

VIDEO  
GUIDE

Learn 2

*ride  
right!*

SNOWBOARD

11

Raw

flowing  
freeride



Level 1 Beginner  
Take Me Pro Video Library  
Core Snowboard Training  
[flowingfreeride.com](http://flowingfreeride.com)



**VIDEO  
COMPANION**  
THIS GUIDE IS BEST  
WITH FLOWING FREERIDE  
L1 RAW SNOWBOARD  
VIDEO COURSE

**S'UP!**  
WELCOME TO LEVEL 1  
**YOU'RE RAW BABY!**  
(BUT NOT FOR LONG...)



## TABLE OF CONTENTS

WELCOME & ABOUT US	4-5
GOALS OF L1 RAW	6-7
RIDE RIGHT™ PREREQUISITES	8
L1 RAW STARTER GEAR CK LIST	9
VIDEO LESSON WRAP-UPS	10-24
DIAGRAMS & DEMOS	25-37
SPIT GLOSSARY	38-42
FINAL SKILLS CHECKLIST	43



## WELCOME TO FLOWING FREERIDE L1 RAW!

Flowing Freeride is professional core snowboard training online. Based out of Park City, Utah, we offer two effective ways to train you. Take Me Pro is a snowboarding training library with core course levels, L1 RAW, L2 RIDER, & L3 RIPPER. Then, when you want personal review, you can use Virtual Pro—a service that allows you to submit clips for private video analysis of your footage!

### LEARN TO RIDE RIGHT™ WITH PRO SNOWBOARD LESSONS.

WE TEACH YOU PROVEN PROPER RIDING TECHNIQUES, THAT WILL HELP YOU SPEED UP YOUR MASTERY TIME OF EACH SKILL & TRICK, WHILE REDUCING INJURIES



LIKE ALL GOOD SNOWBOARD PROGRAMS WE WANT YOU TO PROGRESS SAFELY, LEARN PROVEN TECHNIQUES, AND AVOID MAJOR INJURIES.

Our professional core training is led by Flowing Freeride co-founder & AASI Level III certified snowboard instructor Blake Clark. Blake started snowboarding at age 11 and competing at age 19 in the USASA circuit reaching nationals twice as a sponsored competitor in slalom, giant slalom, boarder-X, slopestyle, & half-pipe. In addition to 8 years as a competitor Blake has 16+ years experience teaching and coaching at top resorts across the U.S. and abroad. He also holds an ACE II certification (*Advanced Children's Educator*) & is a certified freestyle specialist.



**Take Me Pro**  
SNOWBOARD TRAINING LIBRARY



**Virtual Pro**  
VIDEO MOVEMENT ANALYSIS



# L1 RAW COURSE GOALS

**Flowing Freeride's biggest goal for those of you enrolled in our L1 RAW Pro Snowboard Training, is for you to STAY IN CONTROL while riding your snowboard.**

This means you can safely load and unload a lift while maintaining balance; as well as steer, slow, switch-edges and stop on your board while on a green level trail. You should know who can help if you are injured; and the key parts of the responsibility code—like who has the right of way and other resort rules while hitting the slopes.

In addition, our lessons are set up with the goal of you gaining the experience using and understanding snowboard set-ups before making expensive purchases. We teach you how a snowboard is built to perform so you can learn to manipulate your equipment at a higher level of riding. Also we help you understand the features of resorts, like how navigate them using common resort transport methods, understand the color coding of trails so you don't end up on the wrong lift, as well as how to set up a lesson if you can afford to do so.



# L1 RAW RIDE RIGHT™ PREREQUISITES

Flowing Freeride's L1 RAW course is for those who want to learn to Ride Right™ either completely from scratch; or who have been riding but struggle in essential training and need to go back to the basics to fill in holes and ensure proper technique. Anyone starting here will get the fundamentals to build proper riding skills quicker.

Now, while we understand you're RAW, and there is no expectation that you have experience snowboarding at this level, there are still some prerequisites you need to consider. Snowboarding is an energetic, crazy, high-impact sport. You need to be in the physical condition to ride.

## **HERE ARE FLOWING FREERIDE'S RECOMMENDED PHYSICAL PREREQUISITES... YOU SHOULD BE ABLE TO:**

- Walk 1 mile on an uphill incline without stopping
- Handle high-level aerobic activity for 30 min without stopping
- Carry at least 25 lbs comfortably (you lug around equipment)
- Deal with elevations of 7,000'+ (2,200+ m) above sea level without altitude sickness
- Be free of major health conditions *especially in the heart and lungs*
- Deal with the elements i.e. low temperatures, sun, wind, etc.
- Understand that for most people taking a fall is apart of the sport; so if you're already injured wait until you heal before starting to ride



