



NATIONAL ALPINE ACTIVITIES LIST

[Level 1](#) | [Level 2](#) | [Level 3](#)

A member-facing reference to national assessment activities, demonstration videos, and descriptions of intended performance.

Use this guide on the hill. Open an activity from the contents or level index, watch an available demonstration, and review the activity description and performance indicators.

Activity categories

Integrated · **Individual** · **Versatility**. Every activity is labeled according to its category section in the source workbook.

Navigation

The contents and level indexes are clickable. Each activity page includes links back to Contents and its Level Activities index, plus Previous and Next activity links. Activities without a current demonstration remain included and are marked Video Coming Soon.

Contents

Choose a certification level or select an activity to open it directly.

Level 1

[Open Level 1 activity index →](#)

Wedge Turns · Integrated
Wedge Christie Turns · Integrated
Basic Parallel Turns · Integrated
Sideslip w/ Edge Set · Individual
Skating - Flat terrain · Individual
Carved uphill arc · Individual
Wedge Change-up · Individual
Guided uphill arc · Individual
Straight run leaper · Individual
Outside ski J-turn · Individual
One-ski Straight Run · Individual
Step into Fall Line · Individual
Large Radius Parallel Turns · Versatility
Short Radius Parallel Turns · Versatility
Variable Speed Turns · Versatility
Large Radius Parallel Turn in Ungroomed Snow · Versatility
Short Radius Parallel Turns in Ungroomed Snow · Versatility
Variable Speed Turns in Ungroomed Snow · Versatility

Level 2

[Open Level 2 activity index →](#)

Wedge Turns · Integrated
Wedge Christie Turns · Integrated
Basic Parallel Turns · Integrated
Railroad Track Turns · Individual
Skating - Down the Hill · Individual
Crab Wedge Turn · Individual
Diagonal Sideslip · Individual
Hockey Stop · Individual
1000 Steps · Individual
Stork Turns · Individual
Falling Leaf · Individual
Wedge Wiggles · Individual
Short Radius Turn · Versatility
Short-Medium-Short Radius Turns · Versatility
Short Radius Turns with a Lane Change · Versatility
Funnel · Versatility
Short Radius Turns in Moguls or Ungroomed Snow · Versatility
Short-Medium-Short Radius Turns in Ungroomed Snow · Versatility
Short Radius Turns with a Lane Change in Ungroomed Snow · Versatility
Funnel in Ungroomed Snow · Versatility

Contents — Level 3

Level 3 begins on this page for a cleaner, easier-to-scan contents layout.

Level 3

[Open Level 3 activity index →](#)

[Wedge Christie Turns](#) · Integrated

[Basic Parallel Turns](#) · Integrated

[Dynamic Parallel Turns](#) · Integrated

[Whitepass](#) · Individual

[Stem Christie](#) · Individual

[Outside ski turn](#) · Individual

[Hop Turns](#) · Individual

[Javelin](#) · Individual

[Reverse Javelin](#) · Individual

[Pivot Slips](#) · Individual

[Short turn Leapers](#) · Individual

[Falling Leaf w/ edge change](#) · Individual

[Dynamic Short Radius Turns](#) · Versatility

[Short Swing Turns](#) · Versatility

[Medium-Short-Medium Radius Turns](#) · Versatility

[Dynamic Large Radius Turns](#) · Versatility

[Dynamic Short Radius Turns in Moguls](#) · Versatility

[Short Swing Turns in Moguls](#) · Versatility

[Medium-Short-Medium Radius Turns in Ungroomed Snow](#) · Versatility

[Large Radius Turns in Ungroomed Snow](#) · Versatility

Level 1

Select an activity below. Each activity is labeled Integrated, Individual, or Versatility based on the source workbook.

Integrated Activities

- Wedge Turns
- Wedge Christie Turns
- Basic Parallel Turns

Individual Activities

- Sideslip w/ Edge Set
- Skating - Flat terrain
- Carved uphill arc
- Wedge Change-up
- Guided uphill arc
- Straight run leaper
- Outside ski J-turn
- One-ski Straight Run
- Step into Fall Line

Versatility Activities

- Large Radius Parallel Turns
- Short Radius Parallel Turns
- Variable Speed Turns
- Large Radius Parallel Turn in Ungroomed Snow
- Short Radius Parallel Turns in Ungroomed Snow
- Variable Speed Turns in Ungroomed Snow

Wedge Turns

Level 1 / Integrated Activity

TERRAIN / CONDITIONS

Easy Groomed Green Trails

■ WATCH DEMONSTRATION VIDEO (opens Vimeo)

ACTIVITY DESCRIPTION

The skier makes linked medium turns in a consistent gliding wedge, guiding both skis through round turns with a consistent speed created by turn shape.

SKI PERFORMANCE

Both skis remain fully in contact with the snow and maintain a consistent gliding wedge relationship throughout each turn. Both skis are guided into the new turn together and continue through round, brushed arcs, with turn shape supporting a consistent speed.

BODY PERFORMANCE

The lower legs show corresponding forward angles to help direct pressure along the length of both skis. The legs turn both skis while the torso remains stable, supporting simultaneous ski guidance, pressure directed toward the outside ski, and a visible countered relationship through the transition. The legs flex and extend independently as the body moves smoothly from one turn to the next without disrupting the gliding wedge relationship.

SPEED

Slow enough to not allow the skier to easily balance in a parallel turn.

Wedge Christie Turns

Level 1 / Integrated Activity

TERRAIN / CONDITIONS

Steeper groomed green or easy groomed blue runs

■ WATCH DEMONSTRATION VIDEO (opens Vimeo)

ACTIVITY DESCRIPTION

The skier makes linked medium wedge christie turns. Each turn begins from a gliding wedge, develops into a christie - a skidded phase on corresponding edges creates when the inside ski changes edges- and finishes with the skis matched in a parallel relationship before returning to a gliding wedge for the next turn. Consistent speed is created by turn shape.

SKI PERFORMANCE

Both skis remain fully in contact with the snow. Both skis are guided into the new turn from a gliding wedge. The inside ski changes edges to create a christie, which places both skis on corresponding edges, and then is steered to match the outside ski, forming a parallel relationship as the turn develops. Through the transition, the skis release from the christie and return to a gliding wedge to begin the next turn, with turn shape supporting a consistent speed.

BODY PERFORMANCE

The lower legs show corresponding forward angles to help direct pressure along the length of both skis as the turn begins from a gliding wedge. The legs turn the skis while the torso remains stable, supporting ski guidance, the inside ski's edge change, and pressure directed toward the outside ski as the christie develops. The legs flex and extend independently as the body moves from one turn to the next, allowing the skis to match, release, and return to a gliding wedge.

SPEED

Faster than wedge turns and slow enough that the turn still begins in a gliding wedge before the skis match to parallel.

Basic Parallel Turns

Level 1 / Integrated Activity

TERRAIN / CONDITIONS

Steeper groomed green or easy groomed blue runs

■ WATCH DEMONSTRATION VIDEO (opens Vimeo)

ACTIVITY DESCRIPTION

The skier makes linked medium turns, keeping the skis parallel throughout each turn while guiding them through round, skidded arcs. A pole touch supports rhythm, flow, and timing with the edge change.

SKI PERFORMANCE

Both skis remain fully in contact with the snow and stay parallel throughout each turn. The skis change edges at the same time and are guided into the new turn together, then steered through round, brushed arcs on corresponding edges. The tails follow the tips, and turn shape supports a consistent speed.

BODY PERFORMANCE

The lower legs show corresponding forward angles to help direct pressure along the length of both skis. The legs tip and turn the skis while the torso remains stable, allowing both skis to be guided into the turn together and pressure to be directed toward the outside ski through round arcs. A visible countered relationship through the transition supports balance as the legs flex and extend independently to move the body from one turn to the next.

SPEED

Faster than wedge christie turns and slow enough that the turns remain skidded rather than carved.

Sideslip w/ Edge Set

Level 1 / Individual Activity

TERRAIN / CONDITIONS

Green or gentle Blue Terrain/Groomed Snow

■ WATCH DEMONSTRATION VIDEO (opens Vimeo)

ACTIVITY DESCRIPTION

The skier controls a lateral sideslip down the fall line and uses progressive edge engagement to stop the slip.

