

Literacy This Week



**Yukon Literacy
Coalition**

We are a society of people dedicated to improving the quality of life of all Yukoners. We do this by building the foundational skills required for lifelong learning; acknowledging that we are all adapting to an everchanging world.



Mastering the BARANI

A barani is a freestyle ski trick where the skier executes a full front flip while rotating 180 degrees and landing backwards. Skiers refer to this trick used on the ski hill as a 'barani', whereas in the gymnasium it is usually referred to as a 'roundoff'.

To perform this aerial maneuver correctly you carry out the 180 degree turn half-way through the front flip rotation. This technique will allow you to focus on the landing which makes this a unique trick to learn. The skier lands backwards, or as most skiers say, "in switch".

How to learn a Barani:

Begin by practicing your air awareness on a trampoline or by jumping off a diving board. The goal is to jump up straight without flailing your arms. This technique will help you find your center of gravity and make the next steps much easier.

Once you feel comfortable jumping straight up, it is time to begin the front flip. This is much more intimidating than a simple straight jump and should always be executed with some supervision.

The front flip can be transformed from a simple ground roll to in the air on the trampoline in no time. Once you understand the ground roll, take it to the trampoline with someone to spot you. Your first flip should land you on your back and with every attempt after you will slowly work towards landing on your feet.

If you are attempting this on a diving board, make sure your landing feet first rather than back first to avoid any painful back slaps.

Good Luck!

Yukon Literacy Coalition

Suite 207, 100 Main Street, Whitehorse, Yukon Y1A 2A8

Ph: 867-668-6535 **Web:** www.yukonliteracy.com

Email: yukonliteracy@yukonliteracy.com