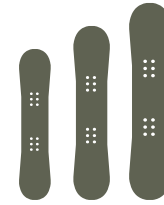
## L1 RAW GEAR CHECKLIST

- Helmet, board, bindings, boots & goggles
- Waterproof coat & outer pants preferably with vents and inside pockets
- Under layer made with synthetic fabrics made to wick away moisture
- No jeans and no cotton socks (try bamboo or wool)
- Layer clothing to have options for weather changes & choose loose, flexible, insulated clothing
- Mittens for extreme cold & gloves on warmer days
- Beanie hat & neck gaiter
- Water bottle, snacks, cell phone charger, & sunscreen
- Optional safety gear: kneepads, wrist guards, impact shorts
- If going out of bounds (not recommended for new riders) take a walkie-talkie, pieps/beacon, & always bring a buddy

# L1 RAW COURSE WRAP-UPS!

IN THIS SECTION WE  
PROVIDE A SUMMARY OF  
EACH WRAP-UP LISTED  
AT THE END OF EVERY  
VIDEO IN YOUR COURSE

**REMEMBER YOU NEED  
TO PASS YOUR FINAL SO  
STUDY-UP RIDERS!**



## EQUIPMENT

Gear is a big topic for any level of rider. But, as you're just starting out, our goal is to introduce you to how snowboard equipment works, what's needed, and provide recommendations on getting started. There's a lot of gear used specifically for beginners and safety equipment that can help the pain and injuries when you fall.

### What To Wear Snowboarding

- Waterproof Outer Coat & Pants
- Layer Clothing To Have Options For Weather
- No Jeans
- No Cotton Socks Try Bamboo Or Wool
- Loose, Flexible, Insulated Clothing
- Fabrics Made To Wick Away Moisture

### Why Not Borrow

- Friends & Yard Sales May Have Used Gear
- Could Be A Good Deal... Or Not
- Gear Is Made For Various Sizes, Ability & Level
- Used Gear May Not Suit Your Style Or Level
- Old Gear May Be Damaged & Dangerous
- Take Used Gear Into A Locally Owned Shop To Check
- Locally Owned Snowboard Shops Are Typically Friendly
- Beginners Often Rent To Get Use To Equipment

## Why Rent As A Beginner

- Gear Is Made For Various Sizers, Ability, & Level
- Buying Is Expensive - Know What You Want First
- You May Progress Beyond Your New Gear Quickly
- Renting As A Beginner Is Cost Effective
- Allows You To Practice With Safe Equipment
- Test Out Different Boards For Your Level
- Learn Your Style & Riding Interests

## Types Of Rental Shops

- On-Resort Corporate Rentals  
*Pros: Convenient Location & Reliable Gear*  
*Cons: Higher Price, Service Mediocre*
- Off-Resort Locally Owned Shop  
*Pros: Friendly, Knowledgeable, May Cost Less*  
*Cons: Further Away If Gear Has Problems*

## Gear Gets Old

- All Gear Breaks Down
- Back Binding Gets Most Wear
- Breaking A Binding Means You Can't Strap In
- A Broken Binding Makes It Hard To Ride Down

## Your First Set-Up: Boots, Bindings & Board Overview

- Set-Up= Board, Boots, & Bindings
- Wear A Helmet
- Other Safety Equipment:  
*Wrist Guards, Knee Pads, Impact Shorts*
- If Buying, Get Boots First
- Waterproof Outer Clothing:  
*Coat, Snow Pants, Mittens/Gloves*
- Layer-Up Your Underclothing

## Focus On Bindings

- Two Strap Ratchet System Typical
- Baseplate Connects Board To Binding
- Common Beginner Angles 6° Front & -6° Back
- Broken Binding = Major Problem

## Boots For Beginners

- Soft Boot Often Preferred
- There Are Laces & Laceless Systems
- Pull Up Socks All The Way
- Align Boot Tongues
- Re-tighten If Loose

## Safety Gear Options

- Catching An Edge = Tripping Over Edge Of Board
- Protect Your Brain! Wear A Helmet
- Optional Gear:  
*Wrist Guards, Knee/Elbow Pads, Spine Protector, Impact Shorts*

## What To Buy First

- #1 Helmet For Safety
- #2 Boots More Customs & Easy To Carry
- #3 Bindings
- #4 Board:  
*Largest Piece Of Gear & Good To Know Your Riding Style To Choose*



## TERRAIN

In This Section You'll Learn What To Expect On The Mountain With Custom Lessons On Navigating Resorts And Beginner Slopes.

### Around A Resort

- Some Are Skier-Only So Check Before You Go
- Snow Quality Is Key  
*The Better The Snow, The Better The Resort*
- Powder= Fresh, Soft, Natural Snow
- Busy On Holidays, Weekends & Pow
- Tix Online Usually Less Than At Window
- Usually Easy To Set Up Lessons Online

### Transportation & Navigating The Mountain

- Aerial Lifts Include Cab/Tram, Gondola, Chair Lift
- Ground Lifts Include:  
*Tow-Rope, Pommel, T-Bar & Conveyer Belt*
- Get You From Parking, To Village, To Mountain
- Ground Lifts Pull You Up Short Distances
- Often Used On Bunny Slope Or Tricky Spots

