



# AASI Riding Activity List

	Activity	Edge Change Movement	Turn Type	Turn Size	Turn Shape	Alignment	Terrain/ Feature
LEVEL 3 CORE	Skidded Turns	Retracting Edge Change	Skidded	Small	Closed	Separation	Black
	Carved Turns		Carved	Large			Black
	Off Piste		Skidded	Small			Black
	Air 360	In approach, use appropriate speed & edge-set. Create a clean pop w/ board in fall-line & back foot at lip of feature. Make 360° rotation while retracting both legs. Land w/ board in the fall-line. Frontside or backside.					Small Jump
Boardslides	In forward direction, use pop & separation to jump from snow onto feature. Land rotated 60-120° & w/ feature between feet. Maintain slide for entirety of feature. Pop off & rotate to exit forward. Land balanced on 2 feet.					Small Box	
LEVEL 3 SUPPORTING	Skidded Turns	Retracting Edge Change	Skidded	Small	Open	Separation	Black
	Switch Skidded Turns		Skidded	Small	Closed	Separation	Blue/Black
	Switch Carved Turns		Carved	Small	Open	Separation	Green
	Switch Carved Turns		Carved	Large	Closed	Separation	Blue
	Switch Off Piste / Bumps		Skidded	Medium	Closed	Separation	Blue/Black
	Nose/Tail Rolls, Spins, Butters	Nose Roll: The rider shifts pressure forward over the front foot, flexing the front leg and unweighting the tail to lift it slightly off the snow while pivoting the board around the nose. Tail Roll: The rider shifts pressure aft over the rear foot, flexing the rear leg and unweighting the nose to lift it slightly off the snow while pivoting the board around the tail. Butters: The rider links rolls together, continuously spinning on either the nose or tail, keeping the board in motion with consistent edge, pressure, and rotary management.					Green / Blue
	Flatland 360s in Bumps	Use twist and pivot to spin the snowboard, frontside and/or backside, while in bumps or un-groomed terrain.					Blue / Black
	Air 360	Show the ability to use the appropriate speed and edge/line set up in the approach to get a clean carved line. Then show a cleaned pop with the board in the fall-line and the back foot at the lip of the jump. From here continue to the rotation as you retract your legs at the same. Finally land with your board in the fall-line. This can be done frontside or backside. This should be performed over a small man-made park jump with a defined takeoff/lip.					Small Jumps
	Boardslides	Using separation & rotation jump to a boardslide between the bindings/feet, between 60° and 120°, showing deliberate pressure management across a box or rail feature approaching from a forward direction & exiting in a forward direction. The rider pops at takeoff to land on the feature in a boardslide and can maintain the slide for the entirety of the feature. The rider pops off of the feature and lands balanced in the landing zone in their forward direction.					Small Box / Rail
	Air edge change	Manage your line and pressure to get to the lip of the pipe and show an aired edge change with the pivot point of the board at the lip.					Pipe
	Toe to Toe (in-air)	These are done with a front-side 180 centered pivot in the air with a two footed landing on the toe/switch toe edge. These are to be initiated across the fall-line jumping off two feet off the uphill edge and finished across the fall-line landing on the downhill edge. Then you are meant to carve through the control phase of the turn through the fall-line.					Green / Blue
	Heel to Heel (in-air)	These are done with a back-side 180 centered pivot in the air with a two footed landing on the toe/switch heel edge. These are to be initiated across the fall-line jumping off two feet off the uphill edge and finished across the fall-line landing on the downhill edge. 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 from one edge to the other edge while keeping your shoulders in the fall-line. The rotation is initiated by flexing and moving the center of mass down.					Blue / Black
	Dolphin Turns	These are done across the fall-line in a medium turn size. Using an Ollie you want to take off of the tail of the uphill edge and then land on the nose of the downhill edge.					Green / Blue
Dolphin Turns	These are done down the fall-line in a small turn size. Using an Ollie you want to take off of the tail of the uphill edge and then land on the nose of the downhill edge.					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.					Blue / Black	
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.					Blue / Black	
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.					Blue / Black	
Trifecta	Aired edge changes: 1st is 2 footed takeoff and landing. 2nd is ollied takeoff and 2 footed landing. 3rd is ollied takeoff and dolphin style landing. Done in large radius across the fall line on both toe edge and heel edge.					Blue / Black	
Hop Turn	Rider performs an up-unweighting movement pattern to leave the snow surface powerfully and symmetrically and lifts the entire snowboard into the air so that it can rotate the 180 degrees and to land in a balanced and edged position on the opposite edge than the rider took off from.					Black	

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