

## **AASI - MOVEMENT ANALYSIS CONCEPTS**

### **PERFORMANCE CONCEPTS**

Skilled instructors analyze--and work to develop--riding by breaking it down into the basic components of **board performance**. Each and every exercise you ask guests to perform should be used to develop one—or more—aspects of board performance.

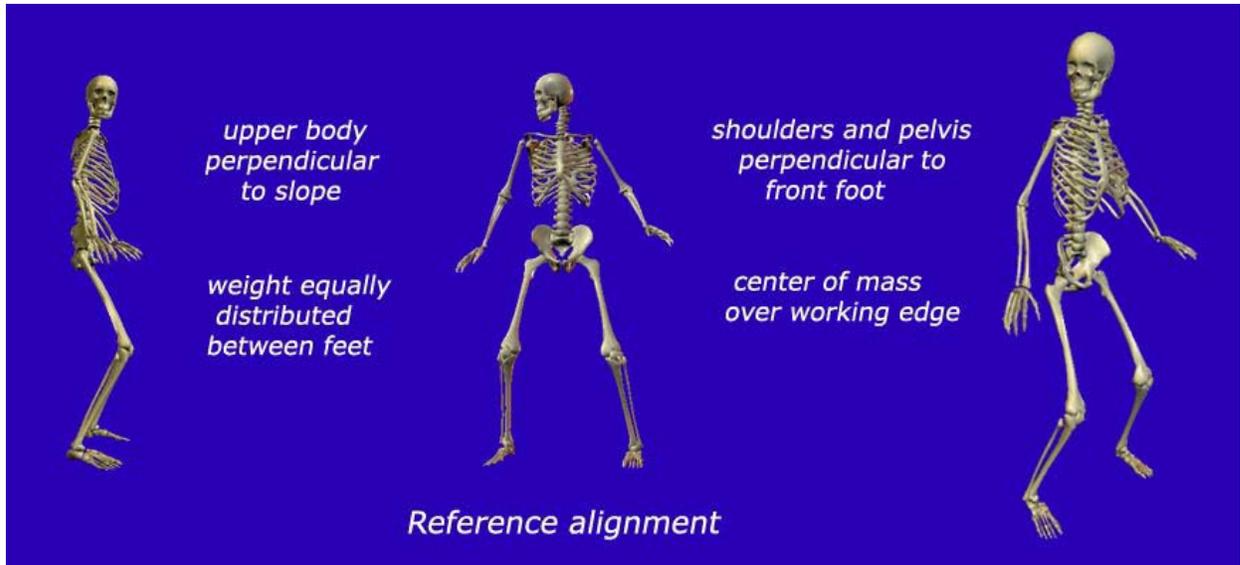
- **Tilting the board --** A rider needs to be able to tilt the board onto the toe and heel edge, as well as manage the amount of edge angle or tilt.
- **Torsionally twisting the board --** A rider needs the ability to torsionally twist the board to engage or release the edge at the tip or tail of the board.
- **Steering the board (rotary) --** A rider must be able to control the direction in which the board is pointing.
- **Regulating pressure on the board --** A rider needs to manage pressure against the board and along the length of the board.

### **MOVEMENT CONCEPTS**

We can make two basic types of movements to create board performance: we can **flex and extend** and we can **rotate** parts of our bodies. We help guests improve their riding by specifically identifying which part(s) of the body to move to achieve the desired aspect of board performance, and directing the timing, intensity, and duration of that movement.

When riding we choose from different **movement options** to create board performance. Each option is useful, but in very specific situations. We don't often make these movements in isolation; we continually blend the movement options for each different situation we encounter (i.e., initiating edging through a movement of the foot, and moving the hip into the turn--adding leverage--as we redirect our momentum). To be truly versatile, a rider needs to be able to make each of the movements in isolation, and know how to adjust the blend for different situations. **We isolate to develop, and blend as we ride.**

## REFERENCE ALIGNMENT



**A rider starts with a balanced, relaxed, aligned stance. When they are in reference alignment, the pelvis and shoulders are perpendicular to the plane of the front foot, the center of mass is over the working edge of the board, weight is equally distributed between the feet, and the upper body is perpendicular to the slope. We do not ride, all of the time, in reference alignment. From there we can make the movements needed to create board performance**