

Standards Doc – Defining Characteristics

The goal of this document is to define the measurable characteristics accessed within the NZSIA examination framework.

Level 1 - WEDGE TURN	CORE SKILLS
Tactical	<ul style="list-style-type: none"> Speed is controlled by guiding the ski through a steered round turn on the given terrain and snow conditions Speed is suitable to lead a class of wedge turn students
Body Performance	<ul style="list-style-type: none"> Wedge is created and maintained through lateral and rotational movements of the legs, with the pivot point under the middle of the foot. Fore aft and vertical movements used to maintain balance over the middle of the foot Rotational movements originate solely in the legs and both legs are actively rotated Lateral balance towards outside ski occurs during turn completion
Ski Performance	<ul style="list-style-type: none"> All Phases Consistent gliding wedge shape Initiation Gradual pressure changes from the old outside ski and towards new outside ski, becoming 50/50 around the end of initiation Control Edge angle and grip aid direction change. Edge angle is managed as slight pressure builds to the outside Completion Edge angle is released once sufficient speed control and direction change have been achieved.

Characteristics of an exemplary performance

- A natural and relaxed stance
- Skis are continually turned at same rate through all phases
- Accurate timing and control of rotational movements to create rotational separation
- Flow between turns
- Vertical and Lateral movements are actively used

Characteristics of an unsatisfactory performance

- Inconsistent or no wedge
- Upper body used to turn skis
- Balance on inside ski
- Outside ski moved away from COG
- Pivot point of ski too far forward
- Outside ski is actively pressed on to create direction change

Level 1 Skiing	CORE SKILLS
Tactical	<ul style="list-style-type: none"> • Ski making parallel turns in a variety of sizes, on blue and green terrain · • Ski making parallel turns on easy off piste · • Turns should generally be round and speed controlled by a mixture of turn shape and skidding (terrain and speed dependent).
Body Performance	<ul style="list-style-type: none"> • Fore Aft and Vertical movements are used to coordinate weight shift and balance over the middle of the new outside foot. • Rotational and lateral movement of the legs are used to release the edges • Maintains lateral balance during initiation while legs are rotated symmetrically into the new turn • Progressive use of rotational and lateral movements to develop grip and turn shape • Angulation is developed through the control phase • Pole plant to aid timing and rhythm • Change rate of movements to create different turn sizes • Vertical movement to manage terrain changes
Ski Performance	<ul style="list-style-type: none"> • All Phases - Skis remain parallel • Completion/Initiation - New outside ski is balanced on as the edges release • Initiation - Both skis steer out of the previous turn to aid the release of the edges - Both skis are flattening through initiation • Control - Edge angle of both skis should increase to develop grip as the skis are actively steered. - Pressure should build and be predominantly on the outside ski • Completion - Edge angle is released once sufficient speed control and direction change have been achieved

Characteristics of an exemplary performance <ul style="list-style-type: none"> • An athletic stance through all phases • Skis are continually turned at same rate through all phases • Accurate timing and control of rotational movements to create rotational separation • Edge angle and grip aid direction change • Transition between turns that shows flow • Ability to use a high level of ski performance while maintaining corridor and speed control • Confident and comfortable performance in off piste varied terrain 	Characteristics of an unsatisfactory performance <ul style="list-style-type: none"> • Full body inclination to change edges • Upper body used to turn skis • Balance on inside ski • inability to create grip • Outside ski moved away from CoG • Inappropriate speed to create desired ski performance • inability to link turns off piste • inability to change radius
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Level 2 - WEDGE TURN	CORE SKILLS
Tactical	<ul style="list-style-type: none"> • Speed is controlled by guiding the ski through a steered round turn on the given terrain and snow conditions • Speed is suitable to lead a class of wedge turn students • Slight speed and terrain increase from Level 1 Wedge Turns
Body Performance	<ul style="list-style-type: none"> • Wedge is created and maintained through lateral and rotational movements of the legs • Fore aft and vertical movements are used to maintain balance over the middle of the foot • Blend of rotational and lateral movements are used to balance on both skis during initiation and into control • Blend of rotational and lateral movements to balance towards outside ski out of control and into completion • Use of extension to aid release and to re-centre • Use of flexion to manage pressure and to strengthen rotational movement
Ski Performance	<ul style="list-style-type: none"> • All Phases Consistent gliding wedge shape • Initiation Gradual pressure changes from the old outside ski and towards new outside ski, becoming 50/50 around the end of initiation • Control Edge angle and grip aid direction change, Edge angle is managed as pressure continues to build to the outside • Completion Edge angle is released once sufficient speed control and direction change have been achieved.

