



# PSIA Rocky Mountain

## FS-2 Workbook

1. Where do spins originate?
  - a. Head
  - b. Shoulders
  - c. Feet
  - d. Core/ Pelvic Bone
2. What is the Ideal point of contact when landing on a rail?
  - a. The Toe of our boot
  - b. The heel of the boot
  - c. Arch of the boot
  - d. Crotch of your pants
3. Where does tipping movements originate when skiing switch?
  - a. Hips?
  - b. Lead change?
  - c. Shoulders?
  - d. Ankles/ lower legs?
4. In what phase of the ATML does the Set-up usually happen?
  - a. Approach
  - b. Takeoff
  - c. Maneuver
  - d. Landing
5. Butters are fun on flatland but not effective on features?
  - a. True
  - b. False
6. High edge angles are essential at the lip of the pipe?
  - a. True
  - b. False
7. What are advantages to having short pole in a terrain park setting?
8. Why carry poles in the terrain park?

9. What is the difference between a long mute and a regular mute grab?
10. Once a student is comfortable on a flat rail, what would be the next logical rail to attempt?
- a. Cannon Rail
  - b. 20 ft Rainbow Rail
  - c. Urban Down-Flat-Down
  - d. Flat-Down Box