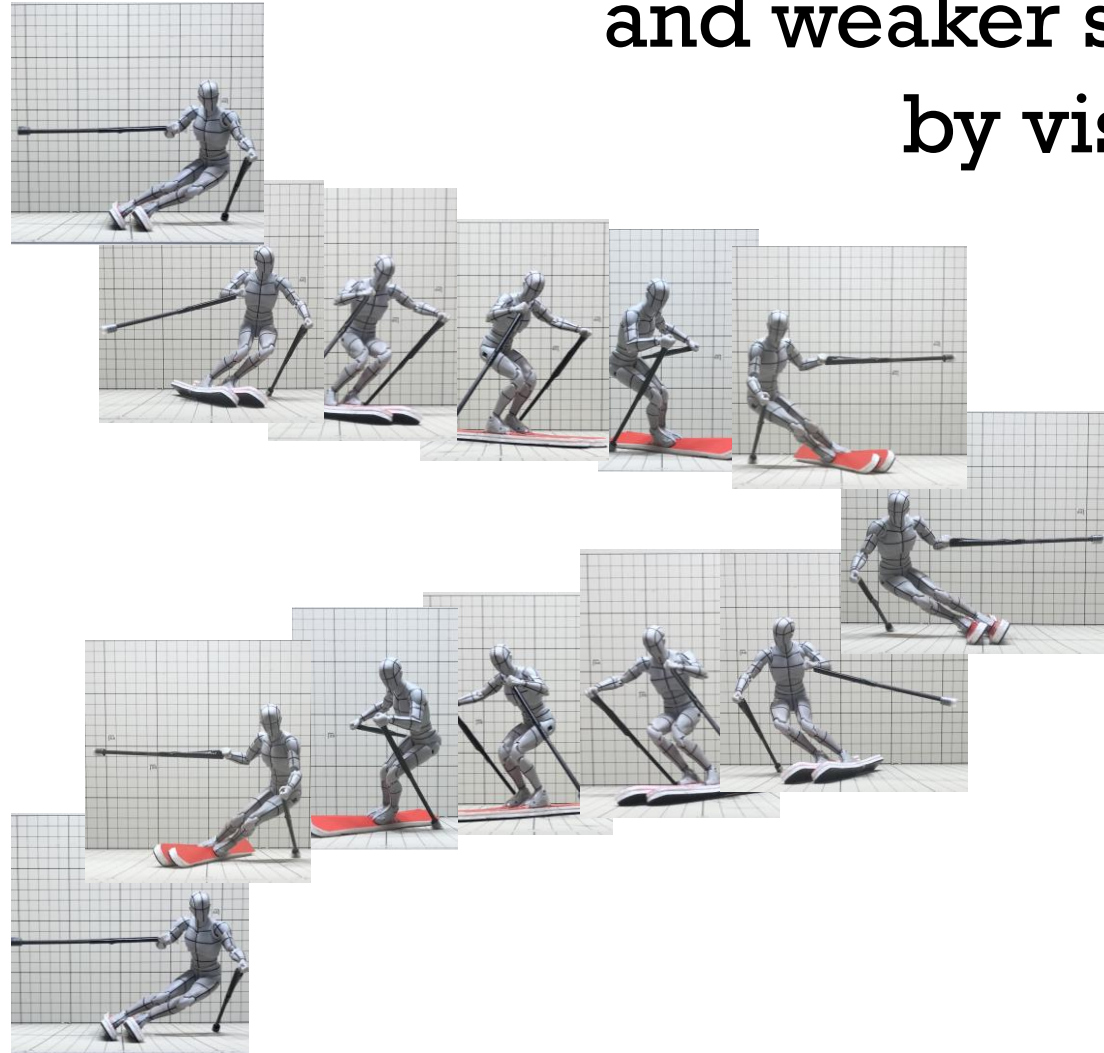
INTERSKI 2023 LEVI

The VISION CONTROL

New vision, new balance.

