

VIDEO

GUIDE

Learn 2

*ride  
right!*

SNOWBOARD

L2

Rider

Flowing  
freeride



Flowing Freeride  
Pro Video Series  
Level 2 Intermediate

**VIDEO  
COMPANION**  
THIS GUIDE IS BEST  
WITH FLOWING FREERIDE  
L2 RIDER SNOWBOARD  
VIDEO COURSE



**YO!**  
WELCOME TO LEVEL 2  
**YOU CAN'T RIP UNTIL  
YOU RIDE RIGHT!**  
(SO CARVE INTO YOUR COURSE...)



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## WELCOME TO FLOWING FREERIDE L2 RIDER!

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

# L2 RIDER COURSE GOALS

**Flowing Freeride's #1 goal in L2 RIDER Pro Snowboard Lessons is for you to leave behind the nerves, fears, and pain of inexperienced riding & hit the slopes with independence, confidence and knowledge.**

In L1 RAW, we built your riding with baby steps, in L2 you'll take a great leap forward. In L1 you may have started as a "Gaper" feeling like a poser in your snowboard gear. In L2 you're apart of the culture— you'll gain your independence, know what you're doing, how to ride, and have a blast on the mountain.

In addition, our course goals are to expose you to the high level riding skills and concepts you need to become a true ripper. This means when you graduate from L2 you'll have what you need to navigate and traverse blue level terrain with rhythm and fluidity. We also dive into gear terms and teach you how to get out of the groomers into more difficult terrain. You'll know the responsibility code in it's entirety, you'll also get an overview of the different snowboarding riding styles, and start to understand with dynamic riding.

# L2 RIDER RIDE RIGHT™ PREREQUISITES

Flowing Freeride's L2 RIDER is for those who can manipulate their board into core fundamental movements while maintaining complete control on a green level run or higher. You can expect that by the completion of L2 RIDER you'll have taken a fairly big leap toward advanced riding knowledge and skills.

This course is not for a complete beginner. It's built on the fundamental skills and knowledge covered in L1 RAW, some of which is standard training, so you may be efficient at these skills if you have experience or prior instruction. However, Flowing Freeride's method of delivering comprehensive training in several areas of snowboard instruction is unique, and we do cross-reference information between courses. So, while it's not a requirement, you will get the most benefit if you have access to each level for instruction, review, and reference.

**ON THE NEXT PAGE ARE THE  
FLOWING FREERIDE RIDE RIGHT™  
PREREQUISITES RECOMMENDED  
FOR L2 RIDER, ALL OF WHICH WE  
COVERED IN L1 RAW...**

## KNOWLEDGE CHECKLIST...

- The most important elements of the rider responsibility code
- What to wear, must-have outer layers, fabric types, and how to layer depending on the weather/season
- How to size, put-on, and balance on your snowboard
- How binding angles are used and some basic starter angles
- Proper snowboard stance and body alignment
- Know board performances (TTPP); how your board is built to perform to manipulate movements
- Understand terrain, slopes types, and color coding of trails
- Who to call and how to find help while at the resort
- Know the definition of a single fall line trail

## SKILL CHECKLIST... YOU MUST BE ABLE TO:

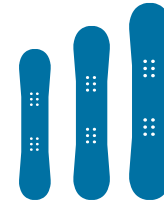
- Know which foot forward you are i.e. goofy or regular
- Maintain balance, glide, slow, and stop on both toeside and heelside edges
- Safely load and unload a lift while maintaining balance
- Steer your board using your front foot
- Get your board flat and parallel to the fall line without losing control
- Comfortably get some speed without fear or loss of control
- Be able to complete both heelside and toeside turn by starting on one edge and transitioning to the other
- Know the safe way to get up after a fall while on a slope
- Have mastered riding a green run efficiently, in control, and without fear



# L2 RIDER 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

As a rider you've got the basics in snowboard equipment down. Now you're ready to dig into deeper gear topics, like terminology, technology, variety and maintenance. We've got you covered here.

