

## AASI/PSIA-NRM Task List

**L**-Difficulty/Complexity I-II or III)

**BB** - Board Behaviors (E-Edge Angle, TF- Torsional Flex, R- Rotation, PD – Pressure Distribution)

**FM** - Fundamental Movements (F-Flexion, E-Extension)

**Location** – A-Ankles, K-Knees, S-shoulders

<b>L</b>	<b>BB</b>	<b>FM</b>	<b>Location</b>	<b>Task Name</b>	<b>Task Description</b>
I	E	EF	A-K	One-Footed Toe Stomps	With the front foot attached and board behind back foot, tap toe edge into snow.
I	E	EF	A-K	<i>One-Footed Heel Checks</i>	Same as Toe Stomps, but with board in front and tapping heel into snow.
I	E	EF	A-K	<i>Laces Squish</i>	Try to squish the laces of your boots.
I	E	EF	K	<i>One-Footed Heel and Toe Traverses</i>	Play with different amounts of edge to see what kind of lines are left.
I	E	EF	K	<i>Stair Stepping</i>	The student faces up the hill and with the board behind. Use the board as a platform and take a step with the free foot. Then lift the board and bring to the back of the free foot and repeat.
I	E	EF	K	<i>One-Foot Toe and Heel J-Turns</i>	From a flat board facing down a slight slope, edge the board by either dropping the knees over the toe edge or lifting the toes for the heel edge.
I	E			<i>Flatland Edge Lifts</i>	With both feet strapped in, lift and lower toe, then heel edge while maintaining knee flex and balance
I	E	EF	A-K	<i>Side-slipping</i>	Traveling sideways down the fall-line. Play with various amounts of edge angle to speed up, slow down, and stop.
I	E	EF	A-K	<i>Toe-Side Two-Foot Traverses</i>	Facing uphill, slightly lift the toes of the right foot to steer the board towards the fall line and move across the hill traversing right. Bring the right knee back over the toes to turn back uphill to stop. Do the same with the left to go left.
I	E	EF	A-K	<i>Heel-Side Two-Foot Traverse</i>	Facing downhill, rotate the right hip and knee slightly downhill to go right. Rotate them back and lift the right toes to stop. Do the same with the left to

					go left
I	E	EF	A-K	<i>Falling Leaf</i>	Combine the Traverses above by going from the left straight into the right without sitting.
I	E	EF	K	<i>Garlands</i>	Similar to the traverses, but increase the movement and hold a little longer to allow the board to seek the fall line. Then reverse and steer the board across the fall line.
I	E	EF	A-K	<i>One Count Garlands</i>	Allow board to go base flat in the fall line for a "one-one-thousand" count
I	E	EF	A-K	<i>Big C Carves</i>	Once the student can turn. Have the student changes edges and slowly increase the edge angle so that they turn completely back uphill. Have them try to work towards leaving a thin line in the snow.
II	E	EF	A	<i>Snake Tracks</i>	On a easy slope, have the students try to go from one edge to the other without leaving the fall line. The result should look like a snake track down the hill.
II	E	EF	A-K	<i>Half-Pipe Carves</i>	Have the students try to hold a line from one wall to the other without skidding. Remember to watch uphill.
II	E			<i>Switch Garlands</i>	Perform skidded garlands while riding switch (toe and heel)
II	E			<i>Carved Garlands</i>	Make pure carves instead of skids while snaking across the hill (toe and heel).
II	E	EF	A	<i>Upside-Down Turns</i>	Try to show the base of your board uphill right after changing edges.
II	E	EF	K	<i>Upside-Down Turns</i>	Try to show the base of your board uphill right after changing edges. Use the knees to get higher edge angle right away.
III	E	EF	A-K	<i>Air Carves</i>	When finishing a carved turn, try to hop up in the air and switch edges, coming down on a clean edge and holding it all the way through the turn.
III	E	EF	K	<i>Half-Pipe Wall Edge Changes</i>	Work on changing edges at the top of the wall before coming back down.
III	E	EF	A-K	<i>Toe-to-Toe Turns</i>	On fairly easy terrain. At the finish of a toe-side turn, perform a <u>frontside</u> air-180 landing back on your toe-side. Continue the turn riding switch and finish with another <u>frontside</u> 180 to land back on your toe-side riding normally.
III	E	EF	A-K	<i>On-snow 180s in a corridor</i>	While in a fast side-slip, go from one edge to the other without allowing the snowboard to travel from side to side.
III	E	EF	K	<i>Toe-to-Toe Carves</i>	The same as the Toe-to-Toe Turns except with a carved turn. The rider will

