



# PSIA Rocky Mountain

## FS-3 Workbook

1. What is the difference between a one time student & a season long student?
2. If a student is attempting a 360 spin but consistently landing tail heavy, what are some changes we can make?
3. What does scissoring mean? & how can it help on a rail?
4. What is a lip slide?
5. How can we increase amplitude in the pipe?