

# SNOWBOARDER PROGRESS CARD



P: Toshi Kawano

Name: \_\_\_\_\_

Instructor: \_\_\_\_\_

Today's date: \_\_\_\_\_

My ability level: \_\_\_\_\_

flaik number: \_\_\_\_\_ flaik.com

What I do well: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What I am working on: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Comments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



1

**LEVEL 1: NO SNOWBOARDING EXPERIENCE.**

I am learning to become independent, moving around the learning area by skating with my board on and sliding in control.

2

I am learning to sideslip and starting to change direction.

**LEVEL 2: I CAN SIDESLIP AND TRAVERSE ON BOTH EDGES.**

I can control my speed throughout a single toe and heel side turn on gentle slopes.

I can link turns on green runs showing good control.

3

**LEVEL 3: I CAN LINK TURNS ON GREEN TERRAIN.**

I am learning to control pressure over uneven terrain and linking turns on blue terrain.

I am starting to use the lower body to help turn my board without counter rotation of my upper body.

**LEVEL 4: I CAN VARY TURN SHAPE AND ADAPT TO UNEVEN TERRAIN ON BLUE RUNS.**

I am learning to control my edging on groomed runs to introduce more performance, control and rhythm as I progress towards black runs.

I am learning to maintain balance in choppy snow and small bumps on easy blue and riding switch on green terrain.

4

**LEVEL 5: I CAN RIDE WITH CONFIDENCE ON BLUE RUNS AND IN A VARIETY OF SNOW CONDITIONS AND TERRAIN.**

I am learning to choose my own line, adapt my turn shape on all terrain and in a variety of snow conditions.

5

**LEVEL 6: I RIDE WITH AN UNDERSTANDING OF PRESSURE CONTROL, TIMING AND COORDINATION ON VARIED TERRAIN AND CONDITIONS.**

I am learning to show strong performance and control by adapting all conditions, on all types of terrain.

6

I am learning to show rhythm and flow in all turn shapes and speeds.

Progression through levels can vary based on age, physical strength / dexterity, snow / weather conditions and the skier's confidence.

Teaching in Levels 5 and 6 becomes more situation based. Technique is enhanced by a variety of tactics to maintain performance in a variety of terrain and snow conditions.