					be landing on the downhill edge after the 180 and will have to ride it out
III	E-R	EF-R	A-K-S	<i>Heel-to-Heel Turns</i>	Rotate using backside 180's, landing and riding on the heel edge. Specify Focus
III	E-R	EF-R	A-K-S	<i>Heel-to-Heel Carves</i>	Same as above task using carves in place of skids. Specify Focus
III					
I	TF	EF	A	<i>Standing Twist</i>	With both feet in the board on flat ground. Lift the toes on one foot while pressing them down on the other. Reverse.
I	TF			<i>One-Foot Toe and Heel J-Turns</i>	From a flat board facing down a slight slope, twist the board by either dropping the front knee over the toe edge or lifting the front toes for the heel edge.
I	TF	EF	A	<i>Two-Foot J-Turns</i>	Almost flat terrain. Same as the One-Foot J-Turns, but with both feet strapped in.
I	TF			<i>Toe-Side Two-Foot Traverses</i>	Facing uphill, slightly lift the toes of the right foot to twist the board and steer the board towards the fall line, moving across the hill traversing right. Bring the right knee back over the toes to turn back uphill to stop. Do the same with the left to go left.
I	TF			<i>Heel-Side Two-Foot Traverse</i>	Facing downhill, rotate the right hip and knee slightly downhill to twist the board and go right. Rotate them back and lift the right toes to stop. Do the same with the left to go left.
I	TF			<i>Falling Leaf</i>	Combine the Traverses above by going from the left straight into the right without sitting.
I	TF	EF	A	<i>Garlands</i>	Similar to the traverses, but increase the movement and hold the twist a little longer to allow the board to seek the fall line. Then reverse and steer the board across the fall line.
I	TF	EF	A-K	<i>Long Twist Turns</i>	Concentrate on twisting the board to start the turn and slowly try to untwist the board as the turn progresses.
I	TF	EF	A-K	<i>Swish Turns</i>	Concentrate on twisting the board to start the turn and hold the twist until the back end washes out.
I	TF	EF	A-K	<i>On-Snow 180s</i>	Use the twisting of the board to turn up the hill. Once the board points uphill, reverse the twist to ride it out switch.

I	TF				
II	TF			<i>Back-Foot Hop Turns</i>	Lift the rear foot off the ground to start the turns. The student will only be able to use the front foot to initiate.
II	TF	EF	A-K	<i>Turns off a Cat Track</i>	Ride right along the edge of a cat track. Then drop your front knee over the edge to turn toe-side down the slope. Drop the front hip over the edge to turn heel-side.
II	TF	EF	A	<i>On-Snow 360s</i>	Link the 180s.
II	TF			<i>Snake Tracks</i>	On a easy slope and using only the front foot, have the students try to go from one edge to the other without leaving the fall line. The result should look like a snake track down the hill.
II	TF			<i>Nose Rolls</i>	Perform a 180 with only the nose of the board touching the snow.
II	TF			<i>Air 180s</i>	Same as the On-Snow version, but this time jump before changing edges and land on the new edge.
II	TF	EF	A-K	<i>Switch</i>	Work on all the Level II tasks riding switch. This would turn the nose roll into a tail roll.
III	TF	EF	A-K	<i>Half-Pipe Wall Edge Changes</i>	Work on changing edges at the top of the wall before coming back down. Do this by driving the front knee down the wall on the back-side walls and driving the front hip down the wall on the front-side walls.
III	TF	EF	A-K	<i>Hop-Turns in a Board Width Corridor</i>	Same as the Back-Foot Hop Turn, but the back of the board should really leave the ground and the turns should fit inside a 10 foot corridor
III	TF				
I	R			<i>One-Foot Helicopters</i>	Try to make a bow tie shape in the snow with only one foot attached to the board.
I	R	EF	K	<i>Standing Bow Ties</i>	On flat ground. With both feet in the bindings, try to make bow ties shapes in the snow.
I	R			<i>Falling Leaf</i>	Use the lower body to spin the board around the center between the feet. On heel-side, rotate the legs clockwise to go left and counterclockwise to go right. Reverse on toe-side

