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**Quersprung.**

Verbindet man mit diesem Sprung eine seitliche Drehung des Körpers und der Schneeschuhe, so daß



Abb. 42. Quersprung.

diese nach dem Sprung mehr oder weniger quer zur bisherigen Fahrtrichtung wieder in den Schnee kommen, dann machen wir einen Quersprung (Abb. 42). Seine Erlernung wird durch Stockhilfe sehr erleichtert. Wenn man nämlich einen Stock vorwärts haltend dicht neben dem Schneeschuh in den Schnee hineinsteckt, wird das