### The Board Edge & Sidecut

- Edges made of metal & metal grips better than plastic
- Sidecut: Size 8 M or 10 M
- Sidecut is the shape of board edge & is curved
- Magnatraction = serrated edges;  
more grip icy/crud hard snow

### About The Board Base

- Wax for pores P-tex outer layer
- Core is inside center of board
- Different materials for riding styles
- Stiff board: speed & hard impacts
- Soft board: Flexibility & tricks

### Understanding Camber

- Normal camber: bow & arrow
- Reverse camber: banana
- Hybrid camber: mixture of both
- Camber provides pop
- Reverse camber best for beginners or freestyle
- Regular camber gets more traction &  
better for the whole mountain



## EQUIPMENT

### Right Sizing Your Boot & Binding

- Boots need to fit binding
- Boots go by your shoe size
- Bindings small, medium & large
- Loose Bindings are unsafe

### Boot Options & Lace Systems

- Generic rule for board size: length between chin & chest
- Length: measured by your weight
- Big feet require wide board or try going down 1/2 size in boot

### Demo A Board Before Buying

- Demo = try before buy
- Test board technology save \$\$\$
- May need binding/boots
- Demo cost typically applies to purchase
- Most resorts have 1-2 free demo days

### Options In Binding

- Strap ins: Most common, supportive & variety of styles
- Step-ins: strapless & require supportive boot
- Rear Entry: wire technology & adjust straps less

### Leash-Up...Avoid Runaway Equipment

- Connect to bindings & boot/lace
- Prevents runaway equipment
- Part of the responsibility code
- Safety first

### Why Wax Your Board?

- To protect board base — has pores
- For speed especially in flats
- An iron will melt & press wax in
- Don't use the same iron on clothes

### Safety Gear Options

- Safety first
- If you're not confident or trying something new use padding
- Padding can restrict your movement
- Test out how much the safety gear padding limits your flex & extension



## TERRAIN

You've moved beyond greens and now you've got the blues baby! In this section we'll cover what you need to know to start tearing into more difficult trails.

### Blue & Double Blue Runs

- Graduate from green to blue
- Blue terrain - intermediate +
- Double fall lines
- Paths are not all groomed
- Moguls, crud/ice & off piste

### Groomed & Ungroomed Trails

- Snowcat tills the snow soft & levels
- Till lines nicknamed corduroy
- Ungroomed snow forms bumps
- Bumps are fun but practice drills
- Plan your blue run to your ability
- Maps show grooming report

### Off Piste...Out Of The Groomers

- Obstacles & challenges like... trees, chutes, bumps & powder
- Off piste = still on resort
- Backcountry hiking = off resort

## Double Fall Lines, Steeps, & Bumps

- Double Fall Line:
  - Cuts perpendicular (across) gravity's natural path (a single fall line)
  - Creates a tilted trail
  - Fight gravity and stay on the high side
- Bumps:
  - You will encounter bumps on blue level runs
  - They form when snow is pushed around
  - Check out the groomer report if you want to make sure and avoid bumps
  - Better yet, learn how to ride them! We cover this.



## SAFETY

As a rider you're responsible to know and follow the mountain rules. In this chapter we focus on the responsibility code... A set of guidelines that helps everything go smoothly on the mountain.

### The Rider Responsibility Code

- Stay in control
- Riders ahead of you have the right of way
- Do not obstruct a trail & remain visible from above
- Look uphill & yield when merging
- Use devices to prevent runaway gear
- Obey all sign & warnings & keep off closed trails & areas
- Load, ride & unload the lift safely





## DRILLS

You can't rip until you ride! Here you'll find the essential skills you need to take the basics, explore your style, and turn into a lean mean dynamic riding machine.