I	R	EF	K	<i>Hockey Stops</i>	When turning, use the lower body to rapidly rotate the board across the hill and stop
I	R	EF	K	<i>On-Snow 180s</i>	Side-slipping down the fall-line. Use the upper and lower body to rotate the board around it's center to a new edge
I	R				
II	R	EF	A	<i>On-Snow 360s</i>	Link the 180s
II	R	EF	A	<i>Back-Foot Hop Turns</i>	Lift the rear foot off the ground to start the turns. Ask the student to focus on rotating the front femur to start the turn and steer the board
II	R	EF	K	<i>Two-Foot Bow Ties</i>	Traveling side-ways down the fall-line. Stay in a corridor the length of your board while pushing the nose of the board downhill, then the tail
II	R	EF	K	<i>Nose Rolls</i>	Perform a 180 with only the nose of the board touching the snow
II	R	EF	K	<i>Air 180s</i>	Same as the On-Snow version, but this time jump before changing edges and land on the new edge
II	R				
III	R	EF	K	<i>Tail Rolls</i>	Perform a 180 with only the tail of the board touching the snow
III	R	EF	K	<i>Shifties</i>	Jump in the air and rotate the board around the center back and forth
III	R			<i>Half-Pipe Wall Edge Changes</i>	Work on changing edges at the top of the wall before coming back down. Do this by rotating the hips and shoulders down the wall
III	R	EF	A	<i>On-Snow 180s in a Corridor</i>	While in a fast side-slip, go from one edge to the other without allowing the snowboard to travel from side to side. Use lower body rotation to bring the board around quickly
III	R	EF	K	<i>Turns Off the Lip of a Half-Pipe</i>	Use full body rotation to turn in the air.
III	R	EF	K	<i>Air 360s</i>	Perform a 360 in the air, with or without a terrain feature
III	TF				
I	PD	EF	A	<i>One-Foot Nose Stands</i>	Press the nose of the board into the snow using just the front foot
I	PD	EF	A-K	<i>Standing Teeter Totter</i>	With both feet in the board, rock from tip to tail
I	PD	EF	S	<i>Standing Teeter Totter</i>	With both feet in the board, rock from tip to tail. Drop the shoulders to help rock.
I	PD	EF	A	<i>Straight Glides</i>	With one foot in the board. Pressure the center of the tip to go straight