SKI PERFORMANCE

The skis maintain a parallel relationship while slipping laterally, with natural tip lead that supports balanced alignment over both skis. Edge angles are progressively increased to reduce slipping and create a controlled edge set.

BODY PERFORMANCE

The skier maintains balance over the feet while the Center of Mass moves with the skis during the sideslip. The legs progressively tip to engage the edges while the upper body remains stable and generally oriented downhill.

FUNDAMENTAL FOCUS

Control edge angles through a combination of inclination and angulation and/or Control the relationship of the Center of Mass to the Base of Support to direct pressure along the length of the skis.

Skating - Flat terrain

Level 1 / Individual Activity

TERRAIN / CONDITIONS	Flat terrain/Groomed snow
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■ WATCH DEMONSTRATION VIDEO (opens Vimeo)

ACTIVITY DESCRIPTION

The skier creates forward movement on flat terrain by stepping and gliding from ski to ski while maintaining balance and momentum.

SKI PERFORMANCE

Each gliding ski is on an engaged edge to create grip and propulsion. The free ski is lifted from the snow and placed in a diverging relationship to become the new stance ski. Alternating edge engagement and glide create continuous forward movement.

BODY PERFORMANCE

The skier moves the Center of Mass over the new stance ski during each pressure transfer. The legs extend to create propulsion and flex to maintain balance during the glide. The upper body remains stable and directed generally forward.

FUNDAMENTAL FOCUS

Control pressure from ski to ski and direct pressure to the outside ski and/or Control the relationship of the Center of Mass to the Base of Support to direct pressure along the length of the skis.

Carved uphill arc

Level 1 / Individual Activity

TERRAIN / CONDITIONS	Green or gentle Blue Terrain/Groomed Snow
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■ WATCH DEMONSTRATION VIDEO (opens Vimeo)

ACTIVITY DESCRIPTION

The skier performs a single carved arc across and back up the hill, using progressive edge engagement to shape the turn and slow to a stop.

SKI PERFORMANCE

The skis maintain a parallel relationship and travel on corresponding edges through the arc. The skis are progressively tipped and bend to follow their sidecut, creating two clean, distinct tracks in the snow.

BODY PERFORMANCE

The skier moves the Center of Mass inside the arc while maintaining balance over the working edges. The legs progressively tip the skis as the turn develops, with the upper body remaining stable and angulation increasing to manage edge angle and balance.

FUNDAMENTAL FOCUS

Control edge angles through a combination of inclination and angulation and/or Control the relationship of the Center of Mass to the Base of Support to direct pressure along the length of the skis.

Wedge Change-up

Level 1 / Individual Activity

TERRAIN / CONDITIONS	Green terrain/Groomed snow
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■ WATCH DEMONSTRATION VIDEO (opens Vimeo)

ACTIVITY DESCRIPTION

The skier glides down the fall line, alternating between a gliding wedge and a straight run while maintaining balance and speed control.

SKI PERFORMANCE

The skis move smoothly between a parallel relationship and a gliding wedge. The wedge opens and closes symmetrically, with the skis continuing to glide rather than brake abruptly.

BODY PERFORMANCE

The legs rotate inward to create the wedge and outward to return to parallel while the upper body remains stable and directed down the hill. The skier maintains centered balance over the feet as the stance widens and narrows.

FUNDAMENTAL FOCUS

Control the skis' rotation with leg rotation, separate from the upper body and/or Control the relationship of the Center of Mass to the Base of Support to direct pressure along the length of the skis.

Guided uphill arc

Level 1 / Individual Activity

TERRAIN / CONDITIONS	Green or gentle Blue Terrain/Groomed Snow
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■ WATCH DEMONSTRATION VIDEO (opens Vimeo)

ACTIVITY DESCRIPTION

The skier performs a single guided parallel arc across and back up the hill, using steering and edge engagement to shape the turn and slow to a stop.

SKI PERFORMANCE

The skis maintain a parallel relationship and travel on corresponding edges through the arc. Both skis are progressively steered and tipped, leaving two brushed, parallel tracks in the snow.

BODY PERFORMANCE

The skier guides the legs under a stable upper body while progressively tipping and turning the skis. The Center of Mass moves inside the arc as angulation develops to manage balance, edge angle, and pressure.

FUNDAMENTAL FOCUS

Control the skis' rotation with leg rotation, separate from the upper body and/or Control the relationship of the Center of Mass to the Base of Support to direct pressure along the length of the skis.

Straight run leaper

Level 1 / Individual Activity

TERRAIN / CONDITIONS	Gentle Green Terrain/Groomed Snow
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VIDEO COMING SOON A demonstration will be added in a future update.

ACTIVITY DESCRIPTION

The skier glides straight down the fall line and performs small, controlled hops while maintaining balance and direction.

SKI PERFORMANCE

The skis remain generally parallel and gliding down the fall line. During each hop, both skis stay parallel to the snow surface, with the full length of both skis leaving and returning to the snow at nearly the same time.

BODY PERFORMANCE

The skier flexes to prepare for each hop, extends both legs evenly for takeoff, then flexes to absorb the landing. The Center of Mass remains balanced over the feet so the skis leave and return to the snow as a unit, while the upper body stays stable and directed down the hill.

FUNDAMENTAL FOCUS

Control the relationship of the Center of Mass to the Base of Support to direct pressure along the length of the skis and/or
Regulate the magnitude of pressure created through ski/snow interaction

Outside ski J-turn

Level 1 / Individual Activity

TERRAIN / CONDITIONS	Gentle Green Terrain/Groomed Snow
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■ WATCH DEMONSTRATION VIDEO (opens Vimeo)

ACTIVITY DESCRIPTION

The skier glides straight down the fall line, lifts the tail of the ski on the inside of the intended turn, then guides the outside ski through a J-shaped turn across and back up the hill to a stop.

SKI PERFORMANCE

The outside ski maintains snow contact and creates a brushed, J-shaped track through the turn. The inside ski tip remains in light contact with the snow while the tail stays lifted, and both skis maintain a generally parallel relationship.

BODY PERFORMANCE

The skier flexes the inside leg to lift the tail of the inside ski and balance over the outside ski. The outside leg steers and tips the ski through the turn while the upper body remains stable and directed generally down the hill.

FUNDAMENTAL FOCUS

Control pressure from ski to ski and direct pressure toward the outside ski and/or Control edge angles through a combination of inclination and angulation

One-ski Straight Run

Level 1 / Individual Activity

TERRAIN / CONDITIONS	Gentle Green Terrain/Groomed Snow
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■ WATCH DEMONSTRATION VIDEO (opens Vimeo)

ACTIVITY DESCRIPTION

The skier glides straight down the fall line on one ski while the non-stance ski tip remains in light contact with the snow, maintaining balance and direction.

SKI PERFORMANCE

The ski on the snow remains directed down the fall line and continues to glide with minimal turning or skidding. The other ski tip remains in light contact with the snow while the tail is lifted, and the ski stays generally aligned with the stance ski.

BODY PERFORMANCE

The skier balances over the ski on the snow with the Center of Mass aligned over the Base of Support. The other leg remains active to manage small balance adjustments while the upper body stays stable and directed down the hill.

FUNDAMENTAL FOCUS

Control the relationship of the Center of Mass to the Base of Support to direct pressure along the length of the skis and/or Control pressure from ski to ski and direct pressure toward the outside ski

Step into Fall Line

Level 1 / Individual Activity

TERRAIN / CONDITIONS	Gentle Green Terrain/Groomed Snow
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■ WATCH DEMONSTRATION VIDEO (opens Vimeo)

ACTIVITY DESCRIPTION

The skier makes one turn to a stop by stepping the skis progressively into the fall line, then continuing the same turn shape while gliding in balance.

SKI PERFORMANCE

The skis are lifted and placed progressively into the fall line as part of one continuous turn, then steered through the same turn shape in a parallel relationship.

BODY PERFORMANCE

The skier transfers balance from one ski to the other as each step is made. The legs guide the skis into the fall line while the Center of Mass remains balanced over the feet and the upper body stays stable and directed generally downhill.

FUNDAMENTAL FOCUS

Control pressure from ski to ski and direct pressure toward the outside ski and/or Control the skis' rotation with leg rotation, separate from the upper body

Large Radius Parallel Turns

Level 1 / Versatility Activity

TERRAIN / CONDITIONS	Gentle Blue terrain/Groomed snow
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VIDEO COMING SOON A demonstration will be added in a future update.