### C-Turns to S-Turns

- S turns are linked C turns
- Moving from edge-to edge
  - Heels-to-toes
  - Toes-to-heels
- Practice to develop rhythm
- Go across hill diagonally front foot more downhill not even with back foot

### Big, Medium & Large Size Turns (The Funnel Drill)

- Large, medium & small S-turns
- Shaped like a funnel
- Try 3-4 of each size then move to next
- Navigating the mountain requires different size turns
- Practicing funnel turns prepares you for quick changes when needed

### Quick Turns

- Quick turns & power stops are safety skills
- Avoid crashes if cut-off or quick obstacles arises
- Uses a lot of pivot rotation
- Power-stops back foot kicks around even with front foot bring up edge angle
- Complete Motions Without Thinking
- Important For Snowboarding So Moves Are Fluid
- Must Practice Motions Correctly Over & Over

### Basic Vs Dynamic Movement

- Basic Turns
  - Start Tall, compress & end tall
  - Switch edges parallel to fall line i.e. board facing down the slope
- Dynamic Turns
  - Start compressed, extend & end compressed
  - Switch edges perpendicular to slope i.e. board facing across slope

### Cross Over/Under Moves

- Cross over/under same as basic & dynamic
- Cross over = cent of mass moves over board first
- Cross under = board moves under center of mass first



## DRILLS

### Carving 101

- Lift board on edge... back foot follows same path as front foot
- Don't let back foot come out and skid
- The higher the edge angle the sharper your turn & thinner line in snow
- Circle drill: carry speed down fall line & turn up mountain to make a circle
- Practice on wide groomer green or mild blue run

### Navigating Steeper Slopes

- Learn to ride steeps to explore more mountain
- Fight body instinct on steeps to lean back
- Be a tree falling down mountain
- Shoulders parallel to slope body perpendicular
- Drop front shoulder to help bend front knee
- Practice trying to touch nose of board

### Reference Alignments

- Body should be perpendicular to slope
- Shoulders hips knees board parallel to slope
- Center of mass should be in center of board
- Adjust COM depending on binding position on board
- Hips & shoulders perpendicular to front foot angle
- Reference alignments are references you move in & out of

### Navigating Moguls & Bumpy Terrain

- People turn in same spot forming bumps on groomers
- Trained rider know how to navigate & absorb them
- Avoiding will limit the mountain you experience
- Wide snowboards ride bumps different than narrow skis
- Practice
  - Moving fore & aft as you go over bump
  - Independent leg absorption - think Monster Truck
  - Turn on top or bottom 1/3rd of bump
  - Avoid icy narrow trenches
  - Go over 3-4 bumps each way before turning

### Types of Riding Overview

- Practice basics outside park
- Be able to ride to carry speed riding 10' with board flat. Know leg absorption
- Start in small park & progress up
- Approach/take-off crucial keep board flat
- Maneuver = trick you perform
- Land like an airplane or all at once
- Don't land nose first

### Drills For Types of Riding

- Alpine Riders
  - Practice control at fast speed, edging, carving & turning
  - Master extreme J-turns into circle drill
- Freestyle Riders
  - Practice riding switch & flat board 180° ground spins
  - Master J-turns switching edges each time
- Freeride/All mountain
  - Practice navigating obstacle & powder off piste
  - Master fore/aft drills & independent leg absorption



## DRILLS

### Off Piste & Powder

- Start off piste near groomed trails
- Requires natural snow coverage
- Early Late season off piste may be too rough
- Know your resort conditions
- In powder keep speed, lean back, keep nose up & choose steeps
- Always steer with front foot just make adjustments for snow type

### Switch Or Fakie

- Switch or fakie is riding with your opposite foot forward
- Important for freestyle as you land backwards on many tricks
- Start by setting your board up with binding in “duck” stance
- Work on “with J-turns” & flat spin 180°s
- Be able to do switch S-turns before entering park
- Know your board type & where center is... you may need to redistribute center of mass weight when riding switch

### Smart Style

- Start with a scout run
- Look at features & landing
- Make a plan for speed
- Start small first & progress
- As a new rider aim for less busy times
- Don't stop unless off to side
- Look out for yourself & others

