



## AASI Riding Tasks - Turns, Switch, Bumps 美國單板滑雪指導員協會滑行項目：轉向、反腳、饅頭

	Cert Level 認證等級	Direction 方向	Edge Change Movement 換刃動作	Turn Type 轉向分類	Turn Size 轉向大小	Terrain 地形
<b>Skidded 甩雪</b>	1	Forward 正向	Most Extended 極伸	Skidded 甩雪	Medium 中	Blue 藍線
	2	Forward 正向	Most Flexed 極屈	Skidded 甩雪	Small 小	Blue / Black 藍線 / 黑線
	3	Forward 正向	Most Flexed w/ Retraction 極屈(含收腿)	Skidded 甩雪	Small 小	Black 黑線
<b>Carved 刻雪</b>	1	Forward 正向	Most Extended 極伸	Carved 刻雪	Large 大	Green 綠線
	2	Forward 正向	Most Flexed 極屈	Carved 刻雪	Large 大	Blue 藍線
	2	Forward 正向	Most Flexed w/ Retraction 極屈(含收腿)	Carved 刻雪	Small 小	Green 綠線
	3	Forward 正向	Most Flexed w/ Retraction 極屈(含收腿)	Carved 刻雪	Large 大	Black 黑線
<b>Switch 反腳</b>	1	Switch 反腳	Most Extended 極伸	Skidded 甩雪	Medium 中	Green 綠線
	2	Switch 反腳	Most Extended 極伸	Skidded 甩雪	Medium 中	Blue 藍線
	2	Switch 反腳	Most Extended 極伸	Carved 刻雪	Large 大	Green 綠線
	3	Switch 反腳	Most Flexed 極屈	Skidded 甩雪	Small 小	Blue 藍線
	3	Switch 反腳	Most Flexed w/ Retraction 極屈(含收腿)	Carved 刻雪	Small 小	Green 綠線
<b>Bumps 饅頭</b>	1	Forward 正向	Most Extended 極伸	Skidded 甩雪	Large 大	Blue 藍線
	2	Forward 正向	Most Flexed 極屈	Skidded 甩雪	Medium 中	Blue / Black 藍線 / 黑線
	3	Forward 正向	Most Flexed w/ Retraction 極屈(含收腿)	Skidded 甩雪	Small 小	Black 黑線
	3	Switch 反腳	Most Flexed 極屈	Skidded 甩雪	Medium 中	Black 黑線



