

AADIDESS Training Programs in Asia

The Argentine Association of Ski, Snowboard and Ski Patrol Instructors (AADIDESS) presents the official programs for the Ski Instructor Training Courses Level 1 (A) and Level 2 (A), to be delivered in the Asian delegations. These courses have been designed under the principles of the Argentine Ski Technique, ensuring technical, pedagogical, and evaluation standards consistent with our institution.

General Course Structure

Both levels are conducted in an intensive three-day format, with six hours of on-snow practice per day (three hours in the morning and three in the afternoon) and a one-hour lunch break. Participants must also complete an online preparatory class in their native language with audiovisual materials and instructional guides. This online component is mandatory as preparation before each day on snow.

Level 1 (A) – Introductory Course

Level 1 (A) aims to train beginner instructors in the basic technical and methodological foundations for teaching entry-level students, based on the Argentine Ski Technique and its progressive teaching framework.

Admission Requirements

- Ski parallel on blue slopes without traversing.
- Perform basic intermediate turns with control.

Evaluation and Graduation

Evaluation is continuous throughout the course, assessing:

- Wedge turns.
- Elementary turns.
- Basic Super Parallel turns.

Graduation requires control of a centered Dynamic Balance (C.D.B.), correct maneuver execution without traverses, and simultaneous edge change with fluid turn linking.

Methodology Training – Level 1 (A)

Online methodology training sessions are delivered in the participants' native language, including practical exercises and progressions from flat terrain drills to elementary turns. These sessions are mandatory and serve as preparation for the following day's on-snow practice.

Online classes:

- Class 1 – Beginners 1: Warm-up and mobility, material presentation, flat terrain exercises, support gestures, direct descents in wedge.
- Class 2 – Beginners 2: Drills for wedge turns, wedge turns, and introduction to elementary turn.

- Class 3 – Intermediates 3: Terrain absorption, uphill parallel turns, elementary turn, and basic parallel.

Daily Schedule – Level 1 (A)

Day 1:

09:00 Personal and course introduction.

09:30 Warm-up on green slope and skill assessment.

10:30 Introduction to wedge turn: progressive development and individual observations.

12:00 Lunch.

13:00 Elementary turn: diagonal parallel, uphill return, terrain absorption.

15:00 Transition from elementary turn to basic super parallel.

16:00 Review, stretching, and discussion of next day's objectives.

Day 2:

09:00 Presentation and objectives of the day.

09:30 Improvement of Wedge turns using directed-action exercises.

11:00 Pole plant preparation and placement.

12:00 Lunch.

13:00 Elementary turn improvement: ski gathering, pressure control, parallel traverses, fan turns, uphill turns.

16:00 Review, stretching, and preparation for the final day.

Day 3:

09:00 Presentation of the day's objectives.

09:30 Warm-up.

10:00 Edge control and dynamic balance: adaptation to slope inclination and terrain.

12:00 Lunch.

13:00 Practice of elementary turns under exam conditions.

16:00 Course closing.

17:00 Grade delivery, feedback, and diploma ceremony.

Support Materials

- Quick Guide for Beginner Skiers.
- Videos on methodological progressions and the Argentine Technique.
- Institutional video explaining membership maintenance (annual fee).

Level 2 (A) – Intermediate Course

Level 2 (A) aims to strengthen the technical and pedagogical competencies required to teach intermediate-level skiers, integrating the principles of the Argentine Ski Technique.

Admission Requirements

Completion and approval of Level 1 (A).

Evaluation and Graduation

The final exam includes:

- Basic Super Parallel.
- Basic Intermediate Turn.

Both maneuvers must be passed to complete the course. Evaluation is performed through direct observation and feedback during runs.

Methodology Training – Level 2 (A)

Online methodology training sessions are conducted in the participants' native language with exercises and teaching progressions. Analytical progressions are practiced on snow during the first two days of the course, ensuring methodological transfer. Video recording is recommended for movement analysis.

Daily Schedule – Level 2 (A)

Day 1:

- 09:00 Personal introduction and course objectives.
- 09:30 Warm-up on blue slope and skill assessment.
- 10:30 Basic super parallel: control of directional actions.
- 11:30 Edge management in response to slope and speed changes.
- 12:00 Lunch.
- 13:00 Load management based on terrain variation.
- 14:00 Adjustment of turn size through directed action.
- 15:00 Integration of directional actions.
- 16:00 Review and stretching.

Day 2:

- 09:00 Presentation of the day's theme: Basic Intermediate Turn.
- 09:30 Warm-up on low-gradient blue slope.
- 10:30 Demonstration and practice of Basic Intermediate Turn.
- 12:00 Lunch.
- 13:00 Partner drills for rhythm and coordination.
- 14:00 Adjustment of load and edge control.
- 15:00 Individual runs with video analysis.
- 16:00 Review and stretching.

Day 3:

- 09:00 Presentation of examination format.

09:30 Warm-up.

10:00 Examination: Basic Super Parallel on variable terrain with feedback.

12:00 Lunch.

13:00 Examination: Basic Intermediate Turn on variable terrain with feedback.

15:00 Rhythm and coordination drills in pairs or small groups.

16:00 Course closing.

17:00 Grade delivery, feedback, and diploma ceremony.