



PSIAASI

N O R T H W E S T

Fall Training 2016 – Movement Analysis

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

When and **where** does the board displace snow? Is it similar in toe side and heel side turns?

Video 1

Video 2

Video 3



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N O R T H W E S T

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
