




LAAX School System	Course level	Prerequisites	Course content
    	<b>Minis</b>	for kids aged 4-5 years feeling good on a mountain bike without training wheels (not a running bike), safe hand braking	basic position (standing), getting on/off sideways, pushing mountain bike, pedaling (straight/small incline), shifting gears, braking, keeping balance, cornering
	<b>Blue 1</b>	for kids aged 6 years and older no mountain biking experience, safe riding on pavements or wide gravel paths, keep balance, use hand brakes	basic position (standing), getting on/off sideways, pushing mountain bike, lift mountain bike, pedaling (straight/small incline), swaying pedal, shifting gears, braking, keeping balance, cornering
	<b>Blue 2</b>	safe descent on easy blue single track and freeride trails or off-road, safe braking and shifting gears off-road	active position (trail position), keeping balance/stopping, starting uphill, stopping downhill, getting off the back (emergency exit), steep climb up, steep descent, lifting front wheel, lifting rear wheel
	<b>Red 2</b>	safe decent on all blue trails, on easy red descents as well as over wooden bridges, northshores and small stone fields	riding up/down steps, loading/unloading with pumping (pump track/waves), rolling hairpin turns (skill centre), stopi, basic hop, bunny hop
	<b>Red 2</b>	safe descent at medium speed on all blue/red/black trails as well as on technical single trails, mastering the correct technique for a stopi (rear wheel lift), bunny hop, a standstill (balance), small jumps and drops	lay down bike cornering technique, bunny hop over obstacle, drop technique, bounce in place, shifting hairpin turns with rear wheel (skill centre), wheelie, emergency front/rear dismount, jumping
	<b>Black</b>	safe descent at high speed on all black trails, both off-road and in the bike park, shifting hairpin turns with the rear wheel	Wheelie drop, nose wheelie, jumps (tables/doubles), doubling (waves/pumptrack), hairpin turns on single trail (roll/offset), manual/surfing, 180°/360° bouncing