



SNOW-BOARDING TECHNIQUES



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Table Of Contents

Foreword

Chapter 1:

Basics Of Snowboarding

Chapter 2:

Riding With The Right Equipment

Chapter 3:

Choosing The Right Clothing And Accessories

Chapter 4:

Getting Started With The Basic Moves

Chapter 5:

The Correct Riding Stance And Position

Chapter 6:

Mastering Major Snowboarding Moves

Chapter 7:

Getting More Fun With Riding Powder

Chapter 8:

What Is The Backcountry

Chapter 9:

Learning The Advanced Free Style Spin

Chapter 10:

Must Know Safety Tips For Snowboarding

Wrapping Up

Foreword

There are a lot of fun ways to ensure the snowboarding experience is a positive one. Before the individual actually embarks on the snowboarding experience, some elements should be seriously considered and adhered to. Get all the info you need here.

Snowboarding Techniques

Chapter 1:

Basics Of Snowboarding

Synopsis

The following re some of the points to consider when deciding to indulge in snowboarding:

The Basics

The style eventually chosen will feature considerably in the actual influence the type of terrain that the individual will use when snowboarding.

Therefore understanding the various different styles and matching them to the ideal snowboarding experienced intended would be very helpful in narrowing down the style that should be practiced.

The attire used is also another important feature to consider. Dressing in the type of attire that would be able to provide an adequate amount of flexibility while adapting well to both the cold and hot weather changes should be given some thought.

Perhaps the best recommendation would be to dress in layers, which is easily accommodate simply peeling off whatever is not needed as well as keeping the individual well insulated and protected from possible injury.

Mastering the correct stance for the particular style chosen will ensure the individual eventual proficiency in it. This will also contribute positively to achieving optimum balance and timing while efficiently using all the energy and muscles without over exertion.

If the snowboarding is rather a new and foreign experience to the individual, some lesson may be considered. This will help to build a good foundation and keep from picking up bad habits.

Being well informed on the rules and some of the safety tips would also be required in the quest to master the art of snowboarding. These also would eventually prove to be useful to the individual and help to optimize the enjoyable experience..

Chapter 2:

Riding With The Right Equipment

Synopsis

Choosing the right equipment often is the defining point in actually getting to enjoy the chosen sport to the maximum.

The wrong choice could either hamper the user's enthusiasm for the sport or cause the user to encounter many uncomfortable situations and perhaps even injury.

The following is a recommended list of the ideal equipment choice that would be suitable for the optimal snowboarding experience:

The Right Stuff

Snowboard boots – this would probably be the most important piece of equipment the snowboarder would have to use. When buying the boots the user would have to look into the fit and ensure it is as comfortable as possible. Getting good deals is a good idea but not necessarily contributes towards getting a good pair of snowboarding boots. For those who are really serious about the snowboarding experience, custom making the snowboard boot would be a likely choice, especially if there is no budget to infringe the possibility.

Snowboarding bindings – the snowboard bindings are the only things that actually connect the user to the snowboard. Taking the time to learn and understand the different types of bindings will help the user make a more informed choice. The quality of the bindings also figures into the overall quality of the snowboard, thus affecting the actual snowboarding experience.

Accessories too should get an adequate amount of attention. Choosing the correct helmet, goggles, stomp pads and even the lock for the snowboard is important. Some snowboard users may even consider acquiring equipment that would help them enhance their balance and skills for the sport. The more popular choice would be the balance boards which are often used as an off season training tool. However because of its rather slim size, some caution should be exercised when using this particular piece of accessory..

Chapter 3:

Choosing The Right Clothing And Accessories

Synopsis

Understanding the various accessories and their individual contributions to the snowboarding experience would help the individual make better and more informed choices.

The following items should probably be considered as good and useable additions to acquire for the suitable accessories and clothing choice:

Clothes

The most important accessory to have for snowboarding would be the standard, three quarter shell snowboard helmet. This will help to protect the top, sides and back of the head. The snowboard helmet liners usually are made from light but still styro-foam material called EPS foam. Most of the snowboard helmets are bucket shaped and with a hard exterior shell, which is usually made of ABS plastic, polycarbonate plastic, fiberglass composite or carbon fiber.

Gloves or mittens are another accessory to consider for both comfort and quality. Mittens generally are a better choice as they have better water resistant qualities. This is due to the fact that mittens have fewer seams which mean less likelihood of water seeping in. Keeping the fingers together within the mitten also creates better warmth. The inner liner will also help to keep away any internal moisture or perspiration that might result from constant wear.

A good snowboarding jacket should be loose enough to be comfortable without weighing down the user or restricting movement in any way. Picking one that is slightly longer in style would help to ensure the user is kept warm and dry at all times. The jacket cuffs should have a good seal around the wrists to ensure proper sealage and for keeping out the snow. Everything would ideally be water proof for obvious reasons. Keeping the cold and dampness away from the body would help to keep the user both comfortable and in good health..