ACTIVITY DESCRIPTION

The skier makes linked large-radius parallel turns within a corridor three to four groomer widths wide. Turn shape, speed, and rhythm remain consistent.

SKI PERFORMANCE

The skis remain generally parallel and create long, round, brushed arcs. The skis travel farther across and down the hill through each turn, with consistent turn shape supporting speed control within the prescribed corridor.

BODY PERFORMANCE

The legs guide the skis progressively through the longer arcs while the torso remains stable. Flexion and extension develop over a longer duration to maintain balance, ski–snow contact, and pressure directed more toward the outside ski.

Short Radius Parallel Turns

Level 1 / Versatility Activity

TERRAIN / CONDITIONS	Gentle Blue terrain/Groomed snow
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VIDEO COMING SOON A demonstration will be added in a future update.

ACTIVITY DESCRIPTION

The skier makes linked short-radius parallel turns within a corridor no wider than one groomer width. Turn shape, speed, and rhythm remain consistent.

SKI PERFORMANCE

The skis remain generally parallel and create short, round, brushed arcs within the prescribed corridor. Both skis are steered from turn to turn, with turn shape supporting a consistent speed.

BODY PERFORMANCE

The legs make quick, coordinated steering movements while the torso remains stable and oriented generally down the hill. Flexion and extension support frequent direction changes, ski–snow contact, and pressure directed more toward the outside ski.

Variable Speed Turns

Level 1 / Versatility Activity

TERRAIN / CONDITIONS	Gentle Blue terrain/Groomed snow
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VIDEO COMING SOON A demonstration will be added in a future update.

ACTIVITY DESCRIPTION

The skier makes linked medium-radius parallel turns within a corridor no wider than two and one-half groomer widths. Speed increases and decreases within each turn through changes in turn shape and line while the prescribed turn size is maintained.

SKI PERFORMANCE

The skis remain generally parallel and create round, brushed arcs within the prescribed corridor. A more direct line allows the skis to accelerate during the first half of each turn, while a more complete shape across the hill reduces speed before the next turn without abrupt braking or changing the overall turn width.

BODY PERFORMANCE

The legs adjust the rate and amount of steering to vary turn shape and line while the torso remains stable. Flexion and extension support balance and ski–snow contact as pressure changes with the acceleration and deceleration occurring through each turn, with pressure directed more toward the outside ski.

Large Radius Parallel Turn in Ungroomed Snow

Level 1 / Versatility Activity

TERRAIN / CONDITIONS	Gentle Blue terrain/Variable snow
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VIDEO COMING SOON A demonstration will be added in a future update.

ACTIVITY DESCRIPTION

The skier makes linked large-radius parallel turns in variable snow within a corridor three to four groomer widths wide. Turn shape and line adapt to the terrain and conditions while speed and rhythm remain consistent.

SKI PERFORMANCE

The skis remain generally parallel and follow long, round, brushed arcs within the prescribed corridor. The skis travel farther across and down the hill while continuing to move together through variations in the terrain and snow.

BODY PERFORMANCE

The legs guide the skis progressively through the longer arcs while adapting flexion and extension to changes in the terrain and snow. A stable torso supports balance, ski–snow contact, and pressure directed more toward the outside ski.

Short Radius Parallel Turns in Ungroomed Snow

Level 1 / Versatility Activity

TERRAIN / CONDITIONS	Gentle Blue terrain/Variable snow
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VIDEO COMING SOON A demonstration will be added in a future update.

ACTIVITY DESCRIPTION

The skier makes linked short-radius parallel turns in variable snow within a corridor no wider than one groomer width. Turn shape and line adapt to the terrain and conditions while speed and rhythm remain consistent.

SKI PERFORMANCE

The skis remain generally parallel and create short, round, brushed arcs within the prescribed corridor. Both skis change direction frequently while continuing to move together through variations in the terrain and snow.

BODY PERFORMANCE

The legs make quick steering, flexion, and extension adjustments while the torso remains stable. These movements maintain balance and ski-snow contact while directing pressure more toward the outside ski through each short turn.

Variable Speed Turns in Ungroomed Snow

Level 1 / Versatility Activity

TERRAIN / CONDITIONS	Gentle Blue terrain/Variable snow
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VIDEO COMING SOON A demonstration will be added in a future update.

ACTIVITY DESCRIPTION

The skier makes linked medium-radius parallel turns in variable snow within a corridor no wider than two and one-half groomer widths. Speed increases and decreases within each turn through changes in turn shape and line while adapting to the terrain and conditions and maintaining the prescribed turn size.

SKI PERFORMANCE

The skis remain generally parallel and create round, brushed arcs within the prescribed corridor. A more direct line allows the skis to accelerate during the first half of each turn, while a more complete shape across the hill reduces speed before the next turn. The skis continue to move together while adapting to variations in the terrain and snow.

BODY PERFORMANCE

The legs adjust steering, flexion, and extension to vary turn shape and line while adapting to changes in terrain and snow resistance. The torso remains stable as the skier maintains balance and ski-snow contact through the acceleration and deceleration occurring within each turn, with pressure directed more toward the outside ski.

Level 2

Select an activity below. Each activity is labeled Integrated, Individual, or Versatility based on the source workbook.

Integrated Activities

Wedge Turns
Wedge Christie Turns
Basic Parallel Turns

Individual Activities

Railroad Track Turns
Skating - Down the Hill
Crab Wedge Turn
Diagonal Sideslip
Hockey Stop
1000 Steps
Stork Turns
Falling Leaf
Wedge Wiggles

Versatility Activities

Short Radius Turn
Short-Medium-Short Radius Turns
Short Radius Turns with a Lane Change
Funnel
Short Radius Turns in Moguls or Ungroomed Snow
Short-Medium-Short Radius Turns in Ungroomed Snow
Short Radius Turns with a Lane Change in Ungroomed Snow
Funnel in Ungroomed Snow

Wedge Turns

Level 2 / Integrated Activity

TERRAIN / CONDITIONS

Easy Groomed Green Trails

■ WATCH DEMONSTRATION VIDEO (opens Vimeo)

ACTIVITY DESCRIPTION

The skier makes linked medium turns in a consistent gliding wedge, guiding both skis through round turns with a consistent speed created by turn shape.

SKI PERFORMANCE

Both skis remain fully in contact with the snow and maintain a consistent gliding wedge relationship throughout each turn. Both skis are guided into the new turn together and continue through round, brushed arcs, with turn shape supporting a consistent speed.

BODY PERFORMANCE

The lower legs show corresponding forward angles to help direct pressure along the length of both skis. The legs turn both skis while the torso remains stable, supporting simultaneous ski guidance, pressure directed toward the outside ski, and a visible countered relationship through the transition. The legs flex and extend independently as the body moves smoothly from one turn to the next without disrupting the gliding wedge relationship.

SPEED

Slow enough to not allow the skier to easily balance in a parallel turn.

Wedge Christie Turns

Level 2 / Integrated Activity

TERRAIN / CONDITIONS	Steeper groomed green or easy groomed blue runs
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■ WATCH DEMONSTRATION VIDEO (opens Vimeo)

ACTIVITY DESCRIPTION

The skier makes linked medium wedge christie turns. Each turn begins from a gliding wedge, develops into a christie - a skidded phase on corresponding edges creates when the inside ski changes edges- and finishes with the skis matched in a parallel relationship before returning to a gliding wedge for the next turn. Consistent speed is created by turn shape.

SKI PERFORMANCE

Both skis remain fully in contact with the snow. Both skis are guided into the new turn from a gliding wedge. The inside ski changes edges to create a christie, which places both skis on corresponding edges, and then is steered to match the outside ski, forming a parallel relationship as the turn develops. Through the transition, the skis release from the christie and return to a gliding wedge to begin the next turn, with turn shape supporting a consistent speed.

BODY PERFORMANCE

The lower legs show corresponding forward angles to help direct pressure along the length of both skis as the turn begins from a gliding wedge. The legs turn the skis while the torso remains stable, supporting ski guidance, the inside ski's edge change, and pressure directed toward the outside ski as the christie develops. The legs flex and extend independently as the body moves from one turn to the next, allowing the skis to match, release, and return to a gliding wedge.