【Goal】

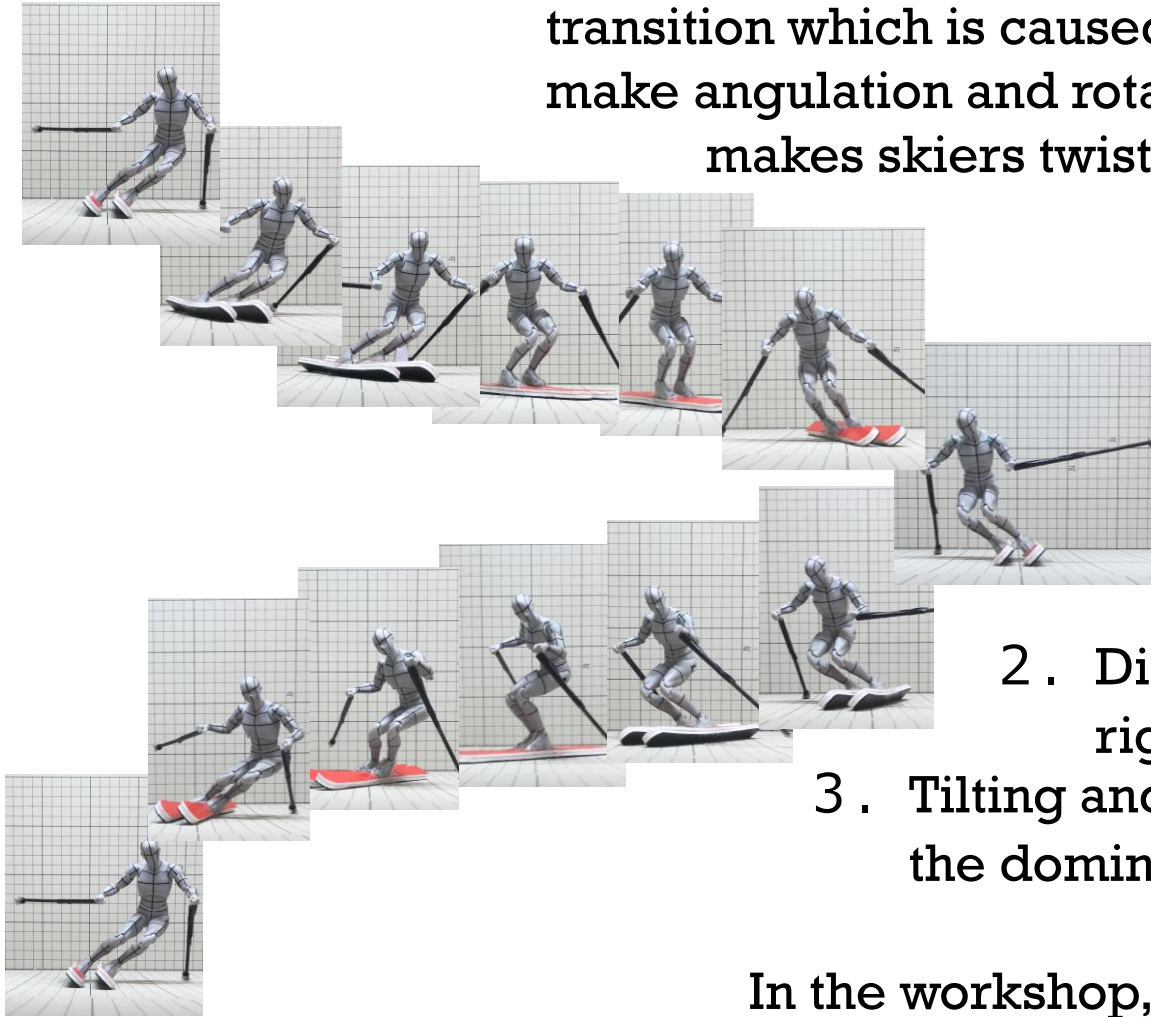
Correction of leaning back
and weaker side turn
by vision control.



