

# SKIER 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 SKIING EXPERIENCE.**

I am learning to become independent, moving around the learning area by walking with and without skis on and sliding in control.

**2**

I am learning to snowplow to a gentle stop and starting to change direction.

**LEVEL 2: I CAN TURN BOTH WAYS AND STOP.**

I am learning to follow my instructor in a line and stop using behind and below so I am ready for green runs.

**3**

I am learning to use turn shape to control my speed more than my wedge.

**LEVEL 3: I CAN CONTROL MY SPEED, USING TURN SHAPE, ON GREEN TERRAIN.**

I am gaining more control over my turn shape and trying to link turns on blue terrain.

I am learning to adjust my stance as my balance improves, and introduce some parallel into my skiing.

**4**

**LEVEL 4: I CAN SKI IN CONTROL, IN A WIDE PARALLEL STANCE, WITH POLES, 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, small bumps and light powder on blue terrain.

**5**

**LEVEL 5: I CAN EDGE THE SKI IN A PARALLEL STANCE ON BLACK RUNS, IN A VARIETY OF SNOW CONDITIONS.**

I am learning to ski at higher speeds on blue terrain, maintain a moderate speed on black terrain and show rhythm using my ski poles.

I am learning to vary my performance and turn shape on all terrain and in a variety of snow conditions.

**6**

**LEVEL 6: I CAN SKI A VARIETY OF TURN SHAPES WITH CONTROL AND RHYTHM, ON AND OFF-PISTE, AT MODERATE SPEEDS.**

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

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.