AASI Riding Activity List

	Activity	Edge Change Movement	Turn Type	Turn Size	Turn Shape	Alignment	Terrain/Feature
LEVEL 1 CORE	Beginner Lesson Progression	Extending Edge Change	Skidded	Various	Various	Aligned	Green
	Skidded Turns		Skidded	Medium	Closed	Aligned	Blue
	Carved Turns		Carved	Large			Green
	Off Piste / Bumps		Skidded	Large			Blue
	Straight Air	When back leg reaches lip of feature, use appropriate speed to create a clean pop. Once airborne, retract legs to the body. Extend legs to set board down evenly in the landing zone while flexing legs to absorb landing. No rotation, no grab.					Small Jump
	50-50	Use alignment & even pressure to slide over a box/rail feature in forward direction. Remain parallel to box without drifting.					Small Box
LEVEL 1 SUPPORTING	Switch Turns	Extending Edge Change	Skidded	Medium	Open	Aligned	Green
	Ollie / Nollie	Ollie - Using aft pressure to spring off tail. Land on two feet while travelling in forward. Nollie - Use fore pressure to spring off nose. Land on two feet while travelling forward.					Green
	Nose / Tail Press	Nose Press - Use fore pressure onto nose for ≈10ft with minimal pivot in a forward direction. Tail Press - Use aft pressure onto tail for ≈10ft with minimal pivot in a forward direction.					Green
	Flatland 360s	Frontside and/or backside spins flat on snow surface, from a fall-line to fall-line straight run.					Green
	Pivot Slip	180° rotation in a board-width corridor. Use a centered pivot point, slipping edge to edge. Shoulders aligned w/ board & no no vertical movement.					Green/Blue
	On-Snow Edge Change	Make a smooth skidded turn through transition. Show edge change at top of transition feature.					Pipe

***All activities in this document may be modified, adapted, or adjusted by the Examiner(s) during an assessment.**