### Your First Practice Slope

- Resorts Have Bunny Slope Or Training Hill For Beginners
- Skate/Glide On Flat Spot To Get Feel
- Then Move To Gradual Slope
- Off Resort Find Mild Slope With Plenty Of Snow & Flat Spots For Natural Stop

### You're Green: Elements Of A Beginner Run

- Trails Are Color Coded  
*Green For Beginners*  
*Blue For Intermediate*  
*Black For Experts*
- A Beginner Slope Is...  
*Wide Without Obstacles*  
*Mild Grade Slope*  
*Not Many Flat Spots To Get Stuck In*





## SAFETY

Nothing Discourages A New Rider More Than Injuries And Lack Of Preparation In An Emergency. In These Lessons We'll Arm You With The Safety Knowledge You Need To Start Out Riding Right! These Little Safety Tips Can Keep You Riding

### Best Practices For New Riders

- Know Emergency Number Like Ski Patrol
- Dress For The Weather
- Have A Map
- Find Easy Trails & Amenities Like Toilets
- Stay Hydrated & Have Snacks Handy
- Prevent Sun Burns & Damage To Eyes
- Preserve Cell Phone Batteries
- Wear Only One Ear-bud If Listening To Music

### Fitness & Common Injuries

- Wrist Injuries Most Common
- Hydrate, Exercise & Stretch
- Punch The Snow, Close Fist, Not Slapping The Snow
- Spread Crashes Out. Don't Fight It
- Heelside Fall; Lift Arms Up, Butt To Back
- Toeside Crash; Baseball Slide The Fall

### Resort Signs & Markers

- Pay Attention To Signs, Bamboo, Flags
- Signs & Markers Keep You Safe
- Understand The Mountain Code
- Always Obey The Signs & Markers

### Responsibility Code Basics

- The Full Code Is Covered In L2 Rider
- #1 Rule = Stay In Control
- Person In Front Has The Right Away
- Look Up-Hill Before Merging, Turning Or Skating
- Obey All Resort Signs & Markers
- Know How To Load & Unload The Lift Safely
- If Out Of Control Go Back To Easier Terrain

### Ski Patrol & Finding Help

- Ski Patrol: Like The Doctors Of The Mountain
- If You're Injured They're There To Help
- Keep Ski Patrol & Mountain Dispatch Numbers
- Check Maps So You Know Their Location
- Medical Shacks Have Red Or White Cross
- Uniforms Are Normally Red With White Cross

### What Not To Do On A Lift

- Master LI RAW "Before-Lift" Drills
- Watch "Riding The Lift" LI Drills
- Watch "The Responsibility Code"
- Know How To Load & Unload Safely
- Don't Bounce Or Swing
- Be Safe & Enjoy The Ride



## DRILLS

Finally it's time to put on your board and start practicing. This lesson plan was built for spankin' new snowboarders to ensure you have the proper foundation needed to progress into seriously sweet riding skills.

### Proper Stance And Alignment

- Stance Should Be Shoulder Width Apart
- Basic Binding Angles Are 6° In Front And -6° In Back
- Regular = Left Foot Forward
- Goofy = Right Foot Forward
- Shoulders, Hips & Knees Parallel To Board
- On Steeps Drop Front Shoulder, Hip & Bend Knees

### Finding Your Front Foot

- Which Foot Is In Front While Gliding On A Bike?
- Stand & Fall, *First Foot Down Is "Power Foot" & Goes In Back*
- Most Riders Are Regular
- Regular = Left Foot Forward
- Goofy = Right Foot Forward

### About Muscle Memory

- Fold Arms, Then Try Opposite Way
- Demonstrates Muscle Memory
- Practice Until It's Automatic
- Complete Motions Without Thinking
- Important For Snowboarding So Moves Are Fluid
- Must Practice Motions Correctly Over & Over

### Understanding Heelside & Toeside

- Heelside:  
*Sitting/Squatting Position - Most People Prefer This Edge First*
- Toeside:  
*Tall Upper Back & Extend Hips, Stick Out & Flex Stomach*
- Twist: Feet Steer Independently
- Tilt: Feet Work Together
- Practice Tilt & Twist For Rhythm Used  
In Turns, Carving & Stopping

### The Twist Drill: Balance And Static Moves

- Twist Rhythm Important For Turns
- Front Foot Then Back Foot Motion
- Practice Heelside & Toeside Edge
- Start One Foot Strapped Then Both
- Do With A Partner If Possible
- Or Balance Against A Hard Surface  
*While Standing On A Soft Surface*

### TPTP (TTPP) How Your Board Performs

- Twist & Flexing Board Helps With Steering & Absorbing
- Pressure Helps The Board Go
- Tilt/Edge Angle Turns The Board- Tilting Uses The Sidecut
- Pivot/Rotations Uses A Lot More Energy & Power  
*Be Careful To Stay Balanced*

## Practicing Board Performances

- Know How Your Board Works/Performs
- Practice With One Foot In Before Lift
- Front Foot Is Strapped In & Back Foot Pushes Like Skateboarding
- Keep Board Forward Direction - Less Stress On Knee
- Slope Should Be Mild & Flat At End
- Tilt Edge To Slow Or Drag Back Foot In Snow