### Easy Style

- Progress in small steps
- Always ride in control!
- Do features within your ability
- Make sure you've prepped for park

### ATML Trick Execution

- Practice basics outside park
- Be able to ride to carry speed riding 10' with board flat. Know leg absorption
- Start in small park & progress up
- Approach/take-off crucial keep board flat
- Maneuver = trick you perform
- Land like an airplane or all at once
- Don't land nose first

### Calling Your Drop In Park

- Calling Your Drop In Park
- When there's a line at the park
- Say “dropping” & raise hand then go
- Helps everyone know who's next
- Things run smoothly & give respect
- 

### L2 Rider Review + What's Next

- Study up L2 Riders... get ready to tear it up in L3 Rippers!
- As you now know nothing keeps you on your toes like mother nature. In this chapter we advance our knowledge of weather to gauge optimal conditions and when it's time to get off the mountain.



## WEATHER

As you now know nothing keeps you on your toes like mother nature. In this chapter we advance our knowledge of weather to gauge optimal conditions and when it's time to get off the mountain.

### Northface vs Southface Mountain

- North face is shaded & keeps the snow fresher longer
- Find deeper & more consistent snow on north face
- South face condition vary due to direct sun
- Melt & freeze cycle happens on south face more often
- Bullet proof: icy hard & slushy fun conditions when snow melts on south face

### Types Of Snow

- Powder or pow
- Fresh, soft, light & awesome... like floating
- Slush: melty, wet, slow, sticky & dirty. Soft & forgiving
- Ice or bullet proof: hard, slick, fast & dangerous
- Sugar/corn snow: old, chewed, little balls of snow. Fun, fast & soft
- Race Course Snow: slick, fast & hard like ice. Maybe salted

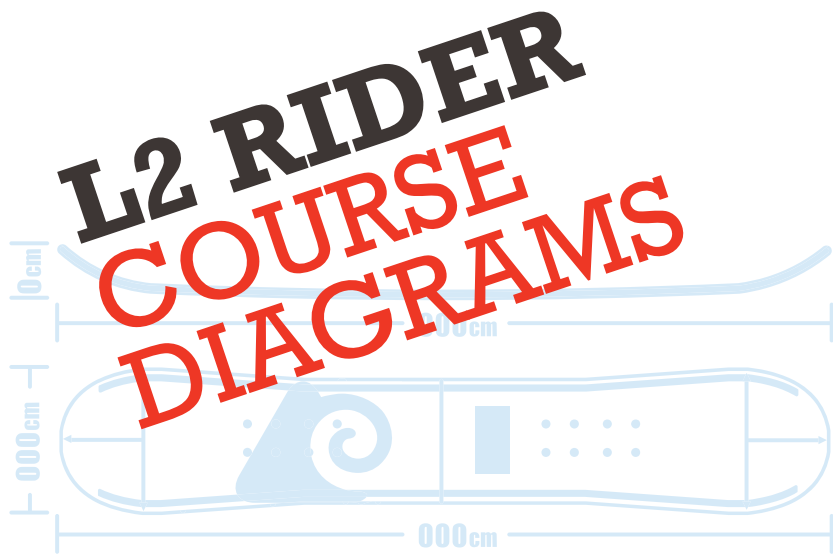


WEATHER

### Cold and Warm Conditons

- Warm temp = slower, dirtier now; use warm wax & wear vented clothing
- Cold temps = faster snow, harsh winds & cover all skin
- Have gear for warm & cold temperatures
- Early season = less snow & more obstacles
- Wear mittens in cold—light gloves in warm
- Always have UV protection eyewear & drink water

# L2 RIDER COURSE DIAGRAMS



IN THIS SECTION WE  
PACK IN THE MOST IMPORTANT  
DIAGRAMS AND DEMOS TO  
GO ALONG WITH THE CORE  
TRAINING PROVIDED IN  
L2 RIDER VIDEO LESSONS..