SPEED

Faster than wedge turns and slow enough that the turn still begins in a gliding wedge before the skis match to parallel.

Basic Parallel Turns

Level 2 / Integrated Activity

TERRAIN / CONDITIONS

Steeper groomed green or easy groomed blue runs

■ WATCH DEMONSTRATION VIDEO (opens Vimeo)

ACTIVITY DESCRIPTION

The skier makes linked medium turns, keeping the skis parallel throughout each turn while guiding them through round, skidded arcs. A pole touch supports rhythm, flow, and timing with the edge change.

SKI PERFORMANCE

Both skis remain fully in contact with the snow and stay parallel throughout each turn. The skis change edges at the same time and are guided into the new turn together, then steered through round, brushed arcs on corresponding edges. The tails follow the tips, and turn shape supports a consistent speed.

BODY PERFORMANCE

The lower legs show corresponding forward angles to help direct pressure along the length of both skis. The legs tip and turn the skis while the torso remains stable, allowing both skis to be guided into the turn together and pressure to be directed toward the outside ski through round arcs. A visible countered relationship through the transition supports balance as the legs flex and extend independently to move the body from one turn to the next.

SPEED

Faster than wedge christie turns and slow enough that the turns remain skidded rather than carved.

Railroad Track Turns

Level 2 / Individual Activity

TERRAIN / CONDITIONS	Green Terrain/Groomed Snow
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■ WATCH DEMONSTRATION VIDEO (opens Vimeo)

ACTIVITY DESCRIPTION

The skier makes a series of linked carved turns across the slope, fitting within one groomer width. Both skis leave clean, narrow tracks while maintaining a consistent parallel relationship.

SKI PERFORMANCE

The skis stay parallel and maintain a consistent distance apart. Both skis flatten, change edges, and engage the new edges at the same time and rate, creating two clean tracks with the tails following the tips.

BODY PERFORMANCE

The legs tip both skis at the same time and rate while the torso remains stable. The skier uses a combination of inclination and angulation to control edge angles while maintaining balance over the feet and pressure along the length of the skis.

FUNDAMENTAL FOCUS

Control edge angles through a combination of inclination and angulation and/or Control the relationship of the Center of Mass to the Base of Support to direct pressure along the length of the skis

Skating - Down the Hill

Level 2 / Individual Activity

TERRAIN / CONDITIONS	Gentle Green terrain/Groomed snow
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VIDEO COMING SOON A demonstration will be added in a future update.

ACTIVITY DESCRIPTION

The skier skates down the hill by stepping and gliding from one ski to the other while maintaining balance, glide, and directional control as momentum builds.

SKI PERFORMANCE

Each gliding ski is on an engaged edge to create grip and support forward movement. The free ski is lifted from the snow and placed in a diverging relationship to become the new gliding ski. Edge engagement is timed to maintain continuous downhill glide without disrupting direction.

BODY PERFORMANCE

The skier moves the Center of Mass over each new stance ski during the pressure transfer. The legs extend to move pressure to the new ski and flex to manage balance as momentum builds. The upper body remains stable and directed generally downhill.

FUNDAMENTAL FOCUS

Control pressure from ski to ski and direct pressure toward the outside ski and/or Control edge angles through a combination of inclination and angulation

Crab Wedge Turn

Level 2 / Individual Activity

TERRAIN / CONDITIONS	Gentle Green terrain/Groomed snow
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■ WATCH DEMONSTRATION VIDEO (opens Vimeo)

ACTIVITY DESCRIPTION

The skier changes direction in a gliding wedge by maintaining the wedge relationship while increasing edge angle and pressure on the outside ski.

SKI PERFORMANCE

Both skis remain in contact with the snow and maintain a consistent wedge relationship. The skis move laterally across the snow with limited steering, while the outside ski engages at a higher edge angle and the inside ski remains flatter and brushing.

BODY PERFORMANCE

The skier tips the outside leg to increase edge angle and directs pressure to the outside ski. The torso remains stable and oriented generally downhill, allowing the skier to balance against the engaged outside ski while maintaining the wedge relationship.

FUNDAMENTAL FOCUS

Control edge angles through a combination of inclination and angulation and/orControl pressure from ski to ski and direct pressure toward the outside ski

Diagonal Sideslip

Level 2 / Individual Activity

TERRAIN / CONDITIONS	Green or gentle Blue terrain/Groomed snow
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■ WATCH DEMONSTRATION VIDEO (opens Vimeo)

ACTIVITY DESCRIPTION

The skier slips diagonally across the hill with the skis in a parallel relationship, using edge angle to control the rate and direction of the slip.

SKI PERFORMANCE

Both skis remain in contact with the snow and maintain a parallel relationship while slipping diagonally, with natural tip lead that supports balanced alignment over both skis. The skis slip sideways and forward along a diagonal path, with edge angles adjusted to control speed and direction without turning into a rounded arc.

BODY PERFORMANCE

The skier makes subtle tipping adjustments with the feet and legs to manage the rate and direction of the diagonal slip. The torso remains stable and oriented generally downhill, allowing the skis to slip without excessive rotation.

FUNDAMENTAL FOCUS

Control the relationship of the Center of Mass to the Base of Support to direct pressure along the length of the skis and/or Control edge angles through a combination of inclination and angulation

Hockey Stop

Level 2 / Individual Activity

TERRAIN / CONDITIONS	Green or gentle Blue terrain/Groomed snow
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■ WATCH DEMONSTRATION VIDEO (opens Vimeo)

ACTIVITY DESCRIPTION

The skier glides straight down the fall line, quickly turns both skis across the hill, and slips sideways to a complete stop. The skier plants their pole as they come to a stop to support balance and torso stability.

SKI PERFORMANCE

Both skis remain in contact with the snow and maintain a parallel relationship. The skis are redirected across the fall line at the same time, then tipped to engage the edges and create a controlled sideways slip to a complete stop.

BODY PERFORMANCE

The legs turn beneath a stable torso to redirect the skis across the hill, creating a countered relationship that supports balance as the skis slip to a stop. The skier tips the feet and legs to increase edge angle, then flexes to manage the pressure created through the stop. A pole plant is timed with the completion of the stop to stabilize the torso and help the skier remain balanced.

FUNDAMENTAL FOCUS

Control the skis' rotation with leg rotation, separate from the upper body and/or Control the relationship of the Center of Mass to the Base of Support to direct pressure along the length of the skis

1000 Steps

Level 2 / Individual Activity

TERRAIN / CONDITIONS	Green or gentle Blue terrain/Groomed snow
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■ WATCH DEMONSTRATION VIDEO (opens Vimeo)

ACTIVITY DESCRIPTION

The skier makes linked medium- large turns while continuously stepping from ski to ski, maintaining turn shape and balance without interrupting the direction of travel.

SKI PERFORMANCE

The skis are alternately lifted and placed throughout each turn while remaining on corresponding edges. Each step changes balance from one ski to the other as the skis continue to guide through round arcs, without disrupting the parallel relationship, turn shape, or direction of travel.

BODY PERFORMANCE

The skier maintains a stable torso to support balance as the legs step and guide the skis beneath it. The Center of Mass moves over each new ski on the snow as the free ski is lifted and placed, allowing the skier to maintain turn shape, rhythm, and continuity.

FUNDAMENTAL FOCUS

Control pressure from ski to ski and direct pressure toward the outside ski and/or Control the relationship of the Center of Mass to the Base of Support to direct pressure along the length of the skis

Stork Turns

Level 2 / Individual Activity

TERRAIN / CONDITIONS	Green or gentle Blue terrain/Groomed snow
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■ WATCH DEMONSTRATION VIDEO (opens Vimeo)

ACTIVITY DESCRIPTION

The skier makes linked turns while balancing primarily on the outside ski, with the inside ski tail lifted and the inside ski tip remaining in light contact with the snow.

SKI PERFORMANCE

The outside ski remains in contact with the snow and guides the turn through a round, brushed arc. The inside ski tip maintains light contact with the snow while the tail is lifted, and the tip edges in relation to the outside ski so both skis remain generally parallel.

BODY PERFORMANCE

The skier manages the relationship of the Center of Mass to the outside ski so the outside ski can support balance, pressure, and guidance through the turn. The inside leg flexes to lift the ski tail while the outside leg guides and tips the stance ski through the turn. The torso remains stable to support balance as the legs move independently.

