

VIDEO

GUIDE

Learn 2

*ride
right!*

SNOWBOARD

L3

Ripper

Flowing
freeride



Flowing Freeride
Pro Video Series
Level 3 Expert

**VIDEO
COMPANION**
THIS GUIDE IS BEST
WITH FLOWING FREERIDE
L3 RIPPER SNOWBOARD
VIDEO COURSE

HOLLA!
YOU'VE MADE IT TO THE TOP LEVEL &
YOU SICK ADRENALINE
JUNKIE (TIME TO RIP UP THIS
COURSE...)



L3
Ripper

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WELCOME TO FLOWING FREERIDE L3 RIPPER!

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

L3 RIPPER COURSE GOALS



L3 RIPPER is all about mastery, style, rhythm, and going as BIG as you want. In L2 RIDER we worked on gaining proficiency and confidence; and now our goal is to help you conquer any line and rip all types of terrain. Rippers ride the entire mountain handling variable conditions from the steepest black diamond trails, to park, and off-piste.

You'll notice we segmented much of L3 RIPPER to provide core training in the three main snowboard riding styles: freeride, freestyle, and alpine. This means you have a chance to develop your core style even further by blending in skills from all three riding types. A powerful mix of snowboarding skills enables you to safely navigate tough terrain to find the best pow; get air, slide, & spin into eye-popping tricks; or carve with intense speed in alpine.

In L3 we want you to master technique to efficiently slice the pow, conquer steeps, ride switch dynamically, shred the backcountry, show style in park and pipe, and navigate glades, cliffs, moguls etc. And, of course, safety and the responsibility code are always in the forefront of our lessons. **By the time you graduate L3 RIPPER you'll have the core snowboard training necessary to demonstrate powerfully dynamic blended riding**

L3 RIPPER RIDE RIGHT™

PREREQUISITES

Flowing Freeride's L3 RIPPER is for those able to demonstrate skilled snowboarding knowledge and physical riding ability with fluidity and confidence on double-blue trails or above. The goal of L3 RIPPER is to help a well-trained rider express their snowboarding passion, explore various riding styles, and journey into a world of extreme high-level snowboarding efficiently and safely.

If you're not yet confident in your ability to ride steep, fast-paced, variable terrain this course is not for you. If this is the case, please explore our L1 RAW and L2 RIDER courses first. 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 L3 RIPPER, ALL OF WHICH WE COVERED IN L1 RAW & L2 RIDER...

KNOWLEDGE CHECKLIST...

- Know & demonstrate the full rider responsibility code
- Understand the three main snowboarding styles
- Know about your snowboard's care & technology i.e. base, side-cut, camber, how to wax your board etc.
- Identify terrain variations between groomers, off-piste, and backcountry
- Identify a single and double fall line trail
- Difference between north and south facing slope terrain
- Body reference alignments and center of mass (COM)
- Basic vs dynamic riding styles aka cross-over and cross-under
- Components of ATML for freestyle trick execution
- Smart-Style and Easy-Style guidelines
- "Respect gets respect"

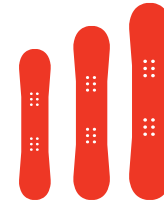
SKILL CHECKLIST... YOU MUST BE ABLE TO:

- Fluidly complete basic heel and toe side S-turns on blue level trails or above in control
- Complete different size and speed of turns to navigate terrain variations and obstacles
- Demonstrate quick rotation movement to a powerstop
- Maneuver your center of mass fore and aft on your board
- Navigate moguls and bumpy terrain while maintaining control
- Manipulate your edge angle to complete carved and skidded/smear turns
- Identify and traverse different types of snow, slush, pow, ice, etc.
- Effectively ride in switch/fakie stance
- Effectively navigate double-fall line trails
- Comfortably ride blue/double blue steep terrain with rhythm and confidence

L3 RIPPER 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

Freestyle Boards

- Built for park, pipe & trick performances
- A bit shorter for quick spins
- Softer for easier more flexible landings
- Built twin tip (symmetrically) to ride switch
- Sidecut/binding holes often right in center
- Edges are detuned to prevent catching edges
- Detuned edges less useful when freeriding

Freeride Boards

- Often asymmetrical instead of twin tip
- Built directional; off-center sidecut & binding holes
- Shape may taper down from wider nose
- May have asymmetrical flex, soft nose, stiff tail
- Helps get through crud, pow & all mountain riding
- Can ride switch but more effective directionally
- Longer & stiffer than freestyle board
- Boards may be built with combo features