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

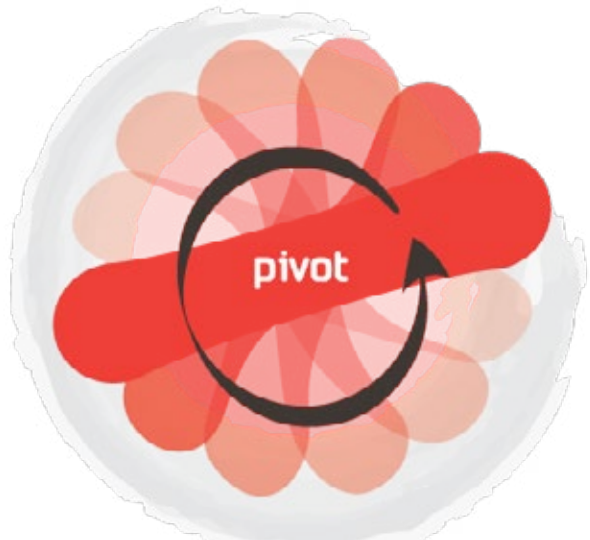
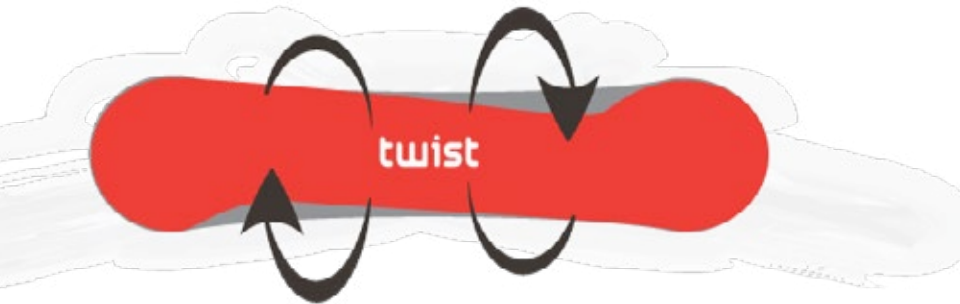
## SNOWBOARD TERMINOLOGY



# TPTP

## BOARD PERFORMANCES

- 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





## DOUBLE FALL LINE TRAIL

Unlike a single fall line trail, a double fall line trail does NOT follow gravity's path; instead it cuts across gravity's natural path downward resulting in a "tilted trail" with a width that has a high and low side. Gravity tries to pull you to the lower end but snowboarders want to stay on the high or up-hill side of these trails so not to get sucked down and stuck.



# REFERENCE ALIGNMENTS

How you stand and distribute your weight on the board.

- Body should be perpendicular to slope
- Shoulders hips knees board parallel to slope
- Center of mass should be in center of board
- Adjust COM depending on binding position on board
- Hips & shoulders perpendicular to front foot angle
- Reference alignments are references you move in & out of



## BASIC MOVEMENT

Start tall compress through turn, edge transition is more parallel the fall line.



## DYNAMIC MOVEMENT

Start compressed and extend through turn, edge transition is more across/perpendicular to the fall line (see cross-under)



# 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



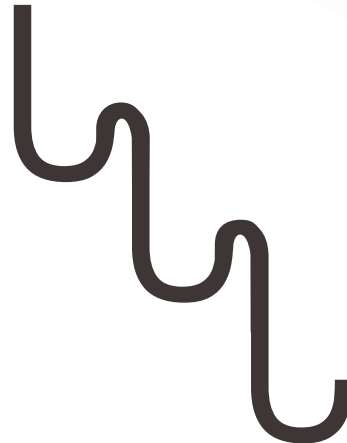
HEELSIDE J-TURN



J-TURN GARLANDS  
AKA SMILE TURNS



J-TURN GARLANDS  
AKA SMILE TURNS





# ATML

Approach, Take off, Maneuver, Landing; the way professional instructors divide and teach each part of freestyle trick execution. We provide drills that work on each part.



