



Canadian Freestyle Ski Association  
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[www.freestyleski.com](http://www.freestyleski.com)

## Level 1 - GREEN Skills

<b>SKIOLOGY</b>																				
Know how a Ski Works																				
Identify Basic Parts of a Mogul and Table Top																				
Know Alpine Responsibility Code																				
Cover Terrain Park Etiquette																				
Attend a Freestyle Ski Competition																				
Name a National Freestyle Ski Team Member																				
Know Three Rules of Jumping																				
<b>FREESKIING</b>																				
Demonstrate Good Warm-up																				
Balanced Body Position on Blue/Green Terrain																				
Medium Radius Power Plow Turns																				
Hockey Stop in Both Directions																				
Switch Wedge Turns																				
<b>PARK, HALFPIPE &amp; AIR</b>																				
Switch and Regular 180 on snow (both directions)																				
360 On Snow (both directions)																				
Jump onto Fun Box Straight																				
Balanced Take-off & Landing on a Small Jump																				
Corridor Rails Drill																				
Touch Boots Mid Air/Spread Eagle																				
Down the Halfpipe 180																				
Drop in From Halfpipe Deck																				
<b>MOGULS</b>																				
Maintain Stance and Balance in Roller Tank																				
Route Finding in Easy Moguls																				