Chapter 4:

Getting Started With The Basic Moves

Synopsis

Getting started in almost any sport would ideally require some knowledge of the basics of that sport. This would help to give the individual some insight into the activity and thus bring on the interest to take up the sport.

The following are some of the basic moves that an individual would probable adapt when embarking on the snowboarding sport:

The Moves

The Ollie – this movement would involve the jumping off of the snow and landing smoothly without crashing. This is quite easy to do if the course chosen is a fairly easy one and the hill used is also easy to jump off.

The wheelie – this move is similar to the Ollie move but with a slight difference, where only one side of the snowboard comes off the snow. For some this is considered a much simpler move, however in essence it would mean the redistribution of weight and a little more balance.

The nose and tail toll – here the individual will simply switch the direction faced by flipping the snowboard 180 degrees, but the challenge in this move is to be able to maintain balance and avoid a crash.

The side turns – this move is usually executed when on an uphill movement or a half pipe movement. Once at the top the individual would essentially flip the board and go back down the other way. The maneuver must be done in a way that keeps the snowboard and the user looking as one fluid piece.

Nollie – this would basically mean a movement similar to that of the Ollie but executed in the opposite motion. The movement would require the jump to be made on the opposite side of the board leading rather than vice versa.

Chapter 5:

The Correct Riding Stance And Position

Synopsis

In order to be able to snowboard effectively, the individual should ideally have some sound knowledge on the various techniques that can be adopted for the riding stance and positioning patterns.

The following can be used as an informative guideline on the correct stance and position:

Placing the body in the correct position will help to keep the stance firm and the body in a more balanced position.

The decision on the stance for snowboarding would very much depend on the need to find a firm foundational lock in position that would allow pressure to be applied on both the nose and tail of the feet easily and comfortably.

Position

Trying different positions until the ideal and most comfortable sweet spot feeling is identified would be one way to go about doing this. This will usually mean, the width of the feet would more likely be slightly wider than the shoulder.

A stance and position adopted that is too narrow will cause the individual to feel unstable on the board, and there will not be enough adequate pressure exercised on the nose and tail of the snowboard to have complete control.

Likewise a stance that is too wide would also not allow the individual to have complete control as the restriction on the movements would be evident.

The two main rider positions will also eventually determine the style commonly adopted by the user. The goofy rider will snowboard on the right foot positioned at the front of the snowboard, and usually have a stronger back left leg, and are often left handed too.

In contrast, the regular rider would snowboard with the left foot in front of the snowboard and will usually have a stronger right back leg and is usually right handed.

Chapter 6:

Mastering Major Snowboarding Moves

Synopsis

After getting the basic moves well executed, the individual may want to venture into trying some maneuvers that would require a higher level of skill and competency.

However to avoid injury the snowboarder would need to take the time to understand the various elements connected to the new and more challenging moves.

The move advanced snowboarding motions simply requires the change in the techniques that is used for pressuring an edge or controlling pressure along as edge. It would basically be the pivotal point for the more modern snowboarding techniques used.

Getting Advanced

The following are some of the more challenging snowboarding moves that would be considered in the “major” category:

Heel side slip – without making significant changes in the centre of mass positioning of the individual on the snowboard, there would be a need to initiate changes in the amount of pressure on the edge with only one of the feet being used to make the changes. This independent use of the one leg would ideally give the individual more control over the maneuvers intended with the snowboard.

Linking turns – the edge movements are initiated with the front foot and then it is followed with back foot. This will allow the turn to start with more pressure on the edge at the front of the board and finish the turn with more pressure on the edge at the tail of the board, and all this is to be done without redistributing the centre of balance or disturbing the balance.

Being able to twist the snowboard in mid motion, will give the individual greater flexibility in initially different motions and styles and thus seem more demonstrative.

The euro carves – this is a trick performed on a carving board, where a turn is initiated where the rider slides the upper body across the snow on the toe side and the hips on the heel side. The body mass here is usually focused on the boards inside edge.

Chapter 7:

Getting More Fun With Riding Powder

Synopsis

There are several steps that can be used to ensure more fun is derived from the riding powder implementation in the snowboarding experience. With a little practice these contributing aspects will create a more enjoyable experience.

The following are some of the tips that can be used in the quest to ensure the optimum level of fun is enjoyed with riding powder:

More Fun

Beginning the experience in the early part of the morning, perhaps after a fresh snowfall session would be the best time to indulge in the riding powder experience. By pointing the nose of the snowboard, straight down the slope and getting some speed worked up, the powder will allow the rider to snowboard without much difficulty when compared to maneuvering in ice.

While keeping the weight slightly towards the tail, the individual will be able to bounce up gently and float high on the powder and keep the speeds up comfortably.

To retain the speed and begin the carving of small turn, there would only be a little effort required on the part of the snowboarder. Bouncing up at the beginning of each turn should be practiced to help free the snowboard from the powder and keep it in a high riding position.