(Present issues)

Skiers tend to lean back if one has too much rotational angulation at the transition which is caused by the dominant eye. That causes delay to make angulation and rotation which are necessary for the next turn that makes skiers twisting legs with their muscle power to make turn.

So they get tired soon and feel that that side is their weaker side.

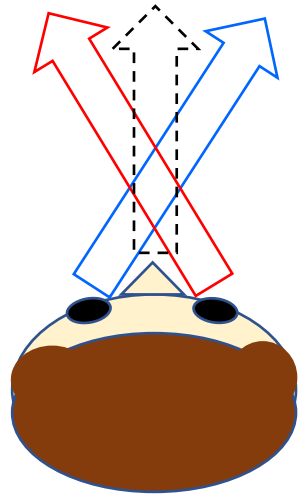


Reason of the weaker side turn

- 1 . Difference between right and left muscles and skeleton.
- 2 . Direction, tilt and pressure difference between right and left against ski boots.
- 3 . Tilting and fixing the head position caused by the dominant eye.

In the workshop, I would like to suggest how to amend No.3, the problem caused by the dominant eye.

What causes L-R imbalance?



People watch things with two sights.

Red shows right eye sight

Blue shows left eye sight

Broken line shows balanced sight

Everyone has a dominant eye.



As I have right-eye dominant,

I am seeing mainly red sight while skiing.

An error occurred between balanced sight against skis and red sight causes imbalance.

Specifically, changes of the postures like followings occur.

- I am facing a little bit to the right.
- My face tilts a little bit to the right.
- My head position is a little bit off to the right.

Problems caused by the dominant eye

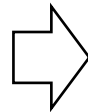
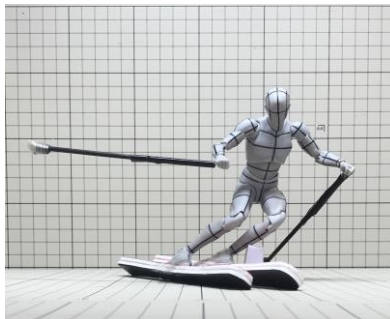
Ideal balanced posture



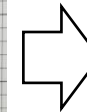
Right eye dominant posture



Conditions like above cause the movement of pelvis position and centroid. The sight you believe as the center is actually the sight you are seeing with your right dominant eye. This imbalance makes you turn easier with your right outside ski and more difficult with your left outside ski.



Skidding outside ski caused by too much rotational angulation at the final phase of the left turn.



Getting tired easily by twisting legs too much at the transition to the right turn, using the muscle strength.

New vision, new balance.

Goggle that prevents tilting and fixing the head position caused by the dominant eye



When you turn to left, you will see the red color with your right eye, and confirm that red color is inclining to the right.



When you turn to right, you will see the blue color with your left eye, and confirm that blue color is inclining to the left.

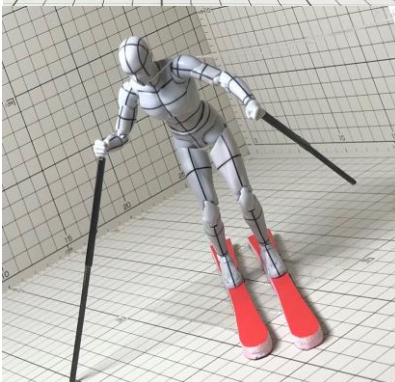
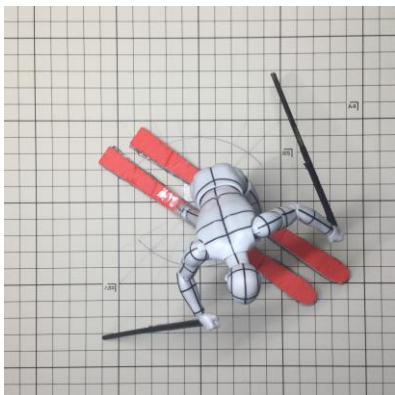


At the beginning of the transition, you will see the black color with your both eyes, and confirm that black color is inclining to the forward.