Recommended Backcountry Snowboarding Gear

- You're your own emergency services
- Go with a partner & each have a beacon
- Backpacks are highly recommended
- Review recommended list:
- Beacon, probe, backpack, shovel, snow-saw, extra food/water, survival kit, lighter & avalanche airbag
- Split boards & retractable; poles nice for long hikes



EQUIPMENT

About Split Boards

- Boards that split part then reconnect
- Helps you hike & not sink in snow
- May be worn with ski skins for extra traction
- Reconnect board & ride down after your hike
- May not ride as effective as freeride board
- Great to save energy in big backcountry rides

Alpine Riding Set-ups

- Built for speed, hard conditions & carving
- Thin, long, very stiff & extremely directional
- Extreme forward binding angles
- Not built for switch riding
- Good for groomers not off piste/bumps
- Boots stiff like ski boots, but flex side to side
- Metal step in bindings, really need a leash



TERRAIN

Okay, you're looking to go extreme, we get it! So let's explore the wilder terrain you'll find in park, off-piste, backcountry, and black diamond runs.

Freestyle Park Features

- There are tons of creative features
- Review diagrams of common park features

Natural And Man-Made Half Pipes

- Man-Made Half pipe:
 - U shaped
 - Deck, lip, 90° wall, transition & Flats
 - Great for steeps & couloirs practice
 - Practice reference alignments
- Natural half pipe
 - More V shaped
 - Water formed: rivers, stream beds etc.

Exploring Off-Piste

- To get to pow stashes you need to ride off piste
- Will deal with choppy, frozen & bumpy terrain
- Learn to navigate trees & obstacles
- If this bothers you stay on groomed terrain



TERRAIN

Navigating Cliffs, Trees And Obstacles

- Scout cliffs first & bring spotter if possible
- Review landing for snow depth before jumping
- Avoid thick patches of trees at high speed
- Obstacles are fun for jibbing
- Ride nose up to avoid flipping over obstacles
- Beware of hidden obstacles after fresh snow

Why Find 30° Slope Angles In Backcountry?

- Backcountry slopes can get really steep
- 30° & less slopes are less likely to slide than 30° +
- Avalanche warnings advise safety of slopes
- Take guide if you need help seeing slope grades
- Build skill to accurately “eye” slope angles

Black Diamond Resort Runs

- Very steep slopes often 40° + and 9-10K+ ft
- Expect obstacles, couloirs/chutes & cliffs
- Weather varies, is more extreme
- Expert Rider Skills a must:
 - Power stops
 - Navigating obstacles/powder riding
 - Chute drill/quick turns in narrows
 - Jumps & cliff technique



TERRAIN

DIY Tips To Build Your Own Snowboard Features

- Scope area & use what you’ve got
- Harder snow/less steep good for boxes & rails
- Powder best for kickers & jumps
- Large kickers & jumps:
 - Steep-Flat-Steep terrain is best
 - At least 30° slope & 20 feet run out/landing
 - Check for rocks & obstacle in landing
- Tools: rake, shovels & spray bottles
- Ramps must be packed tight & smooth
- Use Spray bottle to harden top layer
- Ramp angles determine type of jump



SAFETY

When you're ripping up the slopes things can go downhill fast. Safety first! Learn how to stay on the mountain, what equipment you should have with you, and preparations that can save you in case of a disaster.

Avalanche Emergency Preparedness

- Review avalanche reports online
- Tell others time/place you're going
- Go in a group—bring safety gear
- Survey land & avoid avalanche danger zones
- Go one at a time... Each stop in a safe area to watch
- Caught in a avalanche? Pull airbag immediately
- Try to keep feet first so board can absorb
- Use shovel; peps/beacon will help others find you
- Love backcountry? Consider full avalanche course

When An Accident Happens

- Follow Responsibility code to avoid injury
- Aggressive riding means more injury risk
- When you crash get to side of trail if possible
- If you can't move... don't!
- If someone is injured don't move them — get help
- Use X/O arms to indicate someone is down
- Know ski patrol's number/dispatch & call

Bullet Proof Snow 10k Ft & Above

- Bullet proof = extremely icy snow
- Mountain peaks 10,000 feet & above
- Terrain is really variable
- Prep for winds & icy conditions
- Learn to test conditions while riding
- Avoid icy bullet proof snow

