



Canadian Freestyle Ski Association
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www.freestyleski.com

Level 3 - BLACK Skills

SKIOLOGY																				
Name 3 Canadian Freestyle Skiers Who Won Olympic Gold																				
Enter a Fun Freestyle Competition																				
What Can Freestyle Skiers Do Off-Season to improve																				
Nutrition & Hydration Basics For Active Kids																				
Name Five Types of Rails																				
Understand "Line" in Moguls																				
FREESKIING																				
Intermediate Carve Turns, High Marking																				
Maintain and Control High Speed Turns																				
Perform Speiss/X Jump Drill																				
Ski a Race Course																				
Watch a Video of Yourself																				
Pole Plant																				
Switch Parallel Turns																				
PARK, HALFPIPE, & AIR																				
Mute and Tail Grabs																				
Twister Spread Combo																				
Exit Funbox Switch																				
Enter Funbox Switch																				
Slide Beginner Rail Both Directions																				
360 Off Jump																				
Carve Take-Off Intro																				
Halfpipe Pumping																				
Halfpipe Grab (any)																				
Three Halfpipe Consecutive Hits (1 Above Coping)																				
MOGULS																				
Turn Timing In Roller Tank and Moguls																				
Full Moguls Run with Two Jumps																				
EXIT SKILLS																				
Standing on Outside Ski																				
Controlled Turn Shape																				
Use of Joints (Flexion and Extension)																				