Characteristics of an exemplary performance <ul style="list-style-type: none"> • A natural and relaxed stance • Skis are continually turned at same rate through all phases • Accurate timing and control of rotational movements to create rotational separation. • Transition between turns that shows flow • Vertical and Lateral movements are used accurately and are blended with other movements 	Characteristics of an unsatisfactory performance <ul style="list-style-type: none"> • Inconsistent or no wedge • Upper body used to turn skis • Balance on inside ski • Outside ski moved away from COG • Pivot point of ski too far forward • Overly exaggerated lateral balance and/or rotational separation • Vertical movement is non existent or badly timed
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Level 2 - WEDGE PARALLEL	CORE SKILLS
Tactical	<ul style="list-style-type: none"> • Speed is controlled by guiding the ski through a steered round turn on the given terrain and snow conditions • Speed is suitable to lead a class of wedge parallel turn students • Speed is appropriate to allow skis to match below the fall-line
Body Performance	<ul style="list-style-type: none"> • Fore aft and vertical movements are used to maintain balance over the middle of the foot • Vertical and lateral movement of the legs are used to release the edges • Rotation of both legs - outside leg turns faster to create wedge. • Balance on outside ski above or at fall line - angulation is developed through the control phase • Rotational movement of the inside leg to create a parallel completion • Use of flexion to aid blend of rotational and lateral movements to balance on the outside ski through turn completion
Ski Performance	<ul style="list-style-type: none"> • Initiation - Both skis steer into the new turn <ul style="list-style-type: none"> - new outside ski is steered faster to create the wedge • Control - Greater momentum allows pressure to build to outside ski early in control phase <ul style="list-style-type: none"> - Edge angle and grip aid direction change, Edge angle is managed as pressure continues to build to the outside - Inside ski becomes flatter to the snow - Inside ski is rotated to parallel towards the end of control phase • Completion - Skis are parallel <ul style="list-style-type: none"> - Edge angle is released once sufficient speed control and direction change have been achieved

Characteristics of an exemplary performance <ul style="list-style-type: none"> • A natural and relaxed stance • Turn shape is maintained while creating wedge • Accurate timing and control of rotational movements to create rotational separation • Matching of inside ski has no effect on turn shape • Transition between turns that shows flow • Path of CoG is accurately controlled to achieve the outcome 	Characteristics of an unsatisfactory performance <ul style="list-style-type: none"> • Breaking wedge or no wedge in initiation • Upper body used to turn skis • Balance on inside ski • Outside ski moved away from COG • Inside leg is adducted not rotated to create parallel • Outside ski stops turning • Parallel relationship not created • diverging skis in completion
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Level 2 - PARALLEL	CORE SKILLS
Tactical	<ul style="list-style-type: none"> • Speed is controlled through turn shape on the given terrain and snow conditions • Speed is suitable to lead a class of basic parallel students • Speed is appropriate to allow a parallel initiation
Body Performance	<ul style="list-style-type: none"> • Fore Aft and Vertical movements are used to coordinate weight shift and balance over the middle of the new outside foot. • Vertical and lateral movement of the legs are used to release the edges • Lateral balance maintained during initiation while legs are rotated symmetrically into the new turn • Progressive use of rotational and lateral movements to develop grip and turn shape • Angulation is developed through the control phase • Pole plant to aid timing and rhythm
Ski Performance	<ul style="list-style-type: none"> • All Phases - Skis remain parallel • Completion/Initiation - New outside ski is balanced on as the edges release • Initiation - Both skis steer out of the previous turn to aid the release of the edges <ul style="list-style-type: none"> - Both skis are flattening and new edges are engaged through initiation • Control - Edge angle of both skis should increase to develop grip as the skis are actively steered. <ul style="list-style-type: none"> - Pressure should build and be predominantly on the outside ski • Completion - Edge angle is released once sufficient speed control and direction change have been achieved

