

# SBINZ Level One Written Rider Analysis

CANDIDATE'S NAME \_\_\_\_\_ EXAMINER \_\_\_\_\_

## Section 1. Stance Inefficiencies

### 1A. Detect inefficiencies with the rider's stance.

*\* The position of specific body parts that are inefficient*

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*\* If it is present toeside and/or heelside*

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*\* Any equipment issues*

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### 1B. Correct the rider's stance inefficiencies.

*\* List the body part(s) you will focus on and HOW they should be moved to improve the stance*

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*\* What task and terrain you would use to do this*

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## Section 2. Movement Inefficiencies

### 2A. Identify inefficient movements that the rider is making

*\* The body part(s) causing the issue and how this relates to the Four Movements*

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*\* If this is present in their toe side turn and/or heelside turn*

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### 2B. Correct the rider's movement inefficiencies.

*\* List the body part(s) you will focus on and HOW they should be moved*

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*\* What Stationary or Simple exercise would you use.*

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