## AASI Riding Tasks - Freestyle & Versatility 美國單板滑雪指導員協會滑行項目:花式及其他技巧

	<b>Cert Level</b> 認證等級	<b>Trick / Maneuver</b> 招式/動作	<b>Details</b> 說明	<b>Terrain / Feature</b> 地形/特徵
<b>Flatland 平地</b>				
	1	Ollie / Nollie 板尾起跳/板頭起跳	Landings should be 2-footed 需雙腳落地	Green 綠線
	1	Nose / Tail Press 壓板頭/壓板尾	Traveling 10 or more feet 行進十英尺(含)以上	Green 綠線
	1	Flatland 360's 平地轉體360度	Fall-line - 360 - fall line (both directions) 滾落線接360度轉體接滾落線(順逆時針)	Green 綠線
	2	Air 180's 空中轉體180度	Frontside from heels, backside from toes 前向後刃轉體、背向前刃轉體	Green / Blue 綠線/藍線
	2	Nose / Switch Nose Rolls 板頭(或反腳)加壓轉體	180 roll in a traverse, frontside from heels 後刃橫滑前向轉體180度	Green / Blue 綠線/藍線
	3	Air 360's 空中轉體360度	In a traverse 橫滑行進	Green / Blue 綠線/藍線
	3	Tail Rolls, Spins, Butters 板尾加壓轉體、旋轉、壓板	Forward and/or switch 正向或反腳	Green / Blue 綠線/藍線
	3	Flatland 360's 平地轉體360度	On-snow 360's in the Bumps 饅頭地形平地360度轉體	Blue / Black 藍線/黑線
<b>Jumps 跳躍</b>				
	1	Straight Air 空中直跳	Retraction, no grab 收腿不抓板	Small Jumps / Natural 小跳/直跳
	2	Grab or Shifty 空中抓板(或轉板)	Clean grab or shifty (greater than 45 degrees) 僅抓板或轉板(45度以上)	Small Jumps 小跳
	3	360 360度轉體	Clean rotation 僅轉體	Small Jumps 小跳
<b>Boxes / Rails 雪箱/欄杆</b>				
	1	50 / 50 50/50	Ride on, ride off, forward direction 上下雪箱或欄杆且前行	Small Box / Rail 小箱/欄杆
	2	Pivot or Pressure Move 支點或加壓行進	Ride on, ride off, forward direction 上下雪箱或欄杆且前行	Small Box / Rail 小箱/欄杆
	3	Pivot and Pressure 支點或加壓	Jump on, can be separate or combined moves 跳上雪箱或欄杆, 可獨立或合併動作	Small Box / Rail 小箱/欄杆
<b>Pipe 管狀場地</b>				
	1	On snow edge change 平地換刃	Pivot point in the transition zone 在過渡區形成支點	Pipe/Transition 管狀場地/過渡區
	2	Air edge change 空中換刃	Pivot point in the vert zone 在垂直區形成支點	Pipe/Transition 管狀場地/過渡區
	3	Air edge change 空中換刃	Pivot point at or above the lip 於邊沿或其上形成支點	Pipe/Transition 管狀場地/過渡區
<b>Versatility 其他技巧</b>				
	2	Toe to Toe 前刃接前刃	On-snow 180 across fall-line 平地轉體180度橫越滾落線	Green / Blue 綠線/藍線
	2	Heel to Heel 後刃接後刃	On-snow 180 across fall-line 平地轉體180度橫越滾落線	Green / Blue 綠線/藍線
	2	Pivot Slip 支點下滑	Separation, with no vertical movement 獨立且無垂直動作	Green / Blue 綠線/藍線
	2	Edge Hops 鋼邊跳跳	Across fall-line 橫越滾落線	Green / Blue 綠線/藍線
	2	Funnel Turns 漏斗彎	Skidded or carved 甩雪或刻雪	Green / Blue 綠線/藍線
	3	Toe to Toe 前刃接前刃	Air 180 across fall-line 空中轉體180度橫越滾落線	Green / Blue 綠線/藍線
	3	Heel to Heel 後刃接後刃	Air 180 across fall-line 空中轉體180度橫越滾落線	Green / Blue 綠線/藍線
	3	Pivot Slip 支點下滑	Most flexed at edge change 於換刃時雙腿極屈	Blue / Black 藍線/黑線
	3	Dolphin Turns 海豚彎	Carved across fall-line 刻雪橫越滾落線	Green / Blue 綠線/藍線
	3	Funnel Turns 漏斗彎	Skidded or carved 甩雪或刻雪	Blue / Black 藍線/黑線
	3	Hanger Turns 衣架彎	Carved 刻雪	Blue / Black 藍線/黑線



## AASI Riding Task Definitions 美國單板滑雪指導員協會滑行項目說明

### TURN DESCRIPTORS 轉向說明

Most Extended 極伸	Most Extended at Edge Change, an up-un-weighting pressure release, being the most extended at edge change during the turn. 「換刃時雙腿極伸」——轉向時向上減壓，雙腿極伸進行換刃
Most Flexed 極屈	Most Flexed at Edge Change, a down-un-weighting pressure release, being the most flexed at edge change during the turn. 「換刃時雙腿極屈」——轉向時向下減壓，雙腿極屈進行換刃
Retraction 收腿	Most Flexed at Edge Change with Retraction, a retraction-un-weighting pressure release, being the most flexed at edge change. 「換刃時雙腿極屈且收腿」——換刃時收腿減壓，雙腿極屈
Turn Type – Skidded 轉向分類: 甩雪	Turns where the tail takes a larger arc than the nose and the board is allowed to skid, through twist and pivot. Smooth skidding throughout the turn with even blending of flexion, extension, and rotation throughout the turn. Speed control through turn shape and management of skid. Symmetrical TID, turn shape, body movements, and board performances toe side & heel side. 轉彎時，板尾的弧狀大於板頭，且雪板可以藉由「扭轉」及「支點」甩雪。流暢的甩雪轉向，需均勻融合「伸屈」以及「旋轉」。藉由轉向的形狀以及甩雪的多少來控制速度。轉向的「時機」、「強度」以及「長度」需對稱，轉向的形狀、身體的動作，還有雪板前後刃的表現，亦需一致
Turn Type – Carved 轉向分類: 刻雪	Turns where the tail follows the nose through the same arc, with minimal skid. Carved performance throughout the turn with appropriate blending of flexion, extension, and rotation throughout the turn. Speed control through management of forces relative to board sidecut. Symmetrical TID, turn shape, body movements, and board performances toe side & heel side. 轉彎時，板尾緊隨板頭的弧狀，幾無甩雪。刻雪轉向，需適當融合「伸屈」以及「旋轉」。藉由雪板的側切所產生的力道來控制速度。轉向的「時機」、「強度」以及「長度」需對稱，轉向的形狀、身體的動作，還有雪板前後刃的表現，亦需一致
Turn Size 轉向大小	Small, Medium, Large radius turns. 小、中、大的轉向半徑
Turn Shape – Open 轉向形狀: 開放型	Turns where the board turns approximately 45° - 60° and predominately points downhill at the end of the turn. 轉向時，雪板角度約呈45至60度，且轉向收尾時板頭一概朝向山下
Turn Shape – Closed 轉向形狀: 封閉型	Turns where the board turns approximately 80° - 90° across the hill and predominately points across the hill at the end of the turn. 轉向時，雪板角度約呈80至90度橫越坡道，且轉向收尾時板頭一概橫向坡道