Characteristics of an exemplary performance <ul style="list-style-type: none"> • An athletic stance through all phases • Skis are continually turned at same rate through all phases • Accurate timing and control of rotational movements to create rotational separation • Edge angle and grip aid in direction change • Accurate independent vertical movements of the legs • Transition between turns that shows flow from control phase to control phase 	Characteristics of an unsatisfactory performance <ul style="list-style-type: none"> • Full body inclination to change edges • Upper body used to turn skis • Balance on inside ski • Ski moved away from COG • Fore Aft balance is not maintained • No or mis-timed pole touch • Skis not parallel
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Level 2 – FREE RUN	CORE SKILLS
Tactical	<ul style="list-style-type: none"> • Line choice that adjusts to the terrain and has rhythm and flow • Speed is controlled through turn shape on the given terrain and snow conditions • Speed is appropriate to allow a parallel initiation • Turn radius that highlights a 3 phase turn
Body Performance	<ul style="list-style-type: none"> • Fore Aft and Vertical movements are used to coordinate weight shift and balance over the middle of the new outside foot. • Vertical and lateral movement of the legs are used to release the edges • Lateral balance maintained during initiation while legs are rotated symmetrically into the new turn • Progressive use of rotational and lateral movements to develop grip and turn shape • Angulation is developed through the control phase • Vertical movement used to manage forces and to facilitate adjustments to manage terrain • Pole plant to aid timing and rhythm
Ski Performance	<ul style="list-style-type: none"> • All Phases - Skis remain parallel <ul style="list-style-type: none"> - Ski to snow contact is controlled • Completion/Initiation - New outside ski is balanced on as the edges release • Initiation - Both skis steer out of the previous turn to aid the release of the edges <ul style="list-style-type: none"> - Both skis are flattening and new edges are engaged through initiation • Control - Edge angle of both skis should increase to develop grip as the skis are actively steered. <ul style="list-style-type: none"> - Pressure should build and be predominantly on the outside ski • Completion - Edge angle is released once sufficient speed control and direction change have been achieved

Characteristics of an exemplary performance <ul style="list-style-type: none"> • An athletic stance through all phases, that adapts to changes in terrain • Skis are continually turned at same rate through all phases • Accurate timing and control of rotational movements to create rotational separation • Edge angle and grip aid in direction change • Accurate independent vertical movements of the legs • Transition between turns that shows flow from control phase to control phase 	Characteristics of an unsatisfactory performance <ul style="list-style-type: none"> • Full body inclination to change edges • Upper body used to turn skis • Balance on inside ski • Ski moved away from COG • Fore Aft balance is not maintained • No or mis-timed pole touch • Skis not parallel
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LEVEL 2 SHORT TURNS	CORE SKILLS
Tactical	<ul style="list-style-type: none"> • Speed is controlled by guiding the skis through a steered round turn on the given terrain and snow conditions • Turns are round and within a 4m corridor
Body Performance	<ul style="list-style-type: none"> • Fore Aft and Vertical movements are used to coordinate weight shift and balance over the middle of the new outside foot. • Vertical and lateral movement of the legs are used to release the edges. • Maintains lateral balance during initiation while legs are rotated symmetrically into the new turn • Progressive use of rotational and lateral movements to develop grip and turn shape • Angulation is developed through the control phase • Pole plant to aid timing and rhythm
Ski Performance	<ul style="list-style-type: none"> • All Phases - Skis remain parallel • Completion/Initiation - New outside ski is balanced on as the edges release • Initiation - Both skis steer out of the previous turn to aid the release of the edges <ul style="list-style-type: none"> - Both skis are flattening and the new edges are engaged through initiation • Control - Edge angle of both skis should increase to develop grip as the skis are actively steered. <ul style="list-style-type: none"> - Pressure should build and be predominantly on the outside ski • Completion - Edge angle is released once sufficient speed control and direction change have been achieved

Characteristics of an exemplary performance <ul style="list-style-type: none"> • An athletic stance through all phases • Skis are continually turned at same rate through all phases • Accurate timing and control of rotational movements to create rotational separation • Edge angle and grip aid direction change • Transition between turns that shows flow • Ability to use a high level of ski performance while maintaining corridor and speed control 	Characteristics of an unsatisfactory performance <ul style="list-style-type: none"> • Full body inclination to change edges • Upper body used to turn skis • Balance on inside ski • Inability to create grip • Outside ski moved away from CoG • Inappropriate speed to create desired ski performance • Inability to maintain corridor
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LEVEL 2 DYNAMIC MEDIUM	CORE SKILLS
Tactical	<ul style="list-style-type: none"> • Speed is maintained through turn shape on the given terrain and snow conditions • Turn radius that highlights a 3 phase turn
Body Performance	<ul style="list-style-type: none"> • Fore Aft and Vertical movements are used to coordinate weight shift and balance over the middle of the new outside foot. • Vertical and lateral movement of the legs are used to release the edges. • Maintains lateral balance during initiation while legs are rotated symmetrically into the new turn • Progressive use of rotational and lateral movements to develop grip and turn shape • Angulation is developed through the control phase • Vertical movement used to manage forces through completion • Pole plant to aid timing and rhythm
Ski Performance	<ul style="list-style-type: none"> • All Phases - Path of tail should follow the tip • Completion/Initiation - New outside ski is balanced on as the edges release • Initiation - Some grip and pressure should start to build to the outside ski • Control - Obvious increase in edge angle with little or no rotation of the skis <ul style="list-style-type: none"> - Edge angle continues to build until the desired direction has been achieved • Completion - Edge angle should be released as the skis continue on the path and direction that was created in the control phase

