

AASI-W Snowboard Level I Standards Demonstrations and Required Riding

Basic Skidded Turn

1. Ride on easy green terrain demonstrating a series of turns.
2. From a skidded traverse an extension occurs at the hips, knees and ankles while utilizing a forward movement across the board and plantar-flexion of the front foot to release the edge. Use the whole body as the turning power.
3. Edge change should occur at the fall line
4. With a quiet upper body, demonstrate leg steering to guide the board out of the fall line.
5. As the board crosses the fall line a gradual increase in flexion occurs at the hips, knees, and ankles.
6. A skidded traverse is resumed in the new direction with the rider in a comfortable flexed position.

Switch Skidded Turns

1. These turns are identical to the basic skidded turn except in a switch stance.

Skidded Turns

1. Demonstrate skidded turns on green or easy blue terrain.
2. From the previous turn an extension occurs at the hips, knees and ankles while utilizing a forward movement across the board and plantar-flexion of the front foot to release the edge.
3. The edge change occurs before the fall line.
4. With a quiet upper body, demonstrate leg steering as the primary turning power to continue to guide the board.
5. Turns should be linked, of consistent size, shape and speed.