## FREESTYLE:

### FLATLAND 花式: 平地

Ollie 板尾起跳	A jump, using aft pressure to spring off the tail of the snowboard and land on two feet, whilst travelling in a forward direction. 前行時, 使用後腳加壓將板尾彈起並跳躍, 且雙腳落地
Nollie 板頭起跳	A jump, using fore pressure to spring off the nose of the snowboard and land on two feet, whilst travelling in a forward direction. 前行時, 使用前腳加壓將板頭彈起並跳躍, 且雙腳落地
Tail Press 壓板尾	A trick, using aft pressure to ride the tail of the snowboard for approximately 10 feet or more, whilst travelling in a forward direction. 前行時, 後腳加壓以板尾滑行至少約十英尺以上
Nose Press 壓板頭	Using fore pressure to ride the nose of the snowboard for approximately 10 feet or more, whilst travelling in a forward direction. 前行時, 前腳加壓以板頭滑行至少約十英尺以上
Flatland 360's 平地轉體360度	Use twist and pivot to spin the snowboard, frontside and/or backside, from a fall-line to fall-line straight run. 使用「扭轉」及「支點」旋轉雪板, 從滾落線始, 返回滾落線繼續直行, 前向或背向皆然
Nose Roll 板頭加壓轉體	Use fore pressure & pivot to roll the snowboard 180° on the nose, in direction of travel, whilst travelling in a forward heelside traverse. 以後刃橫滑前行時, 前腳加壓並使用「支點」, 往前行方向以板頭轉體180度
Switch Nose Roll 反腳板頭加壓轉體	Use fore pressure & pivot to roll the snowboard 180° on the switch nose, in direction of travel, whilst travelling in a switch heelside traverse. 以反腳的後刃橫滑前行時, 前腳加壓並使用「支點」, 往前行方向以反腳板頭轉體180度
Air 180's 空中轉體180度	Using pressure & pivot to jump the snowboard 180° from forward to switch, frontside from the heels and backside from the toes. A two footed or ollie take off is acceptable. 以「加壓」及「支點」起跳, 在空中從正向往反腳轉體180度。前向時, 以後刃起跳; 背向時, 以前刃起跳。雙腳或板尾起跳皆可
Air 360's 空中轉體360度	Using pressure & pivot to jump the snowboard 360° from forward to forward, frontside and/or backside. 以「加壓」及「支點」起跳, 在空中從正向轉體60度返回正向。前向或背向皆然
Flatland 360's (Ungroomed Terrain) 平地轉體360度 (非壓雪地形)	Use twist and pivot to spin the snowboard, frontside and/or backside, whilst in bumps or un-groomed terrain. 使用「扭轉」及「支點」在饅頭或無壓雪地形旋轉雪板, 前向或背向皆然



## FREESTYLE: PARK JUMPS 花式:公園跳躍

### Straight Air 空中直跳

(Retraction, no grab) Show the ability to use appropriate speed to then create a clean pop when the back foot reaches the lip of the jump. Then once in the air retract your legs to bring your feet up to your body. Then use your legs to extend to set your board down evenly in the landing zone as you flex your legs to absorb your landing. (收腿, 不抓板)當後腳到達起跳的邊沿, 能用適當的速度產生彈力, 在空中收腿, 雙腳靠近身體。然後, 雙腿延伸將雪板下放, 平均落在著陸區, 同時雙腿彎曲吸收落地的衝擊

