

American Association of Snowboard Instructors Western Division 2007-2008 Level I Riding Standards



Note: Candidates will be required to perform all types of turns showing both an upwards movement to initiate the turn, and a downwards movement to initiate the turn. Candidates will be asked to make a certain number of turns using one movement, then repeat the demonstration using the other movement pattern

Basic Skidded Turn

1. Ride on easy green terrain demonstrating a series of turns linked by a skidded traverse.
2. From a skidded traverse, utilize an upward and forward movement, or a downward and forward movement, of the body across the board with a simultaneous plantar-flexion of the front foot to release the edge.
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. Turns should be of consistent size, shape and speed.
6. As the turn is completed the rider is in a balanced, flexed position
7. These turns should be performed at slow speeds, with slow controlled movements appropriate to beginner student level riding.

Linked Skidded Turns

1. Ride on green or easy blue terrain demonstrating a series of similar sized and shaped skidded switch turns. Emphasizing a finished turn shape for speed control
2. From the previous turn, utilize an upward and forward movement, or a downward and forward movement, of the body across the board with a simultaneous plantar-flexion of the front foot to release the edge.
3. With a quiet upper body, demonstrate leg steering to guide the board through the fall line.
4. Edge change should occur before the fall line.
5. Demonstrate dynamic flexion/extension and lower body rotary movements to control the turn shape and speed.
6. Turns should be of consistent size, shape and speed.
7. As the turn is completed the rider is in a balanced, flexed position

Switch Skidded Turns

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

Air

1. Riders must demonstrate functional air over small terrain features
2. The rider must travel at least one board length in the air
3. Riders must demonstrate balanced stance and body position during the approach, takeoff, maneuver and landing.
4. This is a basic air, no grabs or spins are required

Situational

1. Demonstrate balanced and functional riding in a variety of situations.
2. These situations may include beginner half pipe riding or variable snow conditions on blue terrain.
3. Candidates may also be asked to perform different tasks such as basic flatland freestyle tricks (ollie, ground 360, butter etc) or riding tasks such as hourglass turns or other perceptual tasks.