AASI Activity List

	Activity	Edge Change Movement	Turn Type	Turn Size	Turn Shape	Alignment	Terrain/ Feature
LEVEL 1	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 2	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 3	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

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