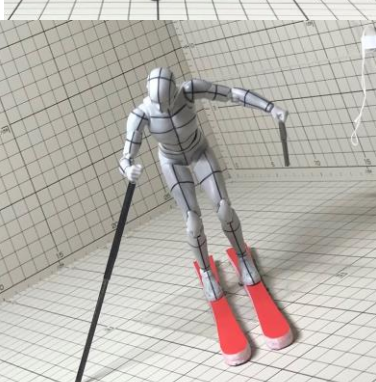
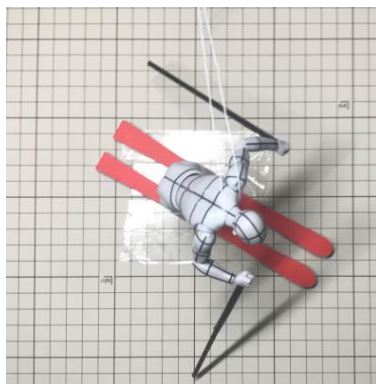
You can stop fixing your posture and you will be able to control angulation and rotation on both sides.

Positions of head and pelvis at the transition

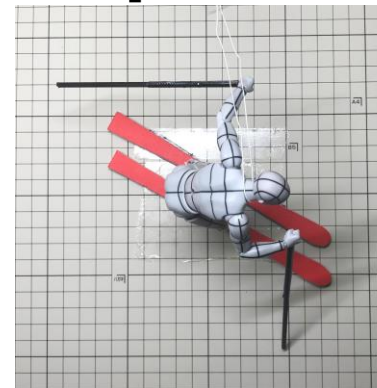
More downward than skis

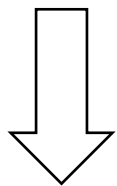


Same direction with skis

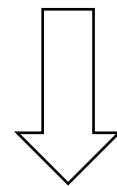


More upward than skis

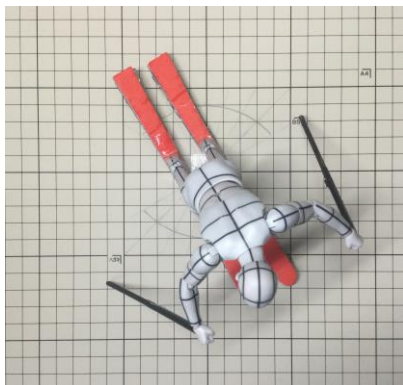




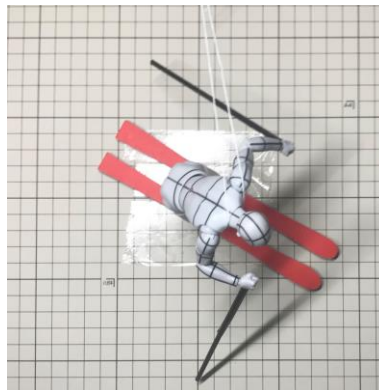
Skis are directed automatically to where the pelvis is directing.



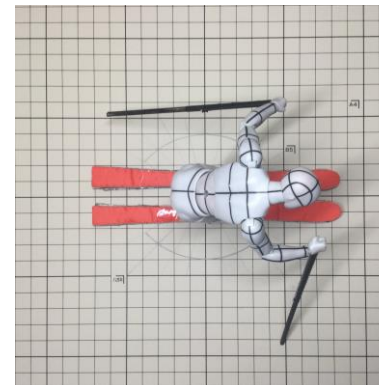
Shallow turn



Basic turn



Deep turn



If you misunderstand the beautiful silhouette and stable turns, as in the case you make your upper body always horizontally directing to the fall line, your skis will direct to the fall line automatically at the transition. Also, though you think you are directing your upper body to the fall line horizontally, there is a difference between right and left at most of the case and this will cause the difference how much you move the ski tips downward at the transition.

