

# Cscs Free Practice Exam

Lingjun Ying

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from the basics of balance and posture to the most advanced tricks like 360s and backflips we ve got you covered with tips and techniques to make you the king or queen of the mountain whether you re a seasoned rider or just starting out get ready to progress with us through the stages of snowboarding mastery

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 mar 14 2023 1 don t attempt tricks on day one 2 bend your  
 knees 3 ride across slope not downhill 4 always watch out for  
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 involves jumping on the snow with your board strapped on  
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 the ollie gets its name from skateboarding where the trick  
 originated and is pretty much the same thing

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 off of the front side of the snowboard and performing a 360  
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