Characteristics of an exemplary performance <ul style="list-style-type: none"> • An athletic stance through all phases • Skis are continually turned at same rate through all phases • Accurate timing and control of rotational movements to create rotational separation • Edge angle and grip aid direction change • Transition between turns that shows flow • Ability to use a high level of ski performance while maintaining corridor and speed control 	Characteristics of an unsatisfactory performance <ul style="list-style-type: none"> • Full body inclination to change edges • Upper body used to turn skis • Balance on inside ski • Inability to create grip • Outside ski moved away from CoG • Inappropriate speed to create desired ski performance • Inability to maintain corridor
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LEVEL 3 DYNAMIC MEDIUM	CORE SKILLS
Tactical	<ul style="list-style-type: none"> • Speed is increased relative to a Level 2 Dynamic medium radius turn • Slope angle is steeper relative to a Level 2 Dynamic medium radius turn • Speed is maintained through turn shape on the given terrain and snow conditions • Turn radius that highlights a 3 phase turn
Body Performance	<ul style="list-style-type: none"> • Fore Aft and Vertical movements are used to coordinate weight shift and balance over the middle of the new outside foot. • Vertical and lateral movement of the legs are used to release the edges. • Maintains lateral balance during initiation while legs are rotated symmetrically into the new turn • Progressive use of rotational and lateral movements to develop grip and turn shape • Angulation is developed through the control phase • Vertical movement used to manage forces through completion • Pole plant to add timing
Ski Performance	<ul style="list-style-type: none"> • All Phases - Path of tail follows the tip • Completion/Initiation - New outside ski is balanced on as the edges release • Initiation - grip and pressure starts to build to the outside ski • Control - obvious increase in edge angle with little or no rotation of the ski <ul style="list-style-type: none"> - Edge angle continues to build until the desired direction has been achieved • Completion - Edge angle released as the skis continue on the path and direction that was created in the control phase

Characteristics of an exemplary performance <ul style="list-style-type: none"> • An athletic stance through all phases • Skis are continually turned at same rate through all phases • Accurate timing and control of rotational movements to create rotational separation • Edge angle and grip aid direction change • Transition between turns that shows flow • Ability to use an excellent level of ski performance while maintaining corridor and speed control 	Characteristics of an unsatisfactory performance <ul style="list-style-type: none"> • Full body inclination to change edges • Upper body used to turn skis • Balance on inside ski • inability to create grip • Outside ski moved away from CoG • Inappropriate speed to create desired ski performance • inability to maintain corridor
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LEVEL 3 DYNAMIC SHORT	CORE SKILLS
Tactical	<ul style="list-style-type: none"> • Speed is increased relative to a Level 2 short radius turn • Slope angle is steeper relative to a Level 2 short radius turn • Turns are round and within a 4m corridor • Speed is maintained through turn shape • Turn radius that highlights a 3 phase turn
Body Performance	<ul style="list-style-type: none"> • Fore Aft and Vertical movements are used to coordinate weight shift and balance over the middle of the new outside foot. • Release edges through rotational and lateral movement of the legs. • Maintains lateral balance during initiation while legs are rotated symmetrically into the new turn • Progressive use of rotational and lateral movements to develop grip and turn shape • Angulation is developed through the control phase • Vertical movement used to manage forces through completion • Pole plant to add timing
Ski Performance	<ul style="list-style-type: none"> • Completion/Initiation - New outside ski is balanced on as the edges release • Initiation - grip and pressure should start to build to the outside ski • Control - obvious increase in edge angle with little or no rotation of the ski <ul style="list-style-type: none"> - Edge angle and pressure continues to build until the desired direction has been achieved • Completion - Edge angle should be released as the skis continue on the path and direction that was created in the control phase

Characteristics of an exemplary performance <ul style="list-style-type: none"> • An athletic stance through all phases • Skis are continually turned at same rate through all phases • Accurate timing and control of rotational movements to create rotational separation • Edge angle and grip aid direction change • Transition between turns that shows flow • Ability to use an excellent level of ski performance while maintaining corridor and speed control 	Characteristics of an unsatisfactory performance <ul style="list-style-type: none"> • Full body inclination to change edges • Upper body used to turn skis • Balance on inside ski • inability to create grip • Outside ski moved away from CoG • Inappropriate speed to create desired ski performance • inability to maintain corridor
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