VISION CONTROL METHOD

Head and pelvis position moved by the vision

Well balanced vision movement made uniform on the right and left.



RED tilting to the right with right eye



BLACK leaning forward with both eyes



BLUE tilting to the left with left eye

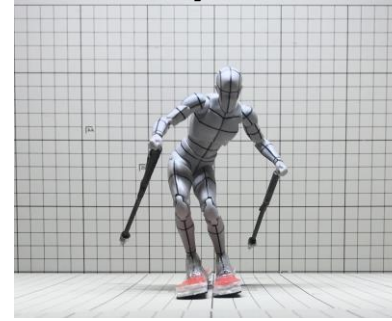
Imbalanced vision movement due to the dominant right eye.



RED tilting to the right with right eye

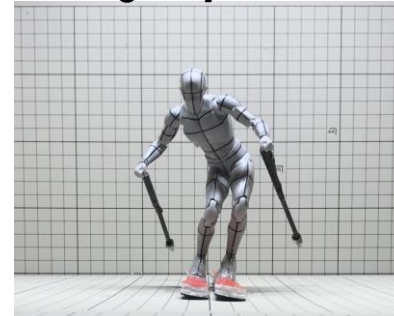


RED tilting to the right with right eye

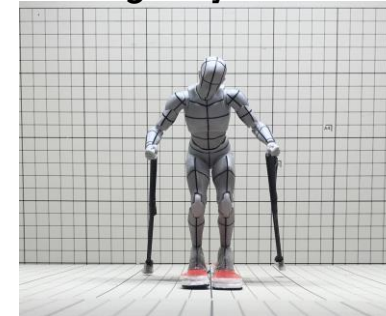


BLUE vertical with left eye

Imbalanced vision movement due to the dominant left eye.



RED vertical with right eye



BLUE tilting to the left with left eye

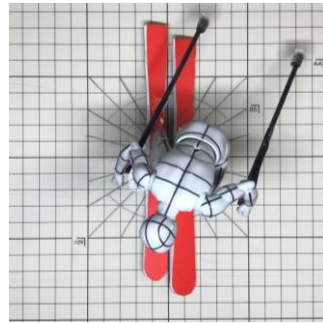


BLUE tilting to the left with left eye

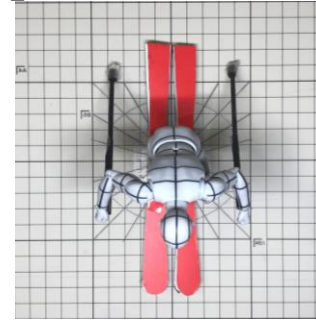
VISION CONTROL METHOD

Position of head and pelvis moved by the vision

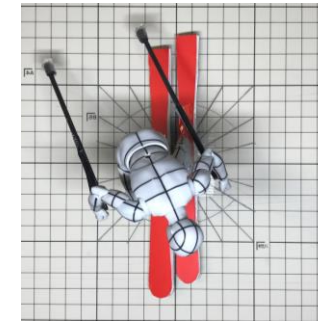
Well balanced vision movement made uniform on the right and left.