## Steering w/Feet, Hips & Lower Body

- Steer With Front Foot Twist Movement
- Throwing Shoulders/Upper Body = Chucking Meat
- First 2/3 Of C Turn Needs Front Foot Weight
- Dropping Front Shoulder Is A Reminder To Bend Knee & Put Weight On Front Foot

## J Turns & Stopping

- Use Small Gradual Movements
- Be Aligned & Glide - Don't Force It
- End Tilt Edge High & Step Uphill
- Turning Uphill Makes A "J" Shape
- Always Secure Your Board After Removing - Flip It Over In The Snow

## Two Feet In

- Practice Two Feet In Before Lift
- Find Mild Slope & Hike Up & Strap In
- Practice Turning Board Down Slope
- Tilt Edge Up & Slow Down Then Repeat
- Not In Control? Stay On Practice Hills
- Once Comfortable Try The Lift
- Practice LI Raw Drills With Two Feet In

## How To Get Up After A Fall

- Practice Getting Up Before Riding The Lift
- Get Board Across Slope (Perpendicular)
- Fall With Head Pointed Up The Hill (Feet Down)
- Easiest Way To Get Up Is On Toeside
- Walk Your Hands Toward Knees & Stand
- Heelside Is Hard, Roll To Stomach/Toeside
- Keep Movements Small To Avoid Sliding

## The Lift: Loading, Riding, & Unloading

- Ride With One Foot In/One Out
- Can Ask To Ride Alone
- Follow Chair Out When Loading
- Don't Bounce/Swing & Pull Safety Bar Down
- Can Signal Liftie So Slow Chair Down
- Liftie= Lift Operator
- When Unloading Lift Bar & Rotate Body
- Put Back Foot On Board Before Standing Up
- Align & Stand Up
- Put All Weight On Front Foot When You Stand

## Posture & Stance On A Slope

- Stance Adjusts With The Slope
- Angle To Stay Parallel To Slope & Board
- Put Weight On Front Foot
- Bend Knees
- Drop Front Shoulder/Hip
- Look Over Front Shoulder
- Leaning Back = Loosing Control & Is Ineffective  
*Like Steering With Back Wheels Of Car*

## Stopping & Balancing

- Get Board Parallel To Fall Line Then Choose Heelside Or Toeside Stop— Sit On Knees Or Butt
- Heelside Stop: *Gradually Lift Toes, Squat Like In A Chair & Move Board Perpendicular To Slope*
- Toeside Stop: *Gradually Lift Heels, Stand Tall, Bend Knees, Stomach/Hips Thrust Out & Move Board Perpendicular To Slope*

## About Slide Slipping

- Called Skidding Or Snowplowing
- Board Stays Perpendicular To Slope
- Tilt Downward Edge Up Evenly & Slide Down
- Helps Get Down Steep Terrain Cautiously
- Scrapes Off Good Snow Annoying Other Riders
- Only Use If Necessary
- Goal Is To Advance To Carve Across Slope

## The Falling Leaf

- Stay On One Edge & Alternate Front Foot  
*Exp: Glide With Left Foot Forward To J Turn Then Look Over Opposite Shoulder & Glide Toward Right Foot Forward*
- Notice Which Foot Forward Feels Best  
*Helps You Navigate Obstacle If You Don't Have Time To Switch Edges*

## The Garland Drill

- Also Called Smile Turns Or Linked J Turns
- Point Board Parallel To Fall Line Then Back To Same Edge
- Don't Switch Edges - Go Same Direction
- Half C Turn Helps Build C & S Turns
- Builds Confidence On Each Edge
- Practice Weak Edge (Toeside Or Heelside)

## C-Turns—Switching Edges

- Switch Edges Heel To Toe/Toe To Heel
- Must Switch Edges To Fluidly Ride
- Build On The Garland Drill
- Not Like J Turns Since You Start By Traversing Across The Slope Not Directly Down
- Will Link Into S Turn Next
- Focus On Front Foot Steering

## Teaching Young Kids

- No Perfect Start Age... Depends On Child
- Only Try Once Kid Is Capable Of Balance
- Spread Stance Out For Bigger Head Ratio Or Top Heavy
- Try Games, Small Hills & Short Intervals
- Rent A Leash Board For Very Young Kids
- Don't Take Child Up Lift If You're Not A Strong Rider
- If Riding With Child Stay Behind Them To Help Them Get Up
- Try An ACE Certified Instructor
- Don't Force It & Have Fun

## Review & Tips + What's Next

- Review:  
*Before Lift & After Lift Sections*  
*One-Foot-In Skating Vs. Two-Foot-In Riding*
- LI Practice:  
*Proper Stance, Front Foot Steering, Board Performances, Riding Lift, Garlands, Falling Leaf, J & C Turns, Falling & Getting Up*
- Next We Master Fluid Riding:  
*S Turns, Steeper Blue Terrain, Off Piste & Navigating Obstacles*