## APPROACH

- Build speed & keep board flat
- Crucial part of ATML
- Practice outside of park keeping board flat for 10'
- If you don't have enough speed skip & double back



## TAKE-OFF

- The ramp used to "get some air" or propel your speed
- Keep board flat straight
- Extension of approach
- Crucial part of ATML



## MANEUVER

- Whatever trick you choose
- Jumps, grabs, slides, etc.
- Avoid pointing your nose down until you build skill
- Keep your landing in mind



## LANDING

- Land like an airplane...
- Tail followed by nose
- Or "Stomp your landing"...
- Bring both nose & tail down in one swift move
- Do not land nose down or you may flip and bite it

# COMBINING C-TURNS TO S-TURNS

- S turns are linked C turns
- Moving from edge-to edge
  - Heels-to-toes
  - Toes-to-heels
- Practice to develop rhythm
- Go across hill diagonally
  - front foot more downhill
  - NOT even with back foot





# OPTIMAL FALL POSITION

The safest way to fall is on your butt, board downhill perpendicular/across slope & head uphill. In this position your head is better protected as board can be used as a shield from upcoming obstacles (instead of your noggin!)





## SPIT

SPIT IS FLOWING FREERIDE'S GLOSSARY OF COURSE LINGO BLENDED FROM PROFESSIONAL SNOWBOARD INSTRUCTIONAL TERMS, INFORMAL RIDER SLANG, AND 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. SOME SPIT WE DEFINED IN AN EARLIER COURSE AND MAY ASSUME YOU KNOW; SO REFER BACK IF YOU NEED A REFRESHER ON SOMETHING NOT LISTED HERE AND EXPECT SOME FRESH SPIT IN YOUR NEXT COURSE!

**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.

**ATML:** Approach, Take off, Maneuver, Landing; the way professional instructors divide and teach each part of freestyle trick execution. We provide drills that work on each part.

**AIRPLANE LANDING:** After a jump, landing tail followed by nose, similar to an airplane. You do NOT want to land nose first. Another safe option is a stomped landing.

**ALPINE RIDER:** Likes speed and turns, they use a lot more tilt and carving. Boots are very similar to ski boots. Board is longer stiffer and narrower and they like groomed trails. Riding switch is incredibly difficult. Binding angles are very sharp around 70° in front and 67° in back.

**ALPINE BOARD:** Longer, stiffer and narrower than most boards, nose comes to point and tail is usually flat.

**BACK COUNTRY:** Hiking on your own to snowboard outside the resort boundaries.

**BASIC TURN:** Start tall compress through turn, edge transition is more parallel the fall line.

**BERMS:** Raised bank of snow.

**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.

**BLACK DIAMONDS:** Black Diamonds trails are for experts (also come in double and triple blacks that may include cliff jumps and even more extreme terrain).

**BLUE:** Blue Squares are intermediate runs.

**BOOT OUT:** When your foot is so big it hangs over the board - when you tilt the board enough the boot digs into the snow lifting the edge off the snow usually resulting in a crash.

**BULLET PROOF SNOW:** usually occurring on south face slopes, snow melts & freezes making it very hard/icy.

**BUMPS/MOGULS:** Snow that gets pushed around from people turning in same places forming mounds.

**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.

**COM:** Center Of Mass; Usually where your hips and center of body is located is your core.

**CARVING:** Lifting board on edge around a turn; skidding is eliminated and front and back foot follow same path. Line in snow is very thin.

**CAT:** Short for snow cat caterpillar engine- tilling machine that grooms the snow.

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

**CHEWED-UP:** Snow/powder isn't as soft due to lots of people going through it; also used on old snow that has been re-groomed or chewed up by groomers.

**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.

**CHUTE OR COULOIR:** Narrow corridors terrain formed by natural obstacles like rocks or trees on both sides.

**CIRCLE DRILL:** Turn uphill carrying enough speed to make a circle which helps practice carving.

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

**CORE:** Inside center of board.

**CORE-SHOT:** Damaging your board usually rocks cause this damage.

**CORN SNOW- AKA SUGAR SNOW:** Snow that's older and chewed up and groomed a lot.

**CROSS-OVER TURN:** Center of Mass moves over the board like a metronome; opposite of a cross-under turn also known as a basic turn.

