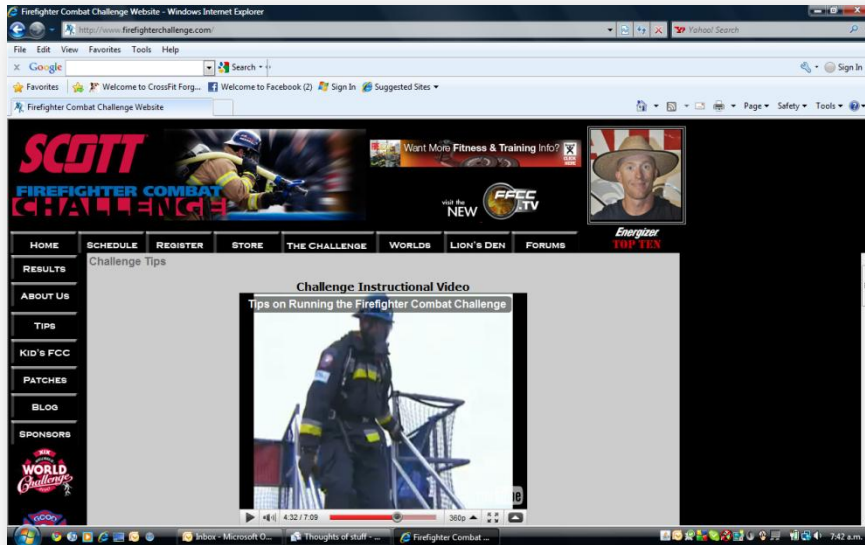
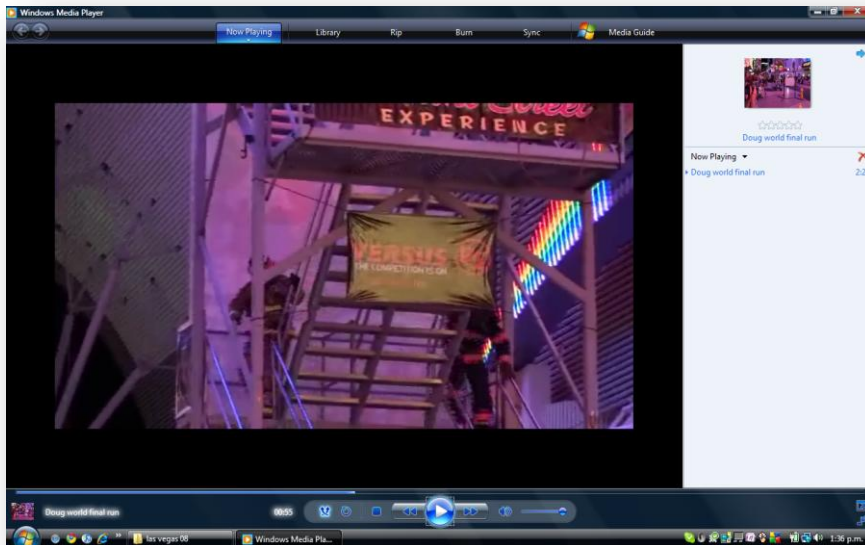


# Handrail on Descent



Notice the hand placement of the competitors and the use on the hand rail on the descent. **Lean forward** so that your body is well in front of your feet. The front hand on the rail is the guide hand, and the rear hand, which is turned facing upwards, is the brake hand. This makes your feet want to try to catch up to your body. This technique speeds up the descent.



Also, on cornering, **swing on the brake hand** and only place one foot on the 'change of direction' platform. One less step on each platform all adds up to time reduction.

Remember that every step must be touched on the descent, including the last step!

Visualise this procedure. Practice it in your mind. Practice it in your training.