Safety Devices To Have

- Devices can be for fun or safety
- Cell phones can be used for either
- Bring chargers & charge on breaks
- If in backcountry save cell battery — don't stream music
- Keep cell inside zipped pocket for warmth/security
- Bring beacons for backcountry riding
- Try walkie-talkie since cell service varies

The Lone Wolf... Riding Alone

- They say no friend on a pow day!
- Early riders get epic lines first
- Let someone know where you're going
- You can ride alone but stay in bounds
- Keep cell battery/walkie-talkie charged
- If injured you need to be able to call ski patrol
- Don't go in backcountry alone

Park Rules Reviewed

- L3 dives into riding park
- Review full coverage in L2 Rider
- Know smart style & easy style
- Understand progressions for safety
- Review responsibility code



DRILLS

With these advanced drills you can dig into your riding style as well as gain exposure to other styles of snowboarding. Plus, there's something extra here for you rippers that want to go beyond recreational riding. NOTE: These bullet points are best used as a supplement to the L3 RIPPER video lessons that cover each topic more in depth.

Flatboard Drills

- Do outside of park
- Helps with approach in ATML
- Can't hesitate in approach on tricks
- Go straight & keep board flat for 10-30 feet
- Do heelside & toeside powerstops —
- Progress to longer distances & steeper terrain

Developing ATML Part 2

- Adds to flat board drill (trick approach)
- Go straight & keep board flat 10-30 feet
- Add small take-off, maneuver & landing
- Fight habit to edge your board & do S-turns
- Blend into powerstops & repeat sequence

Upper Body Separation

- Keep front arm pointed down slope
- Rotate turns while arm points down slope
- Causes upper & lower body to separate
- Builds quick motion to maneuver in tight spots or short amounts of time

Jibbing

- Jump on, over, slide or bump an object
- Can be a natural or man-made feature
- “Bonk-off” at apex to keep you in air longer
- Jibs are a lot of fun so be creative
- Part of what makes snowboarding unique
- Start small with natural features
- Check out the cool objects in the park

How To Butter

- Lift nose/tail while sliding/spinning
- Start static to practice balance
- Progress to sliding alternate nose/tail press
- Butter spin will naturally happen at slow speed
- Try fore/aft buttering: (Alternate nose/tail in same spin)
- Keep board flat, careful of edges as alternating

Spins & Rotation

- Spin in increments of 180°
- Use hip power, keep board flat
- Front-side flat-spin is easiest... start here
- Practice toe/heel J-turns
- Add jumps after flat spin
- Do 180° jumps in place
- Jump off heels on frontside
- Jump off toes on backside
- Try wind-up/cork spin/scissor kick
- Trampoline park with board is great practice

How To Ollie

- Pop off tail then land on nose
- Think how bow launches arrow
- Uses fore/aft pressure motion
- Start static lifting front leg (nose) then back leg (tail)
- Progress to popping off back then landing front
- Keep board flat with zero edge angle
- Once in motion balance doing manuals & nose presses
- Practice on green/mild blue runs

Slides, Boxes & Rails

- Practice flat board drills outside of park FIRST
- NEVER edge board on a rail/box
- 50/50 Slide: board is nose down & parallel to box/rail
- Board slide: board pivots perpendicular/across box
- Backside slide: your back (board tail) faces the top of box
- Frontside slide: your front (board nose) faces the top of box
- Start with backside 50/50 slides
- Keep head up & look toward landing

Kickers & Jumps

- Be comfortable with flat board speed
- Start with scout run while checking landings
- Practice off to side of kicker/ramp at first
- Watch others for a speed check
- Carry more speed than you think
- During maneuver/jump pull up legs
- In air go for grab to stabilize body
- Stomp Landing & land like a plane
- Do NOT land nose first

Mid Air Grab

- Once about 4-6' in air pull up knees/legs & add in a grab
- Easiest grab is toeside center
- Grabs stabilize you in the air
- This is the "Maneuver" part of ATML (review)
- Lift other arm to add style and/or tweaks when ready
- Grabs add style points in competitions
- Get air outside of park & try grabs

Develop Your Flips

- Pro's aren't just "hucking" new tricks!
- Inverts put you at risk for back & neck injuries
- Start at trampoline park
- Jump without board until you can land flips
- Strap on board & flip into foam pits
- Experiment with nose/tail & heel/toe flips
- Progress to snow powder fields, build a kicker
- Landing solid in pow? Head to the Park!

