

## Freestyle Specialist 1 Workbook

1. Many freestyle students are kids; list 2-3 specific things that their parents want from the class.

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2. What are the 4 main components of Smart Style? \_\_\_\_\_

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3. Give 2-3 reasons why it is important to 'Call your Drop In'? \_\_\_\_\_

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4. "Start small and work your way up" is a part of which Smart Style motto? \_\_\_\_\_

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5. Describe several ways you can model/practice "Look before you leap" with a class. \_\_\_\_\_

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6. What do the acronyms ATML, and SPS & SC stand for? \_\_\_\_\_

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7. Describe what you look for in a well designed park. \_\_\_\_\_

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8. What are different ways you can affect speed in the approach to a feature? \_\_\_\_\_

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9. Describe how "Pop" could be used on jumps, boxes, and the half pipe. \_\_\_\_\_

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10. Name a basic jump maneuver and describe an "outside/in" progression for it. \_\_\_\_\_

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11. Name a basic box/rail maneuver and describe an "outside/in" progression for it. \_\_\_\_\_

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Fill in this ATML worksheet with the maneuver of your choice

ATML Worksheet

Maneuver name: \_\_\_\_\_

<div>Approach</div> <div>Sensory contribution:</div> <div>Speed:</div> <div>Pop:</div> <div>Spin:</div>	<div>Takeoff</div> <div>Sensory contribution:</div> <div>Speed:</div> <div>Pop</div> <div>Spin:</div>
<div>Maneuver</div> <div>Sensory contribution:</div> <div>Speed:</div> <div>Pop:</div> <div>Spin:</div>	<div>Landing</div> <div>Sensory contribution:</div> <div>Speed:</div> <div>Pop:</div> <div>Spin:</div>

Name: \_\_\_\_\_ Date: \_\_\_\_\_