To get a smooth ride, the individual would have to establish as rhythm of rising on the powder and steering. The motion of rising and steering consistently would help to create the carving motion smoothly back and forth.

Keeping up with the speeds in the powder will help to avoid situations where the snowboarder will get bogged down in the snow. Avoiding the urge to dig down too hard and tilting only slightly would be essential in ensuring the speed is not lost.

Chapter 8:

What Is The Backcountry

Synopsis

When it comes to the art form of snowboarding, those who are more advanced would be interested in exploring more untouched areas.

One of the reasons for this is the privacy it extends as not many other people would be using such places.

These are usually known as backcountry snowboarding, where the activity is usually carried out in sparsely inhabited rural regions.

The ungroomed and unmarked slopes or pistes in the back country present a particularly inviting challenge to the more adventurous snowboarder.

Something Different

Also these are would be ideal for those in pursuit of snowboarding in freshly fallen snow also referred to as powder.

However this is not really encouraged for the obvious reasons of safety. Being out alone in such areas where help is often miles away is not something that should be taken lightly. There is always the danger of injury, an avalanche, a person losing sight of time and thus putting themselves in danger of losing their bearings and sense of direction, and any other possible negatively that may occur in such remote areas. Therefore if the quest to venture into such untouched terrain is still presents an attractive option, the snowboarders would be well advised to go out in groups. Being properly attired and equipped is also something that should be seriously considered and followed.

Based on the remoteness of the locations, there is often no convenient mode of transportation available for such pursuits. There would be any fixed mechanical means of ascent such as ski lifts but getting to these locations by means of helicopters is often the only option available. More recently split boards have been able to gain some popularity where alpine touring skis are organized and the participants are able to experience the venture while retain the freedom of a snowboard for the descent. Upon ascent the rider would not need a board and neither would there be a need for snow shoes upon decent.

Chapter 9:

Learning The Advanced Free Style Spin

Synopsis

For the more advanced snowboarder, pushing the mark to try new things is often thrilling and most of these enthusiasts take on such challenges seriously. However some guide lines are necessary, coupled with a lot of practice is usually required before any progress is usually evident.

Spins are often pursuits which are popularly tried out by most advanced snowboarders. To be able to perform spin are considered very exhilarating for the snowboarder.

Being able to spin in the air effectively and with great showmanship is very exciting indeed. When attempting the spin in the air, the snowboarder is actually preparing to be more active in the advance freestyle tricks. These are often performed with skill and a sense of mastery.

Spins

The initial stages would require the individual practice the 180 degrees spin while on a gentle and less demanding slope.

This should ideally be done while traversing on the toe edge, bent down low and winding the body up in a direction opposite to the intended direction of the spinning.

Then by jumping in a straight up motion, while uncoiling the body to being the spin, the snowboarder would be able to execute the spin effectively. The hand at this time would have to be used as the balancing tool to keep the snowboarder firmly with the board.

For the landing the knees should be bent to be able to absorb the impact the landing will make. The landing should be on the heel edge of the snowboard while the ride is continued.

Practicing on both edges is encouraged and when the jump and spin is initiated the forward to fakie method should be practiced unfailingly. When the 180 degree spin has been mastered, then the snowboarder would be able to consider the spin.

Chapter 10:

Must Know Safety Tips For Snowboarding

Synopsis

In the quest not to break any bones when snowboarding, the individual should be adequately attired with all the necessary safety gear, to help minimize any possible chance of injury.

Perhaps one of the most basic items to include in the list of safety gear would be the wrist guards under the gloves. This is because most people would instinctively extend their hand to break a fall or to brace themselves against any impact when falling backwards or forwards. Other important gear to include would be the goggles, a snowboard helmet, suitably insulated clothing which should ideally also be waterproof and a good quality snowboard.

Great Info

Choosing a good pair of goggles is important as the sun rays are further amplified when reflected off the snow.

This would eventually lead to severe damage to the eyes and for the more immediate negative aspect; it would cause the snowboarder to experience blind spots and distorted vision if the correct goggles are not used to protect the eyes.

The safety measures are not only focused on the attire but also on the conduct of the snowboarder when on the slopes. Certain safety rules should be followed without exception to ensure both the individual and others using the slopes are kept safe.

Riding the trails with controlled speeds and passing other snowboarders using the same slope should be done with caution and consideration for others at all times. Staying well away from the other party when maneuvering an overtaking movement is important as some people may be startled by such sudden distractions and this would cause them to lose the balance temporarily.

Wrapping Up

Having sound knowledge of the safety tips that should be adhered to when snowboarding, would be something worth considering before actually going out on a stint. This is especially important for those who are not very experienced and more likely to sustain injury because of this ignorance.

I hope that now you are on your way to a better snowboarding. Go out and enjoy and be safe.

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