FUNDAMENTAL FOCUS

Control edge angles through a combination of inclination and angulation and/or Control the relationship of the Center of Mass to the Base of Support to direct pressure along the length of the skis

Falling Leaf

Level 2 / Individual Activity

TERRAIN / CONDITIONS	Blue terrain/Groomed snow
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■ WATCH DEMONSTRATION VIDEO (opens Vimeo)

ACTIVITY DESCRIPTION

The skier sideslips forward and backward on the same set of edges while moving down the hill within a corridor two groomer widths wide. Subtle steering changes the direction of travel, while edge angle controls the rate of the slip.

SKI PERFORMANCE

Both skis remain in contact with the snow and maintain a parallel relationship with natural tip lead that supports balanced alignment over both skis. The skis stay on the same set of edges while slipping forward and backward through rounded paths, with the tips and tails alternately leading the direction of travel.

BODY PERFORMANCE

The skier makes subtle tipping adjustments with the feet and legs to manage edge angle while maintaining fore-aft balance as the skis slip forward and backward. The torso remains stable and maintains a countered relationship to the skis, allowing the legs to subtly guide the skis through rounded slipping paths, direct pressure toward the downhill ski, and maintain the same set of edges.

FUNDAMENTAL FOCUS

Control pressure from ski to ski and direct pressure toward the outside ski and/or Control edge angles through a combination of inclination and angulation

Wedge Wiggles

Level 2 / Individual Activity

TERRAIN / CONDITIONS	Gentle Green terrain/Groomed snow
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■ WATCH DEMONSTRATION VIDEO (opens Vimeo)

ACTIVITY DESCRIPTION

The skier glides in a wedge down the fall line while making quick, alternating direction changes. The skis cross the fall line from side to side without developing full turn shapes.

SKI PERFORMANCE

Both skis remain in contact with the snow and maintain a consistent gliding wedge. The skis are guided simultaneously just across the fall line in small, brushed direction changes while the skier continues moving generally downhill.

BODY PERFORMANCE

The lower legs turn beneath a stable torso to guide the skis quickly from side to side. The skier manages edge angle and pressure to maintain a gliding wedge, balance over the feet, and continuous movement down the fall line.

FUNDAMENTAL FOCUS

Control the skis' rotation with leg rotation, separate from the upper body and/or Control edge angles through a combination of inclination and angulation

Short Radius Turn

Level 2 / Versatility Activity

TERRAIN / CONDITIONS	Blue Terrain/Groomed snow
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VIDEO COMING SOON A demonstration will be added in a future update.

ACTIVITY DESCRIPTION

The skier makes linked short-radius parallel turns within a corridor no wider than one groomer width. The skier maintains a continuous line and uses round turn shape to manage speed as the terrain and forces change.

SKI PERFORMANCE

The skis remain parallel throughout and create short, round, brushed arcs within the prescribed corridor. Both skis are guided continuously from turn to turn, with the line remaining consistent and each turn completed sufficiently to control speed without abrupt braking or checking.

BODY PERFORMANCE

The legs make quick, coordinated steering movements while the torso remains stable and oriented generally down the hill. Flexion and extension adapt to the increased frequency and forces of the turns, maintaining balance and ski–snow contact while pressure is directed more toward the outside ski.

Short-Medium-Short Radius Turns

Level 2 / Versatility Activity

TERRAIN / CONDITIONS	Blue Terrain/Groomed snow
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VIDEO COMING SOON A demonstration will be added in a future update.

ACTIVITY DESCRIPTION

The skier links a series of short-radius turns, medium-radius turns, and short-radius turns. Short turns remain within a corridor no wider than one groomer width, and medium turns remain within a corridor no wider than two and one-half groomer widths. The changes in turn size occur without interrupting rhythm, continuity, or speed control.

SKI PERFORMANCE

The skis remain parallel throughout and create round, brushed arcs that clearly change from short to medium and back to short. The width and length of the arcs increase and decrease while the turns remain linked and speed is controlled through turn shape.

BODY PERFORMANCE

The legs adjust the rate, duration, and amount of steering to produce the prescribed changes in turn size while the torso remains stable. Flexion, extension, and angulation adapt to the changing timing and forces while maintaining balance, ski-snow contact, and pressure directed more toward the outside ski.

Short Radius Turns with a Lane Change

Level 2 / Versatility Activity

TERRAIN / CONDITIONS	Blue Terrain/Groomed snow
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VIDEO COMING SOON A demonstration will be added in a future update.

ACTIVITY DESCRIPTION

The skier makes five linked short-radius parallel turns within a corridor no wider than one groomer width, then uses a larger-radius turn to move from the outside edge of that corridor to the outside edge of a neighboring parallel corridor. The skier resumes short-radius turns in the new corridor and repeats the pattern while maintaining rhythm and speed control.

SKI PERFORMANCE

The skis remain parallel throughout and create short, round, brushed arcs within each prescribed corridor. The lane change is created through a larger-radius, round arc that carries the skier from the outside edge of one corridor to the outside edge of the next before the short-radius pattern resumes.

BODY PERFORMANCE

The legs adjust the rate, duration, and amount of steering to move from short-radius turns into the larger-radius lane-change turn and back to short-radius turns. Flexion, extension, and angulation adapt to the changing turn size while the torso remains stable and pressure is directed more toward the outside ski.

Funnel

Level 2 / Versatility Activity

TERRAIN / CONDITIONS	Blue Terrain/Groomed snow
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VIDEO COMING SOON A demonstration will be added in a future update.

ACTIVITY DESCRIPTION

The skier makes seven to nine linked parallel turns in variable snow that progressively decrease from large radius, through medium radius, to short radius. Large turns use a corridor three to four groomer widths wide, medium turns remain within two and one-half groomer widths, and short turns remain within one groomer width. The activity finishes with a hockey stop.

SKI PERFORMANCE

The skis remain parallel throughout and create round, brushed arcs that progressively decrease in width and length. The prescribed progression remains recognizable as the skis adapt to variations in terrain and snow, with speed managed through turn shape until the final slip to a stop.

BODY PERFORMANCE

The legs progressively increase the rate of steering and shorten the duration of each turn as turn size decreases. Flexion, extension, and angulation adapt to the changing timing and forces while the torso remains stable and pressure continues to be directed more toward the outside ski.

Short Radius Turns in Moguls or Ungroomed Snow

Level 2 / Versatility Activity

TERRAIN / CONDITIONS	Blue/Gentle Black Terrain/Variable Snow
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VIDEO COMING SOON A demonstration will be added in a future update.

ACTIVITY DESCRIPTION

The skier makes linked short-radius parallel turns in variable snow within a corridor no wider than one groomer width. The skier maintains a continuous line and uses round turn shape to manage speed while adapting to changes in terrain and snow conditions.

SKI PERFORMANCE

The skis remain parallel throughout and create short, round, brushed arcs within the prescribed corridor. Both skis continue to turn together as the line and ski–snow interaction adapt to changes in terrain, surface, and snow resistance.

BODY PERFORMANCE

The legs make quick steering, flexion, and extension adjustments to preserve the short-radius turn pattern through changing terrain and snow. The torso remains stable while balance, ski–snow contact, and pressure toward the outside ski are continuously adapted.

Short-Medium-Short Radius Turns in Ungroomed Snow

Level 2 / Versatility Activity

TERRAIN / CONDITIONS	Blue/Gentle Black Terrain/Variable Snow
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VIDEO COMING SOON A demonstration will be added in a future update.

ACTIVITY DESCRIPTION

The skier links a series of short-radius turns, medium-radius turns, and short-radius turns in variable snow. Short turns remain within a corridor no wider than one groomer width, and medium turns remain within a corridor no wider than two and one-half groomer widths. The prescribed changes in turn size remain clear while the skier adapts turn shape and line to the terrain and conditions.

SKI PERFORMANCE

The skis remain parallel throughout and create round, brushed arcs that clearly change from short to medium and back to short. The prescribed changes in arc width and length remain visible despite variations in terrain and snow resistance, with speed managed through turn shape.