### Shifty or Grab 空中轉板或抓板

Show the ability to use appropriate speed to then create a clean pop when the back foot reaches the lip of the jump. Then once in the air retract your legs to bring your feet up to your body. As this happens reach down to grab your board showing a strong edge hold. Then use your legs to extend to set your board down evenly in the landing zone as you flex your legs to absorb your landing 當後腳到達起跳的邊沿, 能用適當的速度產生彈力, 在空中收腿, 雙腳靠近身體, 且伸手抓牢雪板鋼邊。然後, 雙腿延伸將雪板下放, 平均落在著陸區, 同時雙腿彎曲吸收落地的衝擊

### 360's 空中轉體360度

Show the ability to use the appropriate speed and edge/line set up in the approach to get a clean carved line. Then show a cleaned pop with the board in the fall-line and the back foot at the lip of the jump. From here continue to the rotation as you retract your legs at the same. Finally land with your board in the fall-line. 在迫近區能用適當的速度及鋼邊畫出清晰的軌跡, 又雪板沿滾落線且後腳到達起跳的邊沿, 產生彈力。繼而於空中轉體, 同時收腿。最後, 雪板再沿滾落線著陸

## FREESTYLE: BOXES / RAILS 花式:雪箱/欄杆

### 50/50 50/50

Using alignment & even pressure to ride the snowboard over a box/rail feature in a forward direction. Demonstrate the control to travel parallel to the box without drifting across the box. If a suitable narrow box is available, this will be chosen over a "butter-box". 前行時, 身體與雪板對齊, 前後腳均壓, 滑上雪箱或欄杆。方向需與雪箱平行, 雪板不可飄移打橫。比起寬大的「奶油箱」, 合適的窄箱尤佳

### Pivot OR Pressure (Cert 2) 支點或加壓(等級2)

Using separation & rotation perform a boardslide, between 45° and 90°, across a box or rail feature approaching from a forward direction & exiting in a forward direction OR (only one of these maneuvers is required) Using alignment & fore/aft pressure perform a nose or tail press across a box feature approaching from a forward direction & exiting in a forward direction 上下半身分別旋轉動作, 雪板呈45度至90度, 平滑橫越雪箱或欄杆, 且需正向進出。或者(若招式的動作內容有其必要), 身體與雪板對齊, 又前腳加壓板頭或後腳加壓板尾, 橫越雪箱, 亦需正向進出



Pivot AND Pressure  
(Cert 3) 支點及加壓 (等級3)

Using separation & rotation perform a boardslide, between 60° and 90°, across a box or rail feature approaching from a forward direction & exiting in a forward direction  
AND (these maneuvers can be completed together in one trick, or independently as 2 separate tricks) Using alignment & fore/aft pressure perform a nose or tail press, across a majority of a box or rail feature approaching from a forward direction & exiting in a forward direction. 上下半身分別旋轉動作, 雪板呈60度至90度, 平滑橫越雪箱或欄杆, 且需正向進出。而且 (以下動作可同時或分別完成), 身體與雪板對齊, 又前腳加壓板頭或後腳加壓板尾, 橫越雪箱或欄杆上大部分的表面積, 亦需正向進出

**FREESTYLE:**

**HALFPIPE / TRANSITIONS 花式: 半管 / 過渡區**

Edge Change in Transition 過渡區換刃

Make a smooth skidded turn through the transition showing an edge change at the top of the transition. 以順暢的甩雪轉向行經過渡區, 並在過渡區的上方進行換刃

Air Edge Change at Vert Zone 垂直區空中換刃

Two footed take off at the bottom of the vert zone, landing on the new edge and managing the pressure through the transition. 在垂直區的下方雙腳起跳, 換刃著陸, 並控制加壓的力道行經過渡區

Air Edge Change at the Lip 邊沿空中換刃

Manage your line and pressure to get to the lip of the pipe and show an aired edge change with the pivot point of the board at the lip. 往管狀場地的邊沿時, 控制行進的軌跡及加壓的力道, 且雪板於邊沿產生支點, 從而進行空中換刃

**VERSATILITY TASKS 其他技巧項目**

Toe to Toe (on-snow) 前刃接前刃 (平地)