## WEATHER

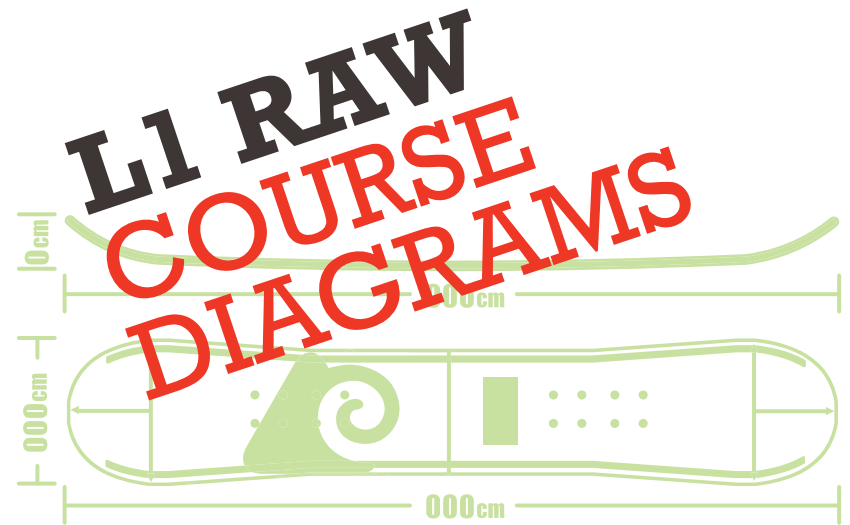
It's time you know...snow isn't just snow! This section will help you understand how mother nature impacts your day at the slopes so you can come prepared.

### Responding To The Forecast

- Be Prepared & Know Temperatures
- Layer Up - You Can Take Them Off
- Snow Reflects Large Amounts Of Sun
- Use Skin & Eye Sun Protection
- Buy Snowboard Clothes With Vents
- Overheating? Stop & Take Off Hat/Helmet

### Snow Conditions Impact Your Riding

- Watch Forecast For Snow Conditions
- Get Up Early For Powder
- Go Later Afternoon In Warm/Spring
- Spring Snow Is Hard Early & Slushy Later
- Powder Gives Friction - Ride Steeper Slope
- Conditions Make Big Difference In  
Your Learning & Performance



IN THIS SECTION WE  
PACK IN THE MOST IMPORTANT  
DIAGRAMS AND DEMOS TO  
GO ALONG WITH THE CORE  
TRAINING PROVIDED IN  
L1 RAW.

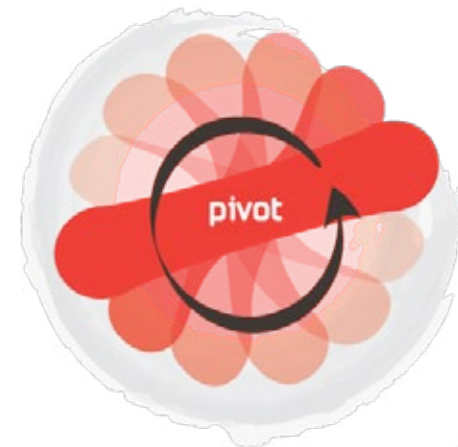
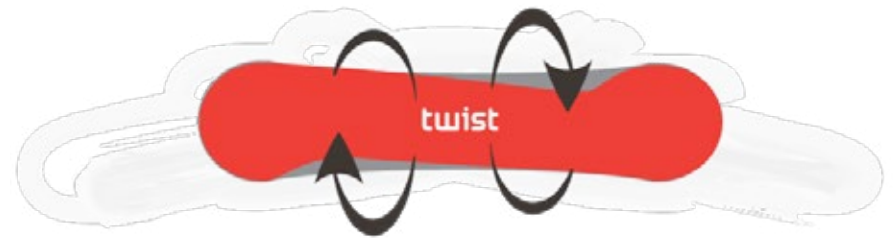
**REMEMBER!**  
**THE REAL TEST IS YOUR  
PHYSICAL RIDING SKILL.**