RED tilting to the right with right eye

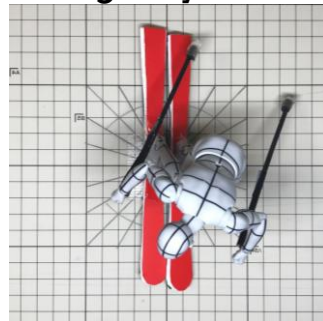


BLACK leaning forward with both eyes

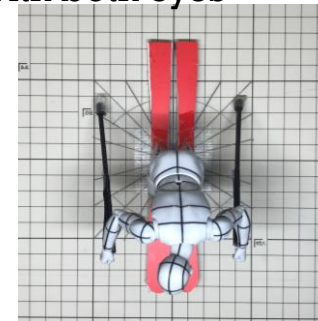


BLUE tilting to the left with left eye

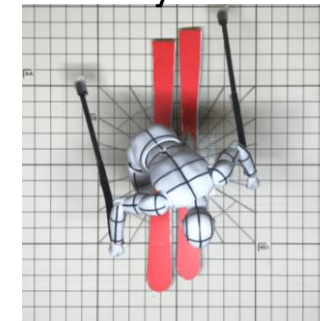
Imbalanced vision movement due to the dominant right eye.



RED tilting to the right with right eye

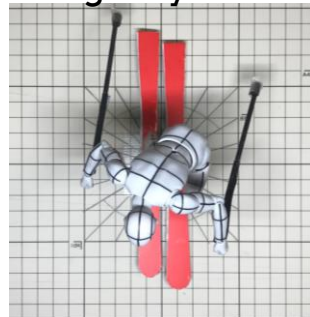


RED tilting to the right with right eye

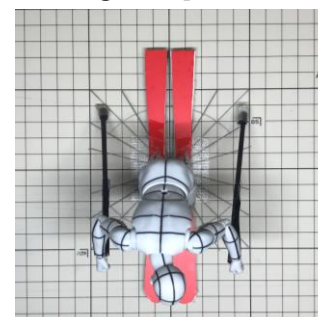


BLUE vertical with left eye

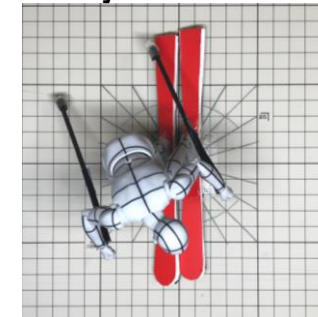
Imbalanced vision movement due to the dominant left eye.



RED vertical with right eye



BLUE tilting to the left with left eye



BLUE tilting to the left with left eye

VISION CONTROL METHOD

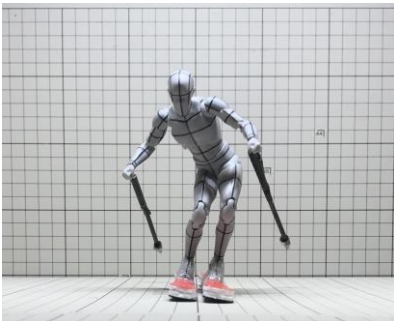
Difference of the ski tilt caused by the imbalanced head positioning



The skier can start stable left turn, keeping the center of BOS and making his ski tilt to the left side. As he is turning eyes to left, it is easy to shift the balance to where he is directing. Keeping the center of BOS and inclining the body axis to the left will enable to make deeper turn.



Riding on right outside of BOS will make it easy to shift the pelvis to the left that makes skis to tilt to the left. As the skier is not turning eyes to the left, skis shift balance more outside of where he intends to direct and that makes skis skid.

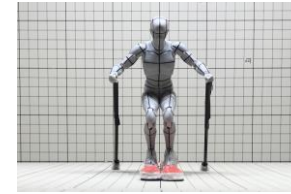


When the skier tries to make the skis tilt to the left and if the amount of movement between head and pelvis is uneven, he tends to ride on left inside of BOS and that makes it difficult to make the skis tilt to the left. Instead of skis tilting to the left, he may twist his legs with his muscle strength, so he will soon get tired.

VISION CONTROL METHOD

Order of the motion

- Step 1. Ski straight downhill with your upper body leaning forward, seeing BLACK.
- Step 2. Move your head to the right, moving the hip to the left, seeing left with your right eye and see RED.
- Step 3. Tilt your whole body to keep balance against the centrifugal force when the skis begin left turn. Tug of war motion.
- Step 4. When you felt the biggest angulation, loosen the tug of war motion and let the centrifugal force to wake your whole body up.
- Step 5. Upper body directing to the right to skis, the head to the left, the hip to the right. Lean straight forward to skis and see BLACK.
- Step 6. Do the opposite direction movement of Step 2.