**CROSS-UNDER TURN:** Center of Mass moves over the board like a pendulum; opposite of a cross-over turn, a more advanced movement also known as a dynamic turn.

**DEMO BOARD:** Renting a high end/new board before you buy.

**DIRECTIONAL BOARD:** Side cut is set back from center and binding holes are set back (often used by all-mountain free riders).

**DOUBLE BLUE:** Steeper than blue terrain but not as difficult as black diamond.

**DROPPING:** In park; what you yell out to let others know you're up next.

**DUCK STANCE:** Having front foot angle positive and back foot angle negative like  $9^\circ$ ,  $-9^\circ$ ; often used for freestyler's that ride a lot of switch.

**DYNAMIC TURN:** Start compressed and extend through turn, edge transition is more across/perpendicular to the fall line (see cross-under).

**EASY STYLE:** Build up start easy small and progress up to bigger/harder features (see Smart-style and Dropping).

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

**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.

**FLAT SPIN 180°:** Rotating the board 180° on the snow and ending up switch stance i.e. nose-to-tail, tail-to-nose.

**FORE & AFT PRESSURE:** Fore = Putting weight towards the front of board. Aft Pressure = Putting weight towards the back of board.

**FREERIDER AKA ALL-MOUNTAIN RIDER:** Uses whole mountain and is a blend of free style and alpine. Boards are usually directions but still able to ride switch well. Foot Angle in front is usually sharper like  $21^\circ$ ,  $-9^\circ$ .

**FREESTYLE RIDER:** Likes tricks and going into Pipe & park, they keep the board flatter. Board and boots are softer. Their boards are usually twin tip and binding angles are similar like  $9^\circ$   $-9^\circ$  They like shorter boards to be able to spin quicker.

**FULL CERT OR LEVEL 3:** Short for a Fully Certified Level 3 instructor. The highest level AASI certifies a snowboard instructor.

**FUNNEL TURNS:** Making Turns starting big then Medium then small making a funnel shape.

**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).

**HEEL-TO-TOE:** Making a C shaped turn i.e. switching edges starting from Heelside and finishing on Toeside.

**HOT IRON WAX:** Best way to wax board using a hot iron to melt the wax, press wax & absorbs best.

**HYBRID (OR MIXED) CAMBER:** Combination of regular camber and reverse camber.

**LEASH:** Connects board to boot as safety preventing run-away gear. A part of the rider responsibility code.

**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

**MAGNATRACTION:** Serrated sidecut edge giving multiple points of contact.

**MOGUL TRENCH:** Lowest point between moguls or the little "valleys" in a mogul field, usually hard/icy snow and narrow. Avoid and turn on the lower 1/3rd of the bump instead of the trench.

**MANEUVER:** A trick you perform such as a grab or board slide (see ATML).

**NORTH FACE:** Slopes that face the north, they are shaded and pine trees grow well there keeping the snow fresher.

**NOSE:** Front of snowboard where you would apply “fore” pressure (see also tail)

**NOSE-IT:** Sinking your nose into snow causing you to flip over.

**“O” SHAPED ARMS:** Usually used after “X” Shaped Arms, indicates someone is down or there is a problem. O-Arms means OK or all clear to go (see also X arms)

**OFF PISTE:** Getting off the groomed runs and into more challenging, unpredictable, natural conditions.

**OLLIE:** Freestyle trick where the nose lifts up then pops off tail & lands on the nose.

**PARALLEL:** Side-by-side alignment typically in reference to your board going the same direction as the Fall Line.

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

**PIPE/SPRING GLOVES:** Thinner gloves used in warmer conditions.

**POWER STOP:** Quick powerful turns using lots of pivot to get the board around also called hockey stops.

**P-TEX:** Plastic material in base of board.

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

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

**REAR ENTRY BINDING:** High back opens & boot slides in - Compatible with most boots; newer technology.

**REFERENCE ALIGNMENTS:** Keeping shoulders/hips/knees/board parallel to slope and body perpendicular to slope. COM in center of board & hip/shoulder perpendicular to front foot angle.

