



AASI Riding Activity List

	Activity	Edge Change Movement	Turn Type	Turn Size	Turn Shape	Alignment	Terrain/ Feature
LEVEL 2 CORE	Skidded Turns	Flexing Edge Change	Skidded	Small	Closed	Separation	Blue/Black
	Carved Turns		Carved	Large		Aligned	Blue
	Off Piste		Skidded	Medium		Separation	Blue/Black
	Grab	Use appropriate speed and timing to create a clean pop. Once airborne, retract legs and reach for board for a strong edge hold. Extend legs evenly to land while flexing to absorb. No rotation.					Small Jump
	Nose or Tail Press	Use alignment & fore/aft movement to pressure nose or tail across a box. Approach and exit in forward direction. Minimize pivot & edging.					Small Box
LEVEL 2 SUPPORTING	Carved Turns	Flexing Edge Change	Carved	Small	Open	Separation	Green
	Switch Skidded Turns		Skidded	Medium	Closed	Aligned	Blue
	Switch Carved Turns		Carved	Large		Aligned	Green
	Air 180's	Jump the snowboard 180° from forward to switch, frontside from the heels or backside from the toes. Either a two footed or ollie take off is acceptable. These should be performed in the fall line with a defined takeoff spot (pretend "lip").					Green / Blue
	Nose / Switch Nose Rolls	Forward - Roll the snowboard 180° on the nose, in direction of travel, while travelling in a forward heelside traverse or in the fall line. Switch - Roll the snowboard 180° on the switch nose, in direction of travel, while travelling in a switch heelside traverse or in the fall line					Green / Blue
	Grab	Show the ability to use appropriate speed to create a clean pop when the back foot reaches the lip of the jump. Once in the air retract your legs to bring your feet up to your body. As this happens reach down to grab your board showing a strong edge hold. Once airborne, extend your legs to set your board down evenly in the landing zone as you flex your legs to absorb your landing					Small Jumps
	Shifty	Show the ability to use appropriate speed to create a clean pop when the back foot reaches the lip of the jump. Use counter rotation to control pivot and rotate the board 80-90 degrees and then back into alignment. Once airborne, extend your legs to set your board down evenly in the landing zone as you flex your legs to absorb your landing					Small Jumps
	Nose Press / Tail Press	Using alignment & fore/aft pressure perform a nose or tail press across a box feature approaching from a forward direction & exiting in a forward direction while minimizing board pivot. The rider pops at takeoff to land on the feature in a press and can maintain the press for the entirety of the feature. The rider pops off of the feature and lands balanced in the landing zone.					Small Box / Rail
	Air edge change	Two footed take off at the bottom of the vert zone, landing on the new edge and managing the pressure through the transition.					Pipe
	Edge Change on Transition	Maintain contact with snow. Make an edge change/turn on the vert zone of a transitional feature.					Pipe/ Transition
	Toe to Toe (on-snow)	Carved toe turns and switch toe turns linked through a pivoted frontside 180 and switch frontside 180. On-snow 180 should be initiated across the fall-line by rolling to the heelside edge and using rotational movements to pivot the snowboard through the 180. Maneuver should be finished across the fall-line, the toeside edge re-engaged, and carved through the toeside turn into the next maneuver.					Green / Blue
	Heel to Heel (on-snow)	These are done with a back-side 180 centered pivot on the snow with your toe-side edge. These are to be initiated across the fall-line and finished across the fall-line. Then you are meant to carve through the control phase of the turn through the fall-line.					Green / Blue
	Pivot Slip	These are meant to be done in corridor using a 180 degree rotation with a centered pivot point and then slipping from one edge to the other edge while keeping your shoulders in the fall-line. These are done with no vertical movement at the Level 2 standard.					Green / Blue
	Edge Hops	These are done in a large radius turn with a 2 footed hop off the uphill edge landing on the downhill edge. Both the takeoff and landing should happen across the fall-line. In-between hops you are meant to be carving through the turn.					Green / Blue
	Funnel Turns	A series of turns of various turn size and/or shape to form a "funnel", "pyramid", "diamond" or "hour-glass" to assess turn control.					Green / Blue
Hanger Turns	These are done while traveling across the fall-line. You then make a true lateral move with two feet to touch the downhill edge before coming back to your uphill edge.					Green / Blue	
Shorts Around Longs	Short radius skidded turns along a large radius path of travel. Short radius turns occur continuously in all three phases of the large radius path both while moving across the hill and while in the fall line.					Green / Blue	

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