

# SBINZ Level Three Written Rider Analysis

CANDIDATE NAME \_\_\_\_\_

RIDER NUMBER \_\_\_\_\_ ATTEMPTED TASK \_\_\_\_\_

## Section 1. Stance Inefficiencies

### 1a. Detect – Describe the main inefficiencies with the rider’s stance.

*Within your answer you should be looking for:*

- \* *Specific body parts relevant to an active or high performance stance*
- \* *If it is present toeside and heelside*
- \* *Any differences on toeside and heelside*
- \* *Any equipment issues*

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### 1b. Correct - Outline how would you correct this rider’s stance.

*Your answer should include:*

- \* *Which body part(s) you will focus on and HOW they should be moved to improve the stance*
- \* *What tasks you would use to improve the rider’s active or high performance stance*
- \* *The terrain you would use*

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