

## International Ski Technical Skill Test



This is the technical skill test established by the International Ski Instructors Association. As this name suggests, your skills will be evaluated based on international standards. There are 7 levels. Super-Gold, Gold, Semi-Gold, Silver, Semi-Silver, Bronze and Semi-Bronze. Starting from elementary level, Semi-Bronze (wedge turns), to expert level, Super-Gold, each level has specific skill and terrain requirements. The evaluation will be based on several criteria.

International Ski Technical Skill Test	Test Fee	Certification Fee
Super-Gold / Super Semi-Gold	5,000 yen	5,000 yen
Gold / Semi-Gold	2,000 yen	2,500 yen
Silver / Semi-Silver	2,000 yen	2,000 yen
Bronze / Semi-Bronze	2,000 yen	1,500 yen

Skill Categories		Technical Level							
		Super-Gold	Super Semi-Gold	Gold	Semi-Gold	Silver	Semi-Silver	Bronze	Semi-Bronze
wedge turn									○
stem turn						○	○	○	
basic parallel long turn								※optional	
parallel long turn		○	○	○	○	○	○		
parallel short turn		○	○	○	○	○			
basic parallel short turn							○		
wedeln		○	○						
free skiing	parallel long turn								
	parallel short turn	○	○	○	○				
passing score (Full marks 100) Super-Gold/Super Semi-Gold (Full marks 200)		160 and over	140 and over	70 and over	60 and over	70 and over	60 and over	70 and over	60 and over
number of runs		one run each				one run each		two runs each	
(slope) condition	width	more than 30m				more than 30m		more than 30m	
	length	150~200m				100m and more		100m and more	
	slope angle	steep slope 25~30 degrees		steep slope 20~30 degrees		intermediate slope 10~20 degrees		gentle slope 4~10 degrees	
	snow condition	fresh snow, crud or bumps				ungroomed		groomed	

※Please select one skill for the Bronze level, 1 out of the 2 runs needs to pass.

## ■ Junior International Ski Technical Skill Test



This is the technical skill test established by the Ski Instructors Association for skiers that are age 15 and below. There are 6 levels. Gold, Silver, Bronze, Red, Yellow and Green. Smoothness, speed control and a stable stance throughout the turn will be the focus criteria. Whether you have a parallel stance or a stem stance is not so important. To continuously ski down in a stable manner from the start to goal is most important. Ski down rhythmically, while having fun and target for success!



### Junior International Ski Technical Skill Test

	Test Fee	Certification Fee
Gold / Silver / Bronze	1,500 yen	2,000 yen
Red / Yellow / Green	1,500 yen	1,500 yen

Skill Categories		Technical Level					
		Gold	Silver	Bronze	Red	Yellow	Green
Straight run and stop							○
wedge turn						○	
stem turn					○		
parallel long turn		○	○	○			
basic parallel short turn			○				
parallel short turn		○					
free skiing		○					
passing score (Full marks 100)		60 and over					
number of runs		one run each		one run			
(slope) condition	width	more than 30m		more than 30m		more than 30m	
	length	150m		100m		less than 50m	
	slope angle	steep slope 15~25 degrees		intermediate slope 10~15 degrees		gentle slope 4~10 degrees	
	snow condition	groomed		groomed		groomed	

## ■ Senior International Ski Technical Skill Test



This is the technical skill test established by the Ski Instructors Association for skiers that are 60 years old and above. As this name suggests, your skills will be evaluated based on international standards. There are 3 levels. Gold, Silver and Bronze. More than aggressiveness and speed, proficiency in smooth and stable turns and technical precision will be the focus criteria.



### Senior International Ski Technical Skill Test

	Test Fee	Certification Fee
Gold / Semi-Gold	2,000 yen	2,500 yen
Silver	2,000 yen	2,000 yen

Skill Categories		Technical Level		
		Gold	Semi-Gold	Silver
stem turn		○	○	
parallel long turn		○	○	○
parallel short turn		○	○	○
free skiing	parallel long turn parallel short turn	○	○	
passing score (Full marks 100)		70 and over	60 and over	70 and over
number of runs		one run each		
(slope) condition	width	more than 30m		
	length	150~200m and more		100m
	slope angle	steep slope 15~25 degrees		intermediate slope 10~20 degrees
	snow condition	ungroomed		ungroomed



## ■ SIA Medal Speed Test



The World Cup is at the pinnacle of alpine skiing where power, courage and the ability to focus is exerted at full scale in the race to be the fastest and the results are based on time. The SIA Medal Speed Test will allow you to challenge your time in such a racing set up. You will be competing against the SIA pace setter who is a ski instructor qualified to run this test and who has certified pace setter points. Ladies, elementary school children and men who are 50 years old and above have a handicap of 5%, Ladies over 50 years old and above will have a handicap of 10%. The SIA Medal Speed Test is great opportunity to challenge yourself on your speed and technical precision. Be a racer and join us at the start line!

