

# SBINZ Level Three Written Rider Analysis

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

## Section 1. Detect Stance Inefficiencies

**1A. Describe the main inefficiencies with the rider's stance.**

*\* Specific inefficient body parts relevant to an active or high performance stance*

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*\* Is it present toeside and heelside*

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*\* Any differences on toeside and heelside*

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*\* Any equipment issues*

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

*\* What task and terrain you would use to correct the above inefficiency*

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## Section 2. Detect Movement inefficiencies and Board Performances

**2A. Identify the inefficient movements that the rider is making and the effect this has on the snowboard.**

*\* The body part(s) causing the issue, quantified using power-timing-range*

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*\* The effect on the board's performance (relevant to power-timing-range) and the rider's ability to achieve the task*

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*\* Where in the turn the movements are occurring and when the board is affected as a result*

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*\* How the domino effect is relevant to this rider*

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

*\* WHAT movement is being adapted and which body parts are you focusing on*

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*\* Why and How this movement will improve the riders use of edge-pressure-steer*

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*\* List the activities/tasks you would use, with terrain that is suitable for this level of rider*

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