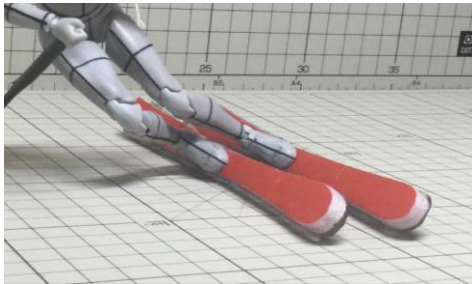
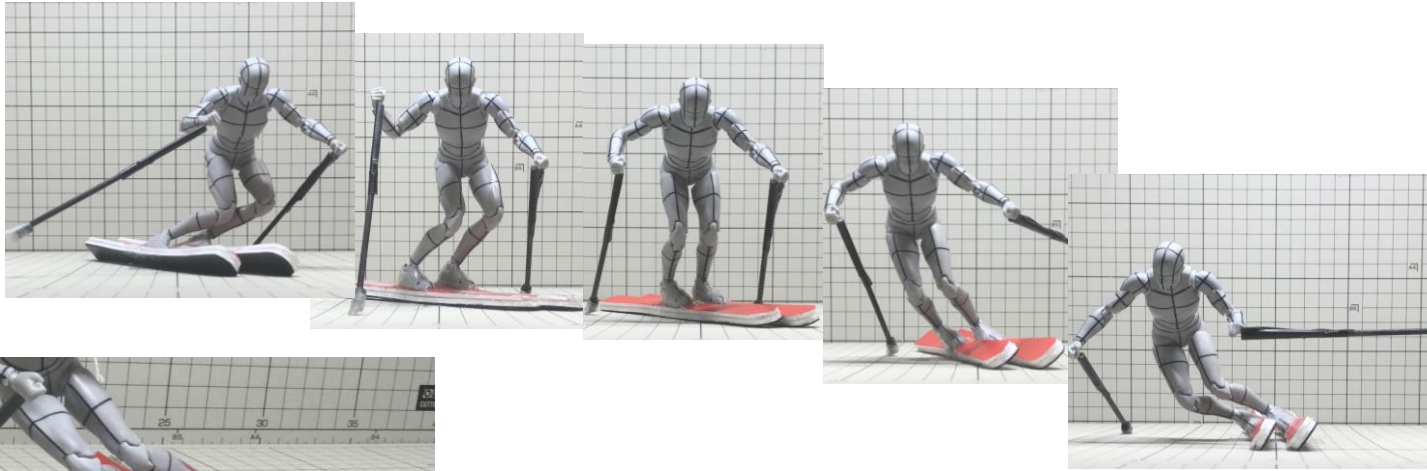
Twisting movement that brings tiredness to legs

Order of the motion

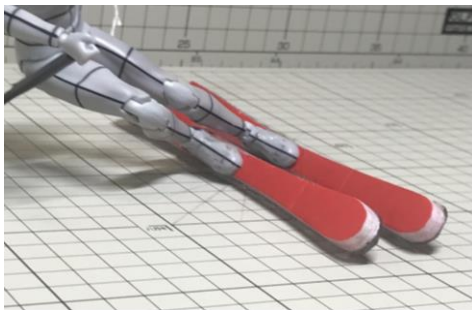
- Step 1. Ski straight downhill with your upper body leaning forward.
- Step 2. Without moving the direction of the upper body and move thighs, rotating the hip joint.
- Step 3. Tilt with leg muscle strength against the centrifugal force to the right outside that is brought by skis beginning to turn to the left.
- Step 4. Strengthen the knees tilting forward and inside until next turn's transition.
- Step 5. Upper body leaning forward to the fall line, releasing inside tilt of both knees.
- Step 6. Movement of Step 2. to the right direction rotation.