# SNOWBOARD TERMINOLOGY

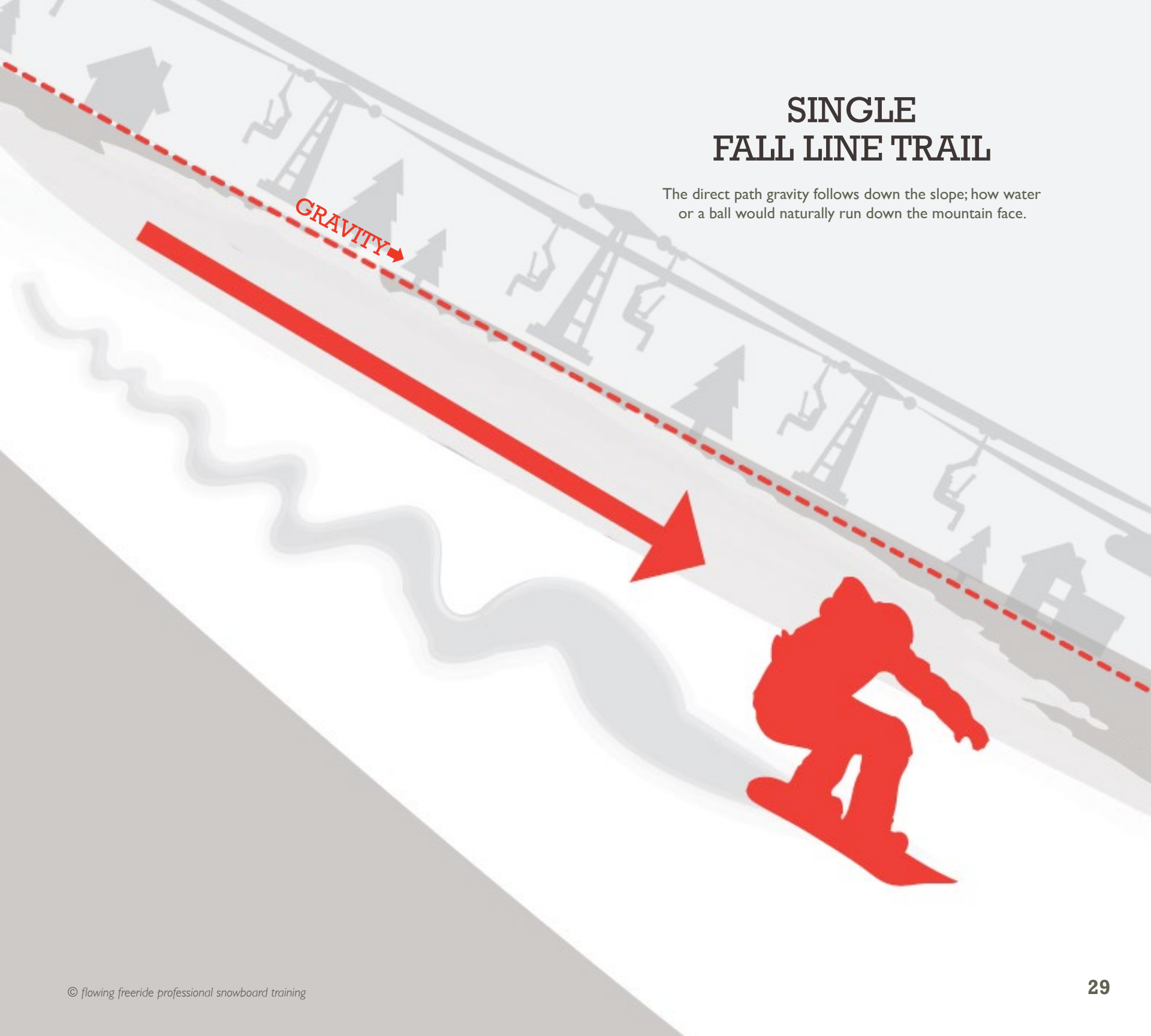


# TPTP BOARD PERFORMANCES



# SINGLE FALL LINE TRAIL

The direct path gravity follows down the slope; how water or a ball would naturally run down the mountain face.



# PROPER RIDING STANCE

How you stand and distribute your weight on the board.

- Stance Should Be Shoulder Width Apart
- Weight On Front Foot Steer From Bottom Up
- Regular = Left Foot Forward
- Goofy = Right Foot Forward
- Shoulders & Knees Parallel To Board
- On Steeps Drop Front Shoulder, Hip & Bend Knees



# SLIDE SLIP

(aka snow-plowing) skidding down perpendicular to fall line on one edge. Use when you need to quickly bleed speed or to safely get down a slope you're not skilled enough to ride.

This scrapes off the good snow so use sparingly.



**HEELSIDE SLIDE SLIP**



**TOESIDE SLIDE SLIP**





# J-TURN

Get board flat & parallel to the slope (straight down fall line) then lift board edge angle gradually to start turning up the hill making a "J" shape in the snow.

J-TURNS PRACTICE ONE EDGE OF YOUR BOARD AT A TIME.

TOESIDE J-TURN



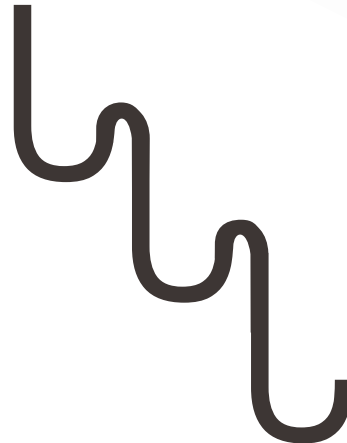
HEELSIDE J-TURN



J-TURN GARLANDS  
AKA SMILE TURNS



J-TURN GARLANDS  
AKA SMILE TURNS





# C-TURN

Start on one edge and switch to the other making a "C" shape in the snow (toe-to-heel and heel-to-toe)

C-TURNS HELP YOU PRACTICE SWITCHING EDGES  
Not Like J-Turns Since You Start By Traversing Across The Slope  
Not Directly Down. Will Link C's Into "S" Turn in L2 RIDER





## SPIT

“SPIT” IS FLOWING FREERIDE’S GLOSSARY OF COURSE LINGO BLENDED FROM PROFESSIONAL SNOWBOARD INSTRUCTIONAL TERMS, INFORMAL RIDER SLANG, & SOMETIMES RANDOM PHRASES USED TO EXPLAIN IDEAS IN OUR LESSONS. SPIT TERMS VARY PER LEVEL AND ARE SELECTED TO ASSIST WITH STUFF WE COVER SPECIFICALLY IN THIS COURSE; AS A BEGINNER YOU CAN EXPECT TO FIND MORE ADVANCED SPIT AS YOU PROGRESS.

