

Your Technical Action Plan.

Priority #1: Entry curve & left side structure

The root cause lies directly at the entry curve and left side preparation. Because the transition shifts abruptly from a straight line to a deep curve, centrifugal force overpowers your alignment. To compensate, your upper body falls off the circle, causing a backward axial tilt and forcing the head to lead the forward pass. Solidifying a wide, controlled entry radius stabilizes your center of mass, eliminates upper body leaning, and naturally synchronizes the jump axis before takeoff.

Biomechanical fixes

Fix abrupt curve transition: Maintain continuous angular momentum by shaping a uniform entry arc. Avoid sudden edge changes so your body axis can follow the blade naturally without falling inside.

Fix left side collapse: Engage the left core and shoulder complex to create a stable open framework. Supporting the right side against this structure maximizes ground reaction force and unlocks a clean forward pass.

Fix pivot execution: Synchronize full ice friction with rotational transfer at takeoff. Transforming linear momentum into rotational velocity through a complete pivot ensures the jump climbs vertically rather than leaning backward.



Detail

The left side should be more open; this will make it possible to be ready for the forward pass.



Detail

To apply the maxim of force on the left side, it's crucial to support the right side



Detail

The ice pressure stopped the left foot, but the pivot is not enough



Detail

The preparation is a bit too quick. Good energy, but Ava must get a bit more control into the direction of the jump, the body axis, and alignment.

She does almost a straight line, then, suddenly, a deep curve. The body cannot follow.



Detail

Her body axis is leaning too backward.



Detail

She is falling into her inside edge