Beginner Skill Test:

- **Stance**
  - 1: Good
  - 0: Poor

- **Heelside Side Slip**
  - 1: Good
  - 0: Poor

- **Toeside Side Slip**
  - 1: Good
  - 0: Poor

- **Toeside Traverse**
  - 1: Good
  - 0: Poor

- **Heelside Traverse**
  - 1: Good
  - 0: Poor

- **Heelside J-Turn To Stop**
  - 2: Complete With Stop
  - 1: Turn With No Stop
  - 0: Poor

- **Toeside J-Turn To Stop**
  - 2: Complete With Stop
  - 1: Turn With No Stop
  - 0: Poor

**Control**
- 1: Good
- 0: Poor

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**Beginner Skills Test**

- **Turning around**
  - 1: Yes
  - 0: No

- **Sidestep**
  - 1: Yes
  - 0: No

- **Ski stance and balance**
  - 2: Good
  - 1: Fair
  - 0: None

- **Control of hands**
  - 2: Good
  - 1: Fair
  - 0: Poor

- **Linked turns**
  - 1: Good

- **Stopping turns**
  - 1: Good

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**Source:** French Swiss Ski College

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**Beginning SB Skills**

- **Start**
- **Stance**
  - **Side-Slipping**
  - **Stop**
  - **Toe side traverse to stop**
  - **Heel side traverse to stop**
  - **Heel side J-Turns to stop**
  - **Toe side J-turns to stop**

**STOP**