**AASI:** American Association Of Snowboard Instructors; the U.S. National organization of professional snowboard instructors.

**ACE:** An AASI Advanced Children Educator Certification. Instructors specializing in Children’s snowsports education.

**BAMBOO:** sticks that hold up signs, ropes, and mark trail limits all over mountain. Must pay attention to and obey these markers on the mountain.

**BACK BINDING:** often the first to wear out since you remove your back foot to skate to lift and in flats. A broken binding is often the most problematic item of any damaged gear; if your straps/other mechanisms don’t work your foot slips out and it’s very difficult to ride down the mountain.

**BINDINGS:** connected to board. The bindings secure your boots/feet usually with two straps - a toe strap and ankle strap but there are other systems.

**BINDING ANGLES:** increments of 3° where 0° is perpendicular to the front of the board, 90° is parallel to the front of the board & -90° would be parallel to the back of the board. Beginner binding angles are often 6°, -6°.

**BUNNY SLOPE:** beginner slope or training hill usually at the base of the chair lifts. This is where you’ll start if you’re just learning to ride or you’re taking a beginner lesson.

**C-TURNS:** starting on one edge and switching to the other making a c shape in the snow (see toe-to-heel and heel-to-toe)

**CAMBER:** shape of the board from tip to tail similar to the shape of bow (see also reverse camber). We cover this in L2 Rider when we discuss board technology in-depth.

**CATCHING AN EDGE:** downhill snowboard edge digs into snow and you trip, often whips you over; a very dangerous & hard fall.

**CHUCKING YOUR MEAT:** ineffectively throwing your arms and shoulders wildly to try and control yourself or stop from falling. A movement indicating you’re out of control.

**CORDUROY:** groomed trails leaving lines in the snow like corduroy pants.

**DUMPING:** when it’s currently snowing like crazy.

**EDGE ANGLE:** lifting/tilting snowboard on its toe/heelside edge typically to control speed, maneuver, turn and carve.

**FALLING LEAF:** a beginner drill staying on same edge but changing your lead foot— i.e. Right foot in front then right foot in back

**FALL LINE:** The direct path gravity follows down the slope; how water or a ball would naturally run down the slope face. A trail that follows gravity’s natural path down the mountain.

**“FULL CERT” OR LEVEL 3:** short for a fully certified level III snowboard instructor. The highest level **AASI** certifies a snowboard instructor.

**GAPER:** Insult for a clueless newbie unsure of what they’re doing.

**GARLAND DRILL:** a good beginner drill. Keeping same foot in front then move the board straight down the fall line & then back across multiple times, while staying on the same edge. Goal is to get the board parallel to the fall line then perpendicular and helps to build turns and even movements on toe and heel sides (see also smile turns).

**GLIDING:** while skating back foot is on board to coast.

**GOOFY:** right foot forward stance; your right foot is the front foot you use to maneuver your board (see also regular)

**GOGGLES:** strap on eye protection for skiers and snowboarders.

**GONDOLA:** take boards off to sit into holds about 8 people & lots of gondolas on the wire

**GREEN:** trails marked with a green circle are the easiest trails on the mountain.

**GROOMED RUNS:** (aka corduroy) snow machines till up the snow to make it smooth with lines like corduroy.

**GROUND LIFTS:** rope-tow, pommel, conveyor belt & t-bar.

**HEELSIDE:** the edge on your snowboard that the heels of your boots are closest to (see also **TOESIDE**).

**HEEL-TO-TOE:** making a c shaped turn i.e. Switching edges, starting from heelside and finishing on toeside.

**HELMET:** protects your melon (aka noggin or head) always wear while riding.

**HIGHBACK:** tall piece of plastic on the back of your binding that supports the heel of your foot.

**IMPACT SHORTS:** protects tail bone, hips & upper legs from hard impacts.

**J-TURN:** start parallel to the slope and start turning up the hill making a J shape in the snow.

**KID LEASH:** material connected to a very small child's board (under age of 7) to help pull child around.

**LACELESS SYSTEM:** boot laces are constructed into the boot and just require pulling laces connected to a turning pulley i.e. You don't tie the boots like shoes and it's quicker.

**LACE-UP SYSTEM:** boots have laces just like shoes and you tie them.

**LINE:** As in "Take any line" or "Pick your line"; taken from the literal line your board makes in snow, but is slang for choosing your unique route.

