

CASI 1

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1. Basic

- **Goal:** To learn to use the equipment, and gain comfort moving around on the snowboard with one foot attached.
- **Key concepts:**
 1. Equipment
 2. Mobility
- **Exercises:**
 1. Introductions
 2. equipment: parts of the board
 3. attaching the front foot
 4. equipment familiarity & mobility
 5. The neutral position
 6. skating
 7. climbing & descending

2. Sliding

- **Goal:** To become comfortable standing on the snowboard while it is sliding.
- **Key concepts:**

1. Straight running

- **Exercises:**

1. push-push-glide
2. straight running
3. experiment with varied body positions
4. toe/heel drag
5. J-turns

3. **Controle**

- **Goal:** To learn to control both speed and direction with both feet attached to the snowboard.

- **Key concepts:**

1. sideslipping 推坡
2. pendulum / 'pendʒələm/ n. 钟摆 落叶飘

- **Exercises:**

1. Intro to edging (gas pedal exercise)
2. one-foot attached sideslipping & drift left / right
3. one-foot attached traverse /trə'vɜːrs/ 横切
4. attaching the board on a slope
5. two-feet attached sideslipping
6. two-feet attached pendulum
7. power pendulum

4. **Turning**

- **Goal:** To learn to turn (changing edges in the fall line).

- **Key concepts:**

1. Beginner turns

- **Exercises:**

1. Static rotation exercise (board off)

2. **garland** exercise 花环

3. J-turns (revisit from sliding)

4. working through the turns

5. Beginner turns (换刃 接 推坡)

5. Flow

- **Goal:** To learn to explore the mountain safely

- **Key concepts:**

1. **Novice** turns / 'nɒ:vɪs / 新手

- **Exercises:**

1. Add traverse between turns

2. Traverse with flexion / extension 弯曲

3. Novice turns (release the COM before, and flex after the fall line)

4. Speed control: 4 S's (speed = shape, size, slope)

5. Sliding 360's