




LAAX School System	Course Level	Requirements	Course Content
	Minis	<ul style="list-style-type: none"> • Children 4 - 5 years (from 4th birthday) • Able to ride a bike independently (no balance bike) 	<ul style="list-style-type: none"> • Basic position / Braking / Pedaling • Cornering / Skill track / Snakerun • Get on and off from the side
	Blau 1	<ul style="list-style-type: none"> • Independent, safe cycling on the road • Use of hand brakes 	<ul style="list-style-type: none"> • Basic position / Braking / Pedaling / Cornering / Out-of-saddle riding • Cornering / Skill track / Snakerun • Get on and off from the side
	Blau 2	<ul style="list-style-type: none"> • Safe braking / Climbing uphill out of the saddle • Descending in standing basic position 	<ul style="list-style-type: none"> • Active position in root sections • Balance / Track stand / Small drops / Uphill riding • Slow, steep descents on loose terrain • Overcoming small obstacles on flat terrain • Berm riding in Snakerun • Controlled descent on the entire Foppa trail
	Blau 3	<ul style="list-style-type: none"> • Slow, steep descents on loose terrain • Controlled descent on the entire Foppa trail 	<ul style="list-style-type: none"> • Balance / Track stand • Steep descents with stops on loose terrain • Front wheel lift / Small drops • Berm riding on trail / Pump track • Controlled descent on the full Runcatrail
	Rot 1	<ul style="list-style-type: none"> • Berms on trails / Steep descents with stops • Controlled descent on the full Runcatrail 	<ul style="list-style-type: none"> • Rear wheel lift / Hopping in place / Rolling switchbacks • Pump track / Stoppie / Mini hop • Controlled descent on Neverend and Nagens trails
	Rot 2	<ul style="list-style-type: none"> • Switchbacks / Rear wheel lift • Controlled descent on Neverend and Nagen trails 	<ul style="list-style-type: none"> • Situation-adapted basic and active position on full trail • Cornering technique (leaning the bike) • Bunny hop over obstacles • Drops / 360° hops in place / Rear wheel repositioning in switchbacks (Skill Center) • Wheelie / Jumping / Smooth, safe riding on red and black trails
	Schwarz	<ul style="list-style-type: none"> • Drops / Jumping / Hopping in place / Rear wheel repositioning • Safe and fluid descents on red and black trails 	<ul style="list-style-type: none"> • Emergency front dismount • Nose wheelie / Jumping (doubles) / Back wheel hop • Rear wheel repositioning on singletrack • Manual / Surfing