Riding The Half Pipe

- Find natural quarter pipes to practice
- Enter half pipe almost parallel to lip/deck
- Land on wall or transition
- Don't land in the flat bottom!
- Must be perpendicular to 90° walls = Speed
- Don't lean back & carry speed to defy gravity
- Pump through flat bottom to keep momentum
- Watch others & practice both edges

Banana Drill & Developing Alpine Riding

- Alpine is speed & high edge angle
- Carving & sharp forward binding angles
- Alpine riding is best on groomers
- Feet flex more eversion/inversion vs. plantar/dorsi
- Try banana drill on your heel/toe turns
- Feel center of mass over uphill edge
- Carry tons of speed & touch snow

How To Teach Snowboarding Professionally

- Contact a resort to apply
- Resorts help train instructors
- AASI does courses & certification tests
- A level III instructor is “fully certified”
- Resorts & AASI are integrated
- Flowing Freeride is compatible training
- Apply a couple months before season
- Visit thesnowpros.org for more info

Snowboard Competition Overview

- Many events are invite only & work up
- Start local with resort mountain team
- Network shops to get sponsorships
- Competitions are a total of points
- Know your interests & strengths
- USASA.org (many start here)
- USSA.org (handles Olympic team World Cup, Grand Prix, etc.,)
- NASTAR.com (another to check out)

Choosing Snowboard Competition Events

- Large competitions are invite only so win small events first
- Know your strengths/interests and where you excel
- Do you like, speed, turns, air, tricks?
- Freestyle Possibilities: Rail jam, big air, half pipe
- Alpine Possibilities: Gates/ Slalom., Nastar, Boarder X
- Freerider Possibilities: All of the above, Boarder X
- Competition Organizations include:
 - Regional small events check out local resorts
 - USASA
 - USSA handles US Olympic team
 - Nastar
 - X Games

Advanced Fore & Aft Movement

- FORE: Adding pressure and moving center of mass toward the front of your board
- AFT: Adding pressure and moving center of mass toward the tail of your board
- Nose press: glide raising tail of board
- Tail press aka manual: Glide raising nose of board
- Stomp Lift: Raise nose as high as possible then stomp — repeat with tail
- Turn 10-12 times with all weight on front foot
- Turn 10-12 times with all weight on back foot
- Notice in turn where weight feels comfortable

Active & Passive Absorption

- Develop skill to navigate obstacles
- PASSIVE Absorption: Momentum shoots you off in air after hitting obstacles, like a jump
- ACTIVE Absorption: Intentional movement to prep & clear obstacle, some part of board stay in contact with ground at all times
- Skilled riders use both depending on intent
- In Steeps: active absorption best < keep board on snow, leaving ground gives you less control

Dynamic Flex And Extension

- Flex arm for awhile, notice energy used, relax
- Flex is active muscular movement
- Extend releases muscles, uses skeletal mass
- Basic turn: extend/stand/relax > Flex actively during toe/heelside maneuver toward end
- Dynamic Turn: Flex toward beginning > Extend through turn, repeat

Closing Your Turns Body Alignment

- Finish/close each turn by riding up hill a bit
- Closing turns helps spread & control speed
- Practice looking uphill on both toe/heel turns
- Follow body reference alignments
- Practice touching front of board to align shoulders, front knee & hips to slope

Build Rhythm For Dynamic Moves

- Helps build dynamic & cross under moves
- Get music, start static & flex/extend to beat
- Progress to bouncing to music while riding
- Next, turn to rhythm (every other beat at first)
- Progress to more turns maybe each beat
- Don't have music in both ears while riding

Advance To Dynamic Cross-under Moves

- Legs move under body; try static drill first
- Play music, hold wall/chair, bend knee kick out, bend knee kick back & use beat individual legs
- Ride w/Music & Try Cross under Turn
- Compress/flex down at start of turn
- Extend/expand legs & body through turn
- Switch edges across/perpendicular to fall line
- Builds to a quick motion, use music for rhythm

Snake Into Reverb Turns & Dynamic Carves

- Spring from edge to edge while carving
- Switch toe/heel quickly & aggressively steer with front foot only... looks like a snake
- Reverb turns are carves, so use tilt & twist to move edge, try not to smear
- Blend using rhythm & momentum will start to reverb/bounce you into next turn