Bad influence of excessive twist



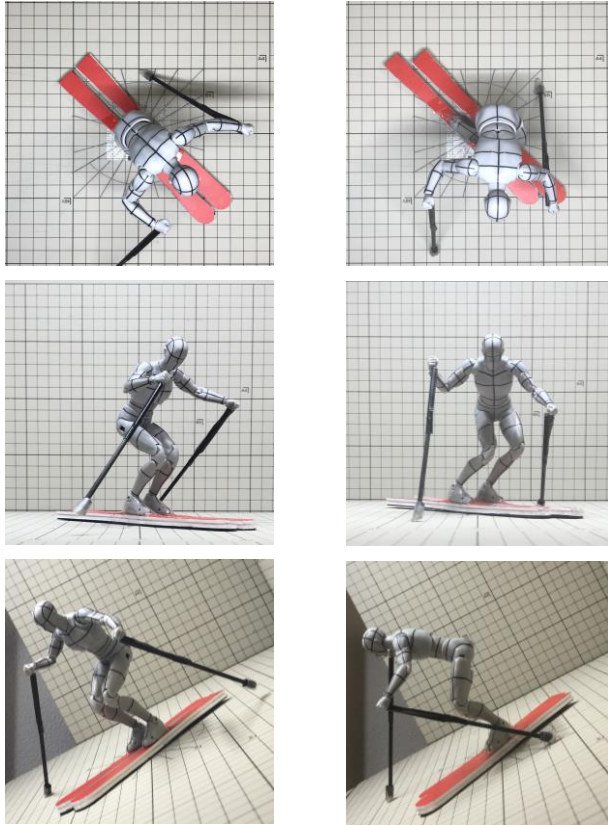
Excessive leg twist



Stable BOS

When you begin the weak side turn, you try to turn skis with your leg muscle strength, putting pressure to the front of ski boots and inside of the turn direction. This contact of legs and ski boots cause the pain of navicular bones and metatarsal bones. Also, excessive leaning forward and inside of the tibia increases the risk of meniscus injury.

Movement maintaining both knee articular surfaces parallel to the whole sole BOS will reduce the risk of injury and you will be able to enjoy skiing for long.

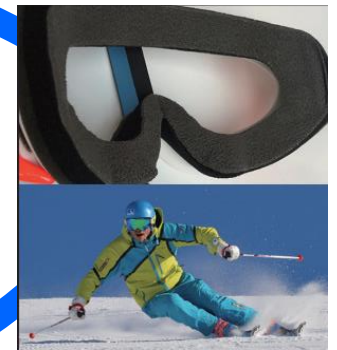


If you appreciate the image of a skier making beautiful stable, symmetrical turns, as when the upper body is always moving in the direction of the fall line, you will understand that your skis will seek the fall line automatically at the start of the transition. Also, though you think that you are horizontally directing your upper body equally to both right and left as you approach the fall line, there will be a difference in most cases. This will cause differences in the amount your ski tips seek the fall line at the start of the transition.

【Conclusion】

VISION CONTROL METHOD

Integrating the axis of top of the head to the coccyx with goggle's central axis will make linkage of the movement of head and pelvis. Viewing the color of the central axis with the eye that is outside of the turn will solve the problem of imbalanced and fixed head positioning that is caused by the dominant eye.



Also with snowboard and bike



In the case of snowboarding...

Your back side visibility will be expanded and reduce the risk of collision when you make the heel side turns. When you make toe side turns, you can control the tilt of your head to the back side and it reduces the risk of falling.



In the case of bike riding...

If you do not keep the direction and tilt of your head in good position because of your dominant eye at the cornering, same things happen as skiing. Controlling the gaze consciously and more accurately in response to the tilt of the bike, you can reduce the risk of falling.

If you have any questions about The VISION CONTROL, or want free sample, please email to the following.

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