**RESPECT GETS RESPECT:** Courtesy among riders and skiers.

**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 harder to “catch an edge” with this type of board.

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

**S-TURN:** Linking two C-turns together keeping the same foot in the front making an S shape in the snow.

**SALTED:** Salt melts the snow & used to make snow hard and fast.

**SIDE-CUT:** Shape of edge usually 8M or 10M circle circumference which make arching turn shapes. Can be 10 or 8 meter diameter circle; curvature of the edge of a snowboard.

**SLIDE SLIPPING:** (aka snow-plowing) Skidding down the mountain perpendicular/across the fall line on one edge. Use sparingly only when you need to bleed out speed or feel you can not safely get down a slope with other techniques. Warning: this scrapes off the good snow and irritates other riders.

**SLUSHY SNOW:** Melted snow that has more water content and can get sticky, in warm conditions, especially south face of mountain in afternoon.

**SMART STYLE:** Making a plan for park riding, Look before you leap, see Easystyle & Dropping

**SMEARED TURN:** Low edge angle using more rotation used in icy conditions a lot.

**SOFT BOOT:** Comfort and flexible but wears out fast; good for beginners and freestyle riders.

**SOFT CLOSURE:** Sign saying closed but doesn't have rope.

**SOUTH FACE:** Slope faces towards south- the sun bakes the snow creating lots of melting and freezing making the snow conditions very hard.

**SPIN 180°:** Making the board rotate 180° in air or on ground.

**SPRING CONDITIONS:** Snow is hard in morning after freezing at night and softer in afternoon as it melts.

**STEP-INS:** Binding system that “clicks” in all in one motion; they save time but fail easier, are considered somewhat outdated technology.

**STIFF BOOT:** More support & doesn't break down as fast, less movement required so more efficient, good for all-mountain riders.

**STRAP-IN BINDING:** Most common/supportive, toe & ankle strap - compatible with most boots.

**SWITCH/FAKIE:** Riding your opposite stance. A left foot forward rider riding right foot forward.

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

**TROUGH:** Indentations in the snow formed by riders traveling down the same path.

**TWIN TIP BOARD:** Built to go in both directions equally which helps riding switch often used by freestyle riders.

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

**WAX COLD:** Wax meant to help riders go faster in colder conditions.

**WAX WARM:** Wax meant to help riders go faster in warmer conditions.

**WAX ALL TEMPERATURE:** Wax meant to help riders go faster in variable temp conditions.

**WAXING:** Applying wax to base to help increase viscosity and is usually applied with a hot iron.



## ARE YOU READY TO RIP IN L3 RIPPER?

### L2 Rider Final Skills Checklist

- Knows and follows full rider responsibility code
- Follows safety concepts like Smart/Easy Style guidelines
- Mastery of basic turns and carves
- Proficient at different size turns and powerstops
- Control and manipulation of edge angle
- Understanding of basic vs dynamic (aka crossover/crossunder)
- Ability to navigate flats—rarely falls or gets stuck
- Comfortable with switch riding
- Capable of flat spin rotation (180°/360°)
- Able to jib and land small natural features
- Understand and demonstrate reference alignments
- Demonstrate fore/aft movements and center of mass
- Identify and navigate double-fall line trails
- Practiced getting off the groomers and into off-piste
- Experienced with different terrain and snow types like powder, crud, ice, and bumps
- Knows snowboard gear technology, terms, & care
- Can get board flat and parallel to fall line on a steep slope
- Fluid S-Turns traversing blue slopes with confidence

**CONGRATS  
RIDER! NOW  
YOU'RE READY  
TO RIP!**



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