					down the fall-line
I	PD	EF	S	Straight Glides	With one foot in the board. Pressure the center of the tip to go straight down the fall-line. Drop the lead shoulder slightly over the outside of the front foot.
I	PD		A-K	<i>Falling Leaf</i>	Same idea as the others, but focus on pressuring the tip or tail to go side to side
I	PD	EF	A-K	<i>Hang Ten</i>	Ride with a majority of the weight on the front foot or over the tip.
I	PD	EF	S	<i>Hang Ten</i>	Ride with a majority of the weight on the front foot or over the tip. Front shoulder shifts towards tip.
I	PD	EF	A-K	<i>Surfer Turns</i>	Ride with a majority of the weight on the back foot or over the tail
I	PD	EF	A-K	<i>Surfer Turns</i>	Ride with a majority of the weight on the back foot or over the tail. Back shoulder shifts towards tail.
I	PD	EF	K	<i>Low Turns</i>	Make turns where you are as low as possible at the initiation
I	PD	EF	K	<i>High Turns</i>	Make turns where you are as high as possible at the initiation
I	PD	EF	E-K-S	<i>Shuffle Turns</i>	Shift your weight side to side (tip to tail) constantly, while making basic turns. Specify Body focus
II	PD	EF	K	<i>Hop Turns</i>	Make turns while slightly hopping up and down with both feet
II	PD	EF	A-K	<i>Ollies</i>	Get air by springing off the tail of the board. Shift your weight to the tail followed by a rapid extension, or jump, with the back leg
II	PD	EF	S	<i>Ollies</i>	Get air by springing off the tail of the board. Shift your weight to the tail followed by a rapid extension, or jump, with the back leg. Use the shoulders to enhance the weight shift.
II	PD	EF	A-K-S	<i>Bump Absorbers</i>	Traverse across a bump run allowing the lower body to suck up the bumps and push down in the troughs. The upper body should be quiet and the pressure on the board should stay roughly the same
II	PD	EF	S	<i>Bump Pumpers</i>	From the top of a bump. Drive the weight forward towards the tip of the board by dropping the front shoulder towards the tip and flexing the front knee. Return to an athletic stance when you reach the transition or trough
II	PD	EF	K-S	<i>Back-Foot Hop Turns</i>	Lift the rear foot off the ground to start the turns. Ask the student to focus on a smooth transfer of weight from the center to the tip and back to the center. Specify Body focus

II	PD	EF-R	S	<i>Nose Rolls</i>	Perform a 180 with only the nose of the board touching the snow
II	PD				
III	PD	EF-R	S	<i>Tail Rolls</i>	Perform a 180 with only the tail of the board touching the snow
III	PD	EF	K	<i>Nose Stands</i>	Balance with just the nose touching the ground. Flex the front knee and balance the hips and shoulders out over the tip of the board
III	PD	EF	S	<i>Nose Stands</i>	Balance with just the nose touching the ground. Balance the shoulders and hips over the very tip of the board.
III	PD	EF	A-K	<i>Squirt Turns</i>	Initiate turns with the weight aggressively towards the nose of the boards and smoothly push the board through the turn finishing with the weight aggressively on the tail. The amount of flexion in the front knee should gradually pass to the back knee.
III	PD	EF	S	<i>Squirt Turns</i>	Initiate turns with the weight aggressively towards the nose of the boards and smoothly push the board through the turn finishing with the weight aggressively on the tail.
III	PD			<i>Nollies</i>	Spring off the nose of the board to catch air over a safe obstacle
III	PD			<i>Air Carves</i>	When finishing a carved turn, try to hop up in the air and switch edges, coming down on a clean edge and holding it all the way through the turn
III	PD			<i>Pump Carves</i>	Increase and decrease the rear pressure suddenly at the end of control phase to produce acceleration. Use medium size, progress to small
III	PD			<i>Switch Pump Carves</i>	
III	PD			<i>360 Nose Rolls</i>	Rotate front-side while pressuring the nose at the finish of a toe turn
III	PD	EF	K	<i>Turns Off the Lip of a Half-Pipe</i>	Maintain equal knee flexion riding up the wall.
III	PD	EF	A-K	<i>Hop Carves</i>	When finishing a carved turn, try to hop up in the air and switch edges, coming down on a clean edge and holding it all the way through the turn. Be as light as possible when landing on the edge.
III	PD	EF	A-K	<i>Toe-to-Toe Carves</i>	The same as the Toe-to-Toe Turns except with a carved turn. The rider will be landing on the downhill edge after the 180 and will have to ride it out. Be as light as possible when landing on the edge.
III	PD	EF	K	<i>One-Footed Knee</i>	Bend and straighten knee joint while in a straight glide

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				Compressions	
III	PD	EF	A	Hop Carves	When finishing a carved turn, try to hop up in the air and switch edges, coming down on a clean edge and holding it all the way through the turn. Be sure to actively flex while landing.