These are done with a front-side 180 centered pivot on the snow with your heel-side edge. These are to be initiated across the fall-line and finished across the fall-line. Then you are meant to carve through the shape of the turn through the fall-line 平地以後刃且支點在中, 前向180度轉體完成動作。從橫越滾落線開始, 再以橫越滾落線結束。過彎時需經滾落線以刻雪畫弧

Toe to Toe (air) 前刃接前刃 (空中)

These are done with a front-side 180 centered pivot in the air with a two footed landing on the toe/switch toe edge. These are to be initiated across the fall-line jumping off two feet off the uphill edge and finished across the fall-line landing on the downhill edge. Then you are meant to carve through the shape of the turn through the fall-line. 在空中前向180度轉體, 支點在中, 以前刃 (或反腳前刃) 雙腳落地。從橫越滾落線開始, 雙腳以山上鋼邊起跳, 再以橫越滾落線結束, 且山下鋼邊落地。過彎時需經滾落線以刻雪畫弧

Heel to Heel (on-snow) 後刃接後刃 (平地)

These are done with a back-side 180 centered pivot on the snow with your toe-side edge. These are to be initiated across the fall-line and finished across the fall-line. Then you are meant to carve through the shape of the turn through the fall-line. 平地以前刃且支點在中, 背向180度轉體完成動作。從橫越滾落線開始, 再以橫越滾落線結束。過彎時需經滾落線以刻雪畫弧





### Heel to Heel (air) 後刃接後刃(空中)

These are done with a back-side 180 centered pivot in the air with a two footed landing on the toe/switch heel edge. These are to be initiated across the fall-line jumping off two feet off the uphill edge and finished across the fall-line landing on the downhill edge. Then you are meant to carve through the shape of the turn through the fall-line 在空中背向180度轉體，支點在中，以後刃(或反腳後刃)雙腳落地。從橫越滾落線開始，雙腳以山上鋼邊起跳，再以橫越滾落線結束，且山下鋼邊落地。過彎時需經滾落線以刻雪畫弧

### Pivot Slip 支點下滑

These are meant to be done in corridor using a 180 degree rotation with a centered pivot point and then slipping from one edge to the other edge whilst keeping your shoulders in the fall-line. These are done with no vertical movement. 支點在中，雪板旋轉180度，前刃與後刃交替，沿廊道下滑，肩膀與滾落線保持平行，且身體無任何上下垂直的動作

### Most Flexed Pivot Slips 極屈支點下滑

These are meant to be done in corridor using a 180 degree rotation with a centered pivot point from one edge to the other edge whilst keeping your shoulders in the fall-line. The rotation is initiated with a down un-weighted movement. 支點在中，雪板旋轉180度，以向下減壓的方式開始動作，前刃與後刃交替，沿廊道下滑，肩膀與滾落線保持平行

### Edge Hops 鋼邊蹦跳

These are done in a large radius turn with a 2 footed hop off the uphill edge landing on the downhill edge. Both the takeoff and landing should happen across the fall-line. In-between hops you are meant to be carving through the turn. 雙腳以山上鋼邊起跳，山下鋼邊落地，以大轉完成動作，起跳及落地皆需橫越滾落線。每個蹦跳之間，過彎時需以刻雪畫弧

### Funnel Turns 漏斗彎

A series of turns of various turn size and/or shape to form a “funnel,” “pyramid,” “diamond,” or “hour-glass” to assess turn control. 由一連串大小或不同形狀的轉彎，構成「漏斗」狀(或「金字塔」狀，或「鑽石」狀，或「沙漏」狀)，藉此評估轉向的掌控

### Hanger Turns 衣架彎

These are done whilst traveling across the fall-line. You then make a true lateral move with two feet to touch the downhill edge before coming back to your uphill edge. 此動作在橫越滾落線時完成。以雙腳產生全然側向的移動，觸碰山下鋼邊，然後返回山上鋼邊

### Dolphin Turns 海豚彎

These are done across the fall-line in a medium turn size. Using an Ollie you want to take off of the tail of the uphill edge and then land on the nose of the downhill edge. 此動作以中轉在橫越滾落線完成。以板尾起跳將山上鋼邊的板尾抬起，再以山下鋼邊的板頭落地

## SUPPORTING TASKS 輔助項目

Examiners will choose additional “Supporting Tasks” from, but not limited to, this document on the day of the exam to support assessments made. 考官在測驗當天，將從此文件中(但非僅此文件中)，挑選另外的「輔助項目」，以輔助評估結果