

**Name:**

**Examiner:**

Rider's goal: To get better and not fall over.



**Detect – What's happening with the rider's stance?**

**1. Describe how the rider is out of balance or alignment?**

*Please select two that apply to the circled rider.*

Too tall / extended

Too small / flexed

Too open to the nose

Too closed to the nose

Too aft / leaning back

Too fore / leaning forwards

Too far on the toe-side

Too far on the heel-side

**2. Select the body parts that are relevant here. Please select all that apply.**

Head

Shoulders

Hips

Knees

Ankles

**3. Which of the movements below are the main issue here?**

*Please select one or two from the below.*

Vertical

Longitudinal

Lateral

Rotational

**4. Which Board Performance Concepts are affected as a result of the above movement inefficiencies?** *Please select one or two from the below.*

Tilt

Twist

Pivot

Pressure

**5. With just a few words or a short sentence, please describe the issue you have identified above.**

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**Correct - How would you make this rider more efficient?**

**6. Please describe how you would get this rider in a more balanced stance.**

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**7. Select a task or part of a progression that will target the main inefficiency and outline why you would use this.**

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**8. How would you use the V.A.K model when teaching this?**

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**Develop**

**9. Keeping the students ability level and goal in mind, what is a realistic option to continue developing this student's skill base?**

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