BODY PERFORMANCE

The legs adjust the rate, duration, and amount of steering to create the prescribed turn sizes while adapting to changes in terrain and snow. Flexion, extension, and angulation support balance, ski-snow contact, and pressure toward the outside ski as timing and forces change

Short Radius Turns with a Lane Change in Ungroomed Snow

Level 2 / Versatility Activity

TERRAIN / CONDITIONS	Blue/Gentle Black Terrain/Variable Snow
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VIDEO COMING SOON A demonstration will be added in a future update.

ACTIVITY DESCRIPTION

The skier makes five linked short-radius parallel turns in variable snow within a corridor no wider than one groomer width, then uses a larger-radius turn to move from the outside edge of that corridor to the outside edge of a neighboring parallel corridor. The skier resumes short-radius turns in the new corridor while adapting the pattern to the terrain and snow conditions.

SKI PERFORMANCE

The skis remain parallel throughout and create short, round, brushed arcs within each corridor. The lane change is created through a larger-radius, round arc that carries the skier across to the outside edge of the neighboring corridor, while the skis continue to adapt to variations in terrain and snow.

BODY PERFORMANCE

The legs adjust steering, flexion, extension, and angulation to move from the short-radius pattern into the larger-radius lane-change turn and back again. These movements also adapt to changes in terrain and snow resistance while the torso remains stable and pressure is managed toward the outside ski.

Funnel in Ungroomed Snow

Level 2 / Versatility Activity

TERRAIN / CONDITIONS	Blue/Gentle Black Terrain/Variable Snow
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VIDEO COMING SOON A demonstration will be added in a future update.

ACTIVITY DESCRIPTION

The skier makes seven to nine linked parallel turns in variable snow that progressively decrease from large radius, through medium radius, to short radius. Large turns use a corridor three to four groomer widths wide, medium turns remain within two and one-half groomer widths, and short turns remain within one groomer width. The activity finishes with a hockey stop.

SKI PERFORMANCE

The skis remain parallel throughout and create round, brushed arcs that progressively decrease in width and length. The prescribed progression remains recognizable as the skis adapt to variations in terrain and snow, with speed managed through turn shape until the stop.

BODY PERFORMANCE

The legs progressively increase the rate of steering and shorten the duration of each turn while adapting flexion and extension to changes in terrain and snow resistance. The torso remains stable as angulation and pressure toward the outside ski adjust to the changing turn size and conditions.

Level 3

Select an activity below. Each activity is labeled Integrated, Individual, or Versatility based on the source workbook.

Integrated Activities

Wedge Christie Turns
Basic Parallel Turns
Dynamic Parallel Turns

Individual Activities

Whitepass
Stem Christie
Outside ski turn
Hop Turns
Javelin
Reverse Javelin
Pivot Slips
Short turn Leapers
Falling Leaf w/ edge change

Versatility Activities

Dynamic Short Radius Turns
Short Swing Turns
Medium-Short-Medium Radius Turns
Dynamic Large Radius Turns
Dynamic Short Radius Turns in Moguls
Short Swing Turns in Moguls
Medium-Short-Medium Radius Turns in Ungroomed Snow
Large Radius Turns in Ungroomed Snow

Wedge Christie Turns

Level 3 / Integrated Activity

TERRAIN / CONDITIONS

Steeper groomed green or easy groomed blue runs

■ WATCH DEMONSTRATION VIDEO (opens Vimeo)

ACTIVITY DESCRIPTION

The skier makes linked medium wedge christie turns. Each turn begins from a gliding wedge, develops into a christie - a skidded phase on corresponding edges creates when the inside ski changes edges- and finishes with the skis matched in a parallel relationship before returning to a gliding wedge for the next turn. Consistent speed is created by turn shape.

SKI PERFORMANCE

Both skis remain fully in contact with the snow. Both skis are guided into the new turn from a gliding wedge. The inside ski changes edges to create a christie, which places both skis on corresponding edges, and then is steered to match the outside ski, forming a parallel relationship as the turn develops. Through the transition, the skis release from the christie and return to a gliding wedge to begin the next turn, with turn shape supporting a consistent speed.

BODY PERFORMANCE

The lower legs show corresponding forward angles to help direct pressure along the length of both skis as the turn begins from a gliding wedge. The legs turn the skis while the torso remains stable, supporting ski guidance, the inside ski's edge change, and pressure directed toward the outside ski as the christie develops. The legs flex and extend independently as the body moves from one turn to the next, allowing the skis to match, release, and return to a gliding wedge.

SPEED

Faster than wedge turns and slow enough that the turn still begins in a gliding wedge before the skis match to parallel.

Basic Parallel Turns

Level 3 / Integrated Activity

TERRAIN / CONDITIONS

Steeper groomed green or easy groomed blue runs

■ WATCH DEMONSTRATION VIDEO (opens Vimeo)

ACTIVITY DESCRIPTION

The skier makes linked medium turns, keeping the skis parallel throughout each turn while guiding them through round, skidded arcs. A pole touch supports rhythm, flow, and timing with the edge change.

SKI PERFORMANCE

Both skis remain fully in contact with the snow and stay parallel throughout each turn. The skis change edges at the same time and are guided into the new turn together, then steered through round, brushed arcs on corresponding edges. The tails follow the tips, and turn shape supports a consistent speed.

BODY PERFORMANCE

The lower legs show corresponding forward angles to help direct pressure along the length of both skis. The legs tip and turn the skis while the torso remains stable, allowing both skis to be guided into the turn together and pressure to be directed toward the outside ski through round arcs. A visible countered relationship through the transition supports balance as the legs flex and extend independently to move the body from one turn to the next.

SPEED

Faster than wedge christie turns and slow enough that the turns remain skidded rather than carved.

Dynamic Parallel Turns

Level 3 / Integrated Activity

TERRAIN / CONDITIONS

Steep groomed blue or easy groomed black runs.

■ WATCH DEMONSTRATION VIDEO (opens Vimeo)

ACTIVITY DESCRIPTION

The skier makes linked medium turns. The skis remain parallel throughout each turn, bending and carving through the arc while being steered as needed to shape the turn and maintain a consistent speed through turn shape. A pole touch supports rhythm, flow, and timing with the edge change.

SKI PERFORMANCE

Both skis remain fully in contact with the snow and stay parallel throughout each turn. The skis change edges at the same time and are guided into the new turn together. The skis bend and leave two clean, carved arcs, with slight brushing possible as needed to shape the turn without becoming edge-locked or railed.

BODY PERFORMANCE

The lower legs show corresponding forward angles to help direct pressure along the length of the skis as they bend through the turn. The legs tip and guide the skis while the torso remains stable, supporting simultaneous ski guidance, stronger edge angles, and pressure directed toward the outside ski. A visible countered relationship through the transition supports balance as the legs flex and extend independently to move the body actively from one turn to the next.

SPEED

Faster than basic parallel turns, with enough speed and edge engagement to bend the skis and create a carved arc without becoming edge-locked.

Whitepass

Level 3 / Individual Activity

TERRAIN / CONDITIONS

Blue to Gentle Black Terrain/Groomed Snow

■ WATCH DEMONSTRATION VIDEO (opens Vimeo)

ACTIVITY DESCRIPTION

The skier makes linked turns by beginning each new turn on the old outside ski while the new outside ski is lifted, then transfers pressure to the new outside ski as the turn develops.

SKI PERFORMANCE

The old inside ski is lifted off the snow before the edge change and becomes the new outside ski. The old outside ski remains on the snow, changes edges, and guides the top of the new turn as the new inside ski. As the turn develops, the lifted ski returns to the snow as the new outside ski, accepts pressure, and both skis continue through the turn in a parallel relationship.

BODY PERFORMANCE

The skier inclines to move into the new turn while developing enough angulation to remain balanced on the old outside ski/new inside ski. As the lifted ski returns to the snow, angulation increases to support the delayed pressure transfer to the new outside ski as it begins to accept pressure.

FUNDAMENTAL FOCUS

Control edge angles through a combination of inclination and angulation and Control pressure from ski to ski and direct pressure toward the outside ski

Stem Christie

Level 3 / Individual Activity

TERRAIN / CONDITIONS	Green or gentle Blue Terrain/Groomed Snow
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■ WATCH DEMONSTRATION VIDEO (opens Vimeo)

ACTIVITY DESCRIPTION

The skier makes linked stem christie turns. Each turn begins with the new outside ski brushing into a convergent, edged relationship before the turn. Pressure transfers to that ski as the turn develops into a christie—a skidded turn phase on corresponding edges—and the skis match to parallel without interrupting the round turn shape.