Test Fee (Certification Fee and tax are included) All categories	2,300 yen
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### SIA Medal Speed Test

Level	Mens	Ladies,Elementary School, Men 50+	Ladies 50+
Gold	within 105% of the SLT	within 110% of the SLT	within 115% of the SLT
Silver	within 115% of the SLT	within 120% of the SLT	within 125% of the SLT
Bronze	within 140% of the SLT	within 145% of the SLT	within 150% of the SLT
White	within 160% of the SLT	within 165% of the SLT	within 170% of the SLT
Blue	within 180% of the SLT	within 185% of the SLT	within 190% of the SLT
Red	more than the blue level	more than the blue level	more than the blue level

The SLT(SIA Level Time) will be calculated using the SIA pace setter's time and pace setter points. The SIA pace setter is an instructor who has qualified pace setter points that runs this test. Since the points are given based on their speed, an appropriate SLT can be calculated based on the difficulty and length of the race course. Your speed level will be decided based on this calculated SLT.

## ■ Snowboard Technical Skill Test



This is the technical skill test for snowboarding established by the Professional Ski Instructors Association of Japan. There are 6 levels. Starting from elementary Semi-Bronze(basic turns) to expert level Gold, each level has specific skill and terrain requirements. For Bronze, your handle of the board in a well-balanced basic position will be the focus criteria. For Gold, flexible balance that can adapt to all terrain, accurate technical demonstration, edge engagement in the turn initiation phase and strong board control will be the focus criteria.

Snowboard Technical Skill Test	Test Fee	Certification Fee
Gold / Semi-Gold	2,000 yen	2,500 yen
Silver / Semi-Silver	2,000 yen	2,000 yen
Bronze / Semi-Bronze	2,000 yen	1,500 yen

Skill Categories		Technical Level					
		Gold	Semi-Gold	Silver	Semi-Silver	Bronze	Semi-Bronze
basic turns							○
switch and fakie turns		○	○				
long radius turns			○	○	○	○	
freeriding		○	○	○			
short radius turns		○	○	○			
medium radius turns		○			○		
passing score (Full marks 100)		70 and over	60 and over	70 and over	60 and over	70 and over	60 and over
number of runs		one run each				two runs each	
(slope) condition	width	more than 30m					
	length	150~200m			100m		
	slope angle	steep slope 20~30 degrees		intermediate slope 10~20 degrees		gentle slope 4~10 degrees	
	snow condition	off piste incl. fresh snow and crud	ungroomed			groomed	

## ■ Telemark Ski Technical Skill Test



This is the technical skill test for telemark skiing established by the Professional Ski Instructors Association of Japan. There are 3 levels. Gold, Silver and Bronze. For all levels, a stable telemark position, overall balance and a smooth lead change that starts simultaneously in both feet, etc., will be the focus criteria. Candidates for the Silver medal are required to demonstrate a stable and basic short turn. For the Gold medal, a rhythmical and stable run with speed will be required.



### Telemark Ski Technical Skill Test

	Test Fee	Certification Fee
Gold	2,000 yen	2,500 yen
Silver	2,000 yen	2,000 yen
Bronze	2,000 yen	1,500 yen

Skill Categories		Technical Level		
		Gold	Silver	Bronze
basic telemark turn -long radius				○
basic telemark turn -short radius			○	
telemark long turn		○	○	
telemark short turn		○		
free run ( combination turn with long and short turns )		○		
passing score(Full marks 100)		70 and over		
number of runs		one run each		
(slope) condition	width	more than 30m		
	length	150~250m	150~200m	About 150m
	slope angle	intermediate slope 15~25 degrees	intermediate slope 15~20 degrees	intermediate slope 10~15 degrees
	snow condition	ungroomed	groomed	groomed



## ■ Langlauf Ski Mileage Certificate



This is the langlauf ski mileage certificate. There are different levels of certification depending on the mileage covered on your Langlauf Ski. The distance covered in your ski lesson will also be included. If you have already been certified, please bring your certificate with you so the mileage can be added.

### Langlauf Ski Mileage Certificate

Level	Certification Fee
Gold-Red	1,500 yen
Green	1,000 yen

\*medal fee not included

Level	certified distance
Gold	300km and more
Silver	120- <del>less</del> less than 300km
Bronze	60- <del>less</del> less than 120km
White	30- <del>less</del> less than 60km
Blue	20- <del>less</del> less than 30km
Red	10- <del>less</del> less than 20km
Green	less than 10km