



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.

Video 1	
Video 2	
Video 3	

2. Manage edge angles through a combination of inclination and angulation.

Video 1	
Video 2	
Video 3	

3. Manage torsional flex of the board using independent or simultaneous flexion/extension of lower body joints.

Video 1	
Video 2	
Video 3	



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

Video 1	
Video 2	
Video 3	

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	