SKI PERFORMANCE

The new outside ski brushes into a convergent relationship and engages its new edge before the turn. The inside ski changes edges to create the christie, placing both skis on corresponding edges, and is steered to match the outside ski as the turn develops. The skis continue through round, brushed arcs in a parallel relationship without disrupting the turn shape.

BODY PERFORMANCE

The skier maintains a stable upper body while the legs turn independently beneath it. The new outside leg brushes the ski into a convergent, edged relationship and accepts pressure as the turn develops. The inside leg then steers the inside ski to change edges and match the outside ski while both skis continue through the same round turn shape.

FUNDAMENTAL FOCUS

Control pressure from ski to ski and direct pressure toward the outside ski and Control the skis' rotation with leg rotation, separate from the upper body

Outside ski turn

Level 3 / Individual Activity

TERRAIN / CONDITIONS

Blue to Gentle Black Terrain/Groomed Snow

■ WATCH DEMONSTRATION VIDEO (opens Vimeo)

ACTIVITY DESCRIPTION

The skier makes linked medium-sized turns on the outside ski, with the inside ski lifted before the edge change and through all turn phases.

SKI PERFORMANCE

The outside ski remains in contact with the snow, bends through the turn, and leaves a round, brushed track. The inside ski remains lifted and generally parallel to the snow surface while staying aligned with the outside ski.

BODY PERFORMANCE

The skier uses inclination and angulation to control edge angle and remain balanced against the outside ski. The skier manages the relationship of the Center of Mass to the outside ski so pressure is directed along the length of the ski as it bends through the turn. The inside leg flexes to keep the inside ski lifted while the torso remains stable, allowing the outside leg to control edge angle and guide the ski through a round turn shape.

FUNDAMENTAL FOCUS

Control edge angles through a combination of inclination and angulation and Control the relationship of the Center of Mass to the Base of Support to direct pressure along the length of the skis

Hop Turns

Level 3 / Individual Activity

TERRAIN / CONDITIONS	Blue to Gentle Black Terrain/Groomed Snow
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VIDEO COMING SOON A demonstration will be added in a future update.

ACTIVITY DESCRIPTION

The skier makes a series of linked hop turns, changing edges and direction while the skis are in the air.

SKI PERFORMANCE

The skis take off from one set of edges, turn around a pivot point under the feet while in the air, and land on the new edges with a brief, controlled edge engagement before the next hop.

BODY PERFORMANCE

The skier extends the legs so both skis leave the snow together. The legs control the skis' rotation while the torso actively supports the rotational movement through coordinated counter-rotation. The legs flex to absorb the landing and regulate the pressure created as the skis return to the snow.

FUNDAMENTAL FOCUS

Control the skis' rotation with leg rotation, separate from the upper body and Regulate the magnitude of pressure created through ski/snow interaction

Javelin

Level 3 / Individual Activity

TERRAIN / CONDITIONS	Green or gentle Blue Terrain/Groomed Snow
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VIDEO COMING SOON A demonstration will be added in a future update.

ACTIVITY DESCRIPTION

The skier makes linked medium-sized turns by lifting the inside ski so its tip crosses over the outside ski as the turn develops, maintaining the crossed relationship while continuing the turn shape.

SKI PERFORMANCE

The outside ski remains in contact with the snow and leaves a round, brushed track. The inside ski is lifted and crosses over the outside ski, with the crossed relationship maintained from the shaping phase through the finish of the turn. The lifted ski remains approximately parallel to the snow surface.

BODY PERFORMANCE

The outside leg steers the outside ski while the torso maintains a countered relationship to it. The skier regulates pressure on the outside ski to maintain balance and turn shape as the inside ski is lifted and crossed.

FUNDAMENTAL FOCUS

Control the skis' rotation with leg rotation, separate from the upper body and Regulate the magnitude of pressure created through ski/snow interaction

Reverse Javelin

Level 3 / Individual Activity

TERRAIN / CONDITIONS	Green or gentle Blue Terrain/Groomed Snow
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■ WATCH DEMONSTRATION VIDEO (opens Vimeo)

ACTIVITY DESCRIPTION

The skier makes linked medium-radius reverse javelin turns with the inside ski lifted so its tail crosses over the outside ski early in the turn. The crossed relationship decreases until the skis return to parallel as the turn develops.

SKI PERFORMANCE

The outside ski remains in contact with the snow and leaves a round, brushed track. The inside ski is lifted early in the turn and aligns with the torso, creating a tail-led crossed relationship with the outside ski. As the outside ski steers toward the fall line and aligns more closely with the torso, the crossed relationship decreases, the skis become parallel, and the lifted ski returns to the snow.

BODY PERFORMANCE

The skier manages fore-aft balance over the outside ski so pressure remains directed along its length while the inside ski is lifted and aligned with the torso. The outside leg steers the ski through the turn while the torso maintains a countered relationship to it. As the outside ski turns into alignment with the torso, the crossed relationship decreases and the skis return to parallel.

FUNDAMENTAL FOCUS

Control the relationship of the Center of Mass to the Base of Support to direct pressure along the length of the skis and Control the skis' rotation with leg rotation, separate from the upper body

Pivot Slips

Level 3 / Individual Activity

TERRAIN / CONDITIONS

Blue to Gentle Black Terrain/Groomed Snow

■ WATCH DEMONSTRATION VIDEO (opens Vimeo)

ACTIVITY DESCRIPTION

The skier links pivot slips by rotating both skis across the fall line while continuing to slip down the hill. The skis pivot from one set of edges to the other without developing turn shape.

SKI PERFORMANCE

Both skis remain in contact with the snow and maintain a parallel relationship. The skis pivot simultaneously around a point under the feet, then slip sideways on the new edges. The skis continue moving down the fall line with limited forward travel between pivots.

BODY PERFORMANCE

The legs rotate the skis while the torso maintains a stable, countered relationship to them, allowing the skier to control the rate and amount of pivot. The skier manages fore-aft balance over the feet so pressure stays directed along the length of both skis, minimizing forward travel as the skis pivot and slip.

FUNDAMENTAL FOCUS

Control the relationship of the Center of Mass to the Base of Support to direct pressure along the length of the skis and Control the skis' rotation with leg rotation, separate from the upper body

Short turn Leapers

Level 3 / Individual Activity

TERRAIN / CONDITIONS	Blue to Gentle Black Terrain/Groomed Snow
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VIDEO COMING SOON A demonstration will be added in a future update.

ACTIVITY DESCRIPTION

The skier makes linked short turns with a small leap through the transition. The skis change edges while in the air and continue through round, brushed turns after landing.

SKI PERFORMANCE

Both skis leave and return to the snow at the same time and remain parallel to each other and to the snow surface during the leap. The skis land on the new edges, then continue through round, brushed arcs with more steering than carving.

BODY PERFORMANCE

The skier extends the legs so both skis leave the snow and flexes to absorb the landing, regulating the pressure created as the skis return to the snow. Inclination and angulation are used to control edge angle as the skis reengage and shape the next short turn.

FUNDAMENTAL FOCUS

Regulate the magnitude of pressure created through ski/snow interaction and Control edge angles through a combination of inclination and angulation

Falling Leaf w/ edge change

Level 3 / Individual Activity

TERRAIN / CONDITIONS

Blue to Gentle Black Terrain/Groomed Snow

■ WATCH DEMONSTRATION VIDEO (opens Vimeo)

ACTIVITY DESCRIPTION

The skier moves down the hill in a falling-leaf pattern by guiding the skis through rounded slipping paths, changing edges, and repeating the pattern in the opposite direction.

SKI PERFORMANCE

Both skis remain in contact with the snow and maintain a parallel relationship. The skis travel forward from the fall line toward an uphill direction, and return toward the fall line through a controlled tail-first slip, creating rounded slipping paths. The skis change edges when they are pointed down the fall line, and the pattern repeats in the opposite direction. Edge angles are managed so the skis continue to glide or slip without stopping or developing a full turn shape.

BODY PERFORMANCE

Both skis remain in contact with the snow and maintain a parallel relationship. The skis create rounded slipping paths as they travel forward from the fall line toward an uphill direction and return tail-first toward the fall line. Edge changes occur when the skis are pointed down the fall line, allowing the pattern to repeat in the opposite direction without stopping or developing a full turn shape.