**LINKED J-TURNS:** another name for garlands or smile turns.

**LIFT RAMP:** slope at top of lift that you glide down one foot in; often a spot beginners fall and get hurt so pay attention to alignment.

**MAGIC CARPET:** conveyor belt that takes newbies back to the top of a bunny slope.

**MITTENS:** best option for very cold weather as they keep your fingers all together generating more body heat than gloves.

**MOM & POPS:** private locally owned rental/sales shops with a more intimate atmosphere. Great spot to find passionate hard-core riders with great advice. Usually further from the resorts, so a bit less convenient if something goes wrong with gear on the mountain but also a little less in cost to rent gear.

**MUSCLE MEMORY:** movements repeated enough that the brain develops an automatic response memory; important to practice movements until this develops and they become natural.

**PARALLEL:** side-by-side alignment typically in reference to your board going "straight-down" or the same direction as the fall line.

**PERPENDICULAR:** 90° angle to slope typically in reference to your board cutting across the fall line.

**POW:** short for powder means untouched fresh snow.

**POWDER DAY:** right after a storm and there is a lot of fresh snow; great reason to call in sick, but wake up early as everyone wants to hit the slopes so resorts are busy.

**PRESSURE:** applying your weight to different areas of your snowboard.

**RATCHET SYSTEM:** 2 strap binding system using ratchets & teeth to tighten the binding - most common

**REGULAR:** left foot forward stance; your left foot is the leading foot you use to maneuver your board - most people are this stance (see also goofy).

**RESPONSIBILITY CODE:** a code of conduct and mountain rules for skiers and snowboarders. The rules of being up on the mountain.

**RESORT SHOPS:** a typically corporate owned snowboard rental and sales shop. Usually higher employee turnover and less intimate atmosphere but conveniently located on or near the resort. Costs a bit more than mom-and-pops.

**REVERSE CAMBER:** opposite of regular camber. The board shape from tip to tail is reversed and banana shaped (show diagram) often used for beginners as it's hard to "catch an edge" with this type of board.

**RIDING STYLES:** there are 3 main styles of riding; freeride, freestyle & alpine.

**SETUP:** your board, boots & bindings - they come in different sizes, shapes & flex for different abilities and styles of riding.

**SHOP:** short for snowboard shop i.e. Retail business selling snowboard gear - two types: mom-and-pops or resort shops.

**SKATE:** front foot strapped-in while back foot pushes. This is done in beginner practice and while getting on/off chairlifts or to clear flat areas if you didn't maintain enough speed.

**SKI PATROL:** doctors/police out on the mountain

**SLIDE SLIPPING:** (aka snow-plowing) skidding down perpendicular to fall line on one edge. Use sparingly only when you need to bleed out speed or for safety to get down a slope you're not skilled enough to ride. Warning: this scrapes off the good snow and often irritates other riders.

**SMILE TURNS:** linking j-turns together making smile shapes in the snow also called garlands

**STANCE:** how you stand and distribute your weight on the board.

**STEP-INS:** binding system that "clicks" in all in one motion; they save time but fail easier & are considered somewhat outdated technology.

**SWITCHING-EDGES:** turning from toe-to-heel or heel-to-toe on your snowboard (see the C-turn drill for practice.)

**TAIL:** back of snowboard, where you would apply aft pressure. (See also nose)

**TAFFY TWIST:** torsion aka twisting the board like taffy. Covered in board performance lesson.

**TILT:** putting board on edge. Covered in board performance lesson.

**TOESIDE:** the edge on your snowboard that toes are closest to (see also heelside)

**TOE-TO-HEEL:** making a C-shaped turn starting on toeside and finishing on heelside.

**TRAM:** has 2 trams on the wire holds 20-150 people that meet at top & bottom - more waiting

**TWO-FEET-IN:** both feet are strapped in to your board via bindings and you're now ready to rip. You normally strap both feet in after you unload the lift.

**UV PROTECTION:** sunblock, clothes & goggles/sunglasses; sun rays are stronger at higher altitudes and reflect off of snow, very important to have UV protection.

**WATERPROOF CLOTHING:** helps repel water; this is what the outer layer of your snowboard clothing should be made of i.e. Pants, coat and gloves.



## GUIDE

# ARE YOU READY TO RIDE IN L2?

## L1 Raw Final Skills Checklist

- I know what equipment is in a "set-up" and how to put everything on properly
- I understand how a snowboard performs TPTP
- I've found my front foot and know if I'm goofy or regular
- I can stay in control i.e. steer, slow, & stop on my board
- I can safely load and unload the lift while maintaining balance
- I can get my board flat and parallel to the fall line
- I've practiced J-Turns & Garlands heel/toe edges
- I know how to switch edges and complete C turns
- I know who has the right of way on the mountain & the basics of the responsibility code
- I know how to find help if injured
- I can comfortably ride a green trail with confidence and control

**CONGRATS!**  
**YOU'RE NOT**  
**TOO RAW**  
**TO RIDE**



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