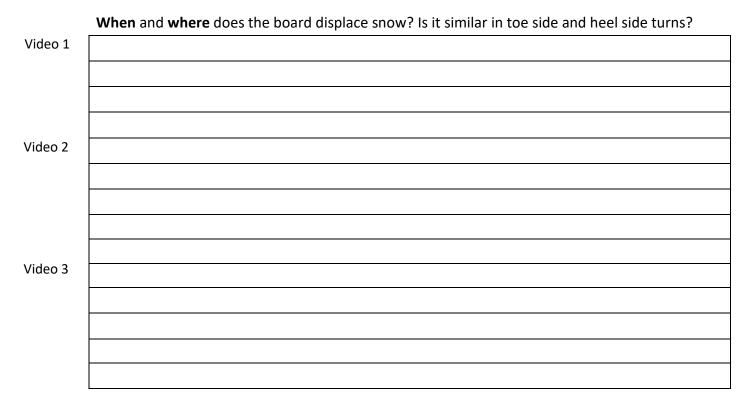


# **Observation Phase 1**

Describe the **path/track** of the board (width, shape, skidding/carving). **When** and **where** (phase of the turn). Is the **path/track** comparable from toe side to heelside?

Video 1	
Video 2	
Video 3	





N

Describe the balance of board performances present. Which dominates?

Video 1	
Video 2	
Video 3	

	Describe the edge release and engagement.
Video 1	
Video 2	
Video 3	

	Describe if, when, and where the board bends/twists (phase of turn & point along the length).
Video 1	
Video 2	
Video 3	



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## **Observation Phase 2 – Fundamentals**

1. Manage the board's pivot through flexion/extension/rotation of lower body, together with, separate from, or in opposition to the upper body.

xtension



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### **Observation Phase 2 – Fundamentals**

4. Manage the relationship of the CM to the base of support to direct pressure along the length of the board.



#### 5. Manage the relationship of the CM to the base of support laterally to direct pressure across the width of the board.

Video 1	
Video 2	
Video 3	

	6. Regulate the magnitude of pressure created through board/surface interaction.
Video 1	
Video 2	
Video 3	



### **Evaluation - Phase 1**

Collaborate on relating observed fundamentals and observed board performance (cause/effect).

Video 1	
Video 2	
Video 3	

## **Evaluation - Phase 2**

Compare desired outcome to observed outcome - "Real vs Ideal". Is the desired outcome achieved?

Video 1	
Video 2	
Video 3	
VIGCOS	



### Prescription

Create a simple prescription that includes:

- The observed board performance.
- Desired board performance.
- Desired body movements.
- The Fundamental that the prescription addresses and how it addresses it, related to the desired board performance.

Video 1	
Video 2	
Video 3	