FUNDAMENTAL FOCUS

Control the relationship of the Center of Mass to the Base of Support to direct pressure along the length of the skis and Control edge angles through a combination of inclination and angulation

Dynamic Short Radius Turns

Level 3 / Versatility Activity

TERRAIN / CONDITIONS	Advanced Blue or Black terrain/Groomed Snow
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VIDEO COMING SOON A demonstration will be added in a future update.

ACTIVITY DESCRIPTION

The skier makes linked dynamic short-radius parallel turns within a corridor no wider than one groomer width. The turns remain round and consistent, with speed managed through turn shape on advanced groomed terrain.

SKI PERFORMANCE

The skis remain parallel throughout and create short, round arcs within the prescribed corridor. Edge engagement develops through each turn as the skis bend and redirect the skier dynamically, maintaining a continuous line, consistent rhythm, and speed control without abrupt braking or checking.

BODY PERFORMANCE

The skier adapts the timing, intensity, and range of movement to the increased speed and forces of the short turns. Balance and ski-snow contact are maintained while pressure and edge engagement build and release continuously from turn to turn.

Short Swing Turns

Level 3 / Versatility Activity

TERRAIN / CONDITIONS	Advanced Blue or Black terrain/Groomed Snow
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VIDEO COMING SOON A demonstration will be added in a future update.

ACTIVITY DESCRIPTION

The skier makes linked short swing turns within a corridor no wider than one-half groomer width. The turns follow a narrow, direct line with flatter turn shapes while maintaining consistent rhythm and controlled speed.

SKI PERFORMANCE

The skis remain parallel throughout and are redirected quickly within the prescribed corridor. Edge engagement is limited through the upper part of each turn and becomes more pronounced later in the turn to control speed, creating a flatter turn shape with limited travel across the hill.

BODY PERFORMANCE

The skier uses quick, precise movements to redirect the skis while maintaining balance over the narrow line. Pressure and edge engagement are timed to keep the turns linked and control speed without creating a round short-radius arc.

Medium-Short-Medium Radius Turns

Level 3 / Versatility Activity

TERRAIN / CONDITIONS	Advanced Blue or Black terrain/Groomed Snow
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VIDEO COMING SOON A demonstration will be added in a future update.

ACTIVITY DESCRIPTION

The skier makes a series of linked medium-radius turns, changes to a series of dynamic short-radius turns, and returns to a series of medium-radius turns on advanced groomed terrain. Medium turns remain within corridors no wider than two and one-half groomer widths, and short turns remain within a distinct corridor no wider than one groomer width. Each change in turn size is clear and immediate while continuity, rhythm, and speed control are preserved.

SKI PERFORMANCE

The skis remain parallel throughout and create round arcs that clearly change from medium radius to short radius and back to medium radius. The arc width narrows distinctly for the short-turn section and widens again for the final medium-turn section, without progressive funneling or diagonal drift in the overall line. The skis bend and redirect the skier more rapidly during the short-turn section before returning to longer, progressively developed arcs.

BODY PERFORMANCE

The skier changes the timing, intensity, and duration of movement to produce immediate transitions between the prescribed turn sizes. Balance, pressure, and edge engagement adapt to the stronger forces and quicker direction changes of the short turns while continuity is maintained through each transition.

Dynamic Large Radius Turns

Level 3 / Versatility Activity

TERRAIN / CONDITIONS	Advanced Blue or Black terrain/Groomed Snow
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VIDEO COMING SOON A demonstration will be added in a future update.

ACTIVITY DESCRIPTION

The skier makes linked dynamic large-radius parallel turns within a corridor three to four groomer widths wide. The skis carve round, consistent turns, with speed managed through turn shape on advanced groomed terrain.

SKI PERFORMANCE

The skis remain parallel throughout and leave two clean, carved arcs within the prescribed corridor. The skis bend through each turn and direct the skier along a continuous, round line without becoming edge-locked or departing from the prescribed turn size.

BODY PERFORMANCE

The skier manages balance, pressure, and edge engagement through the greater speed and forces of the large-radius turns. Movements develop progressively through each arc, allowing the skis to bend and carve while preserving the prescribed line and turn shape.

Dynamic Short Radius Turns in Moguls

Level 3 / Versatility Activity

TERRAIN / CONDITIONS	Black or Double Black Diamond Moguls
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VIDEO COMING SOON A demonstration will be added in a future update.

ACTIVITY DESCRIPTION

The skier makes linked dynamic short-radius parallel turns through moguls within a corridor no wider than one groomer width down the fall line. The size, shape, and placement of the turns are adapted purposefully to the terrain while speed is managed through round turn shape.

SKI PERFORMANCE

The skis remain parallel throughout and follow round, connected arcs that fit the shape and spacing of the moguls. Individual turns may vary in size, shape, and placement as needed while remaining within the prescribed corridor and creating a continuous, controlled line.

BODY PERFORMANCE

The skier adapts the timing, intensity, and range of movement to the changing shape and spacing of the moguls. Balance, pressure, edge engagement, and ski–snow contact are managed continuously to support purposeful line choices and dynamic direction changes.

Short Swing Turns in Moguls

Level 3 / Versatility Activity

TERRAIN / CONDITIONS	Black or Double Black Diamond Moguls
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VIDEO COMING SOON A demonstration will be added in a future update.

ACTIVITY DESCRIPTION

The skier makes linked short swing turns through moguls within a corridor no wider than one-half groomer width. The skier selects a narrow, direct line and adapts the flatter turn shape to the terrain while maintaining rhythm and controlled speed.

SKI PERFORMANCE

The skis remain parallel throughout and are redirected quickly within the prescribed corridor. Edge engagement is limited through the upper part of each turn and becomes more pronounced later in the turn, while the line and placement of the turns adapt to the shape and spacing of the moguls.

BODY PERFORMANCE

The skier uses quick, precise movements to redirect the skis and adapt to terrain changes while maintaining balance over the narrow line. Pressure, edge engagement, and ski–snow contact are adjusted continuously to keep the turns linked and tactically appropriate.

Medium-Short-Medium Radius Turns in Ungroomed Snow

Level 3 / Versatility Activity

TERRAIN / CONDITIONS	Steep Blue or Black terrain/Variable Snow
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VIDEO COMING SOON A demonstration will be added in a future update.

ACTIVITY DESCRIPTION

The skier makes linked medium-radius turns, changes to short-radius turns, and returns to medium-radius turns in ungroomed or variable snow. Medium turns remain within corridors no wider than two and one-half groomer widths, and short turns remain within a distinct corridor no wider than one groomer width. The skier adapts turn shape and line to the terrain and conditions while preserving the prescribed sequence and clear changes in turn size.

SKI PERFORMANCE

The skis remain parallel throughout and create round arcs that clearly change from medium radius to short radius and back to medium radius. The differences in arc width remain distinct rather than progressive, while the skis adapt to changes in terrain and snow resistance without diagonal drift in the overall line.

BODY PERFORMANCE

The skier adjusts the timing, intensity, and range of movement to both the immediate turn-size changes and the variable conditions. Balance, pressure, edge engagement, and ski-snow contact adapt continuously while the sequence remains accurate and uninterrupted.

Large Radius Turns in Ungroomed Snow

Level 3 / Versatility Activity

TERRAIN / CONDITIONS	Steep Blue or Black terrain/Variable Snow
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VIDEO COMING SOON A demonstration will be added in a future update.

ACTIVITY DESCRIPTION

The skier makes linked large-radius parallel turns in ungroomed or variable snow on steep blue or black-diamond terrain within a corridor three to four groomer widths wide. Turn shape and line are selected and adjusted purposefully to maintain speed control and continuity.

SKI PERFORMANCE

The skis remain parallel throughout and create long, round arcs within the prescribed corridor. The skis maintain a continuous line and adapt their interaction with the snow while preserving the intended large-radius turn size and controlling speed through turn shape.

BODY PERFORMANCE

The skier adjusts balance, pressure, edge engagement, and ski–snow contact to changes in terrain and snow resistance. Movements remain progressive and purposeful, allowing the skier to preserve the large-radius line while managing the increased speed and forces of advanced terrain.