NASTAR Race Courses To Practice Obstacles

- Practice navigating in a NASTAR race course
- Most resorts have the course for a small fee
- Teaches you to turn early & build rhythm
- Can build a course placing objects in snow
- Practice turning 10' before obstacle

Self Arrest Stops For High Speed Falls

- Fall in motion & get to optimal stop position
- Practice on slope that moves into a flat
- OPTIMAL Stop: On butt, board downhill perpendicular/across slope & head uphill
- FALL TYPE: On stomach/head downhill
- Roll on back, use elbow of one arm as pivot, swing feet/board around

Cliff Jumps

- FIRST: Scout for take off & landing sweet spot
- Check for hidden obstacles & enough snow
- Don't go if clearance is bad or in shallow snow
- Don't hesitate in take off! Need speed momentum to clear cliff face...
- TIP: Ollie in take off to get nose up & more air
- IN AIR: Keep nose up to prep for landing
- Land like airplane back foot then front
- You'll land with speed so have space to ride

Chutes, Couloirs, And Narrow Passages

- Make quick ground turns in narrows 5-10' wide
- Find spot where line exists (trees, rope etc.,)
- 5-10' away, drag a long parallel line in snow
- Do quick turns & stops within that area
- Don't jump turn... keep an edge on snow
- In steeps leaving ground = extreme speed
- Learn turn edge to edge quickly

Test Your Skills With Backcountry Riding

- Backcountry tests all your skills
- Before going practice off piste, trees & powder
- Review L2 Drills powder riding & quick turns
- Review L3 Drills cliffs & chutes
- Know your fitness since you hike a lot
- Review weather lessons on slope faces, snow types & avalanches
- Build blended skills & get partner before going

About Heli-Boarding

- Expect a guide & group to be with you
- Be able to ride backcountry & powder
- Animals may be out more so use caution
- Watch for snowmobile tracks & bring nose up
- Don't be a snow hog, save fresh pow for others
- Enjoy view & epic lines!



WEATHER

You're gaining more exposure to the elements than ever! When you're out exploring wild terrain you need maximum knowledge of mountain conditions and weather to be prepped for anything.

Chasing The Best Snow

- North/South/East/West each are different
- Know wind gust direction
- Wind direction shows where snow pack is best
- South slopes get most sun/heat & freezes
- Review L2 Weather bullet proof snow

The Effects Of Snow Types On Your Riding

- Each snow type rides differently
- Snow layer with ice underneath slides
- Ball barring snow also slides more
- Ice & ball barring snow moves quicker
- Deep fresh pow has friction/less speed = steeper slopes
- Melted snow is dirty... board absorbs dirt
- Know temperatures for board wax
- Snow may be wet or dry
- Wet snow takes more effort to push
- Dry powder like Utah Powder is easy to rip

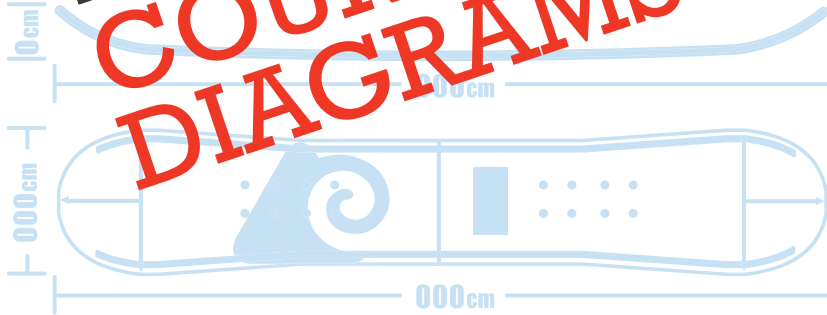
Studying Weather Patterns & Forecast

- Look at weather patterns to find best conditions
- Check snow fall & wind, see where it's building up
- Precipitation tells you what type of snow you'll be riding
- Are conditions worth a back country hike?
- Maybe resort trails best if there isn't fresh snow
- Chase the good snow, be safe & have fun

Using Avalanche Reports & Resources

- If traveling check areas avalanche reports
- See avalanche center & National Forest Service
- Take avalanche course to learn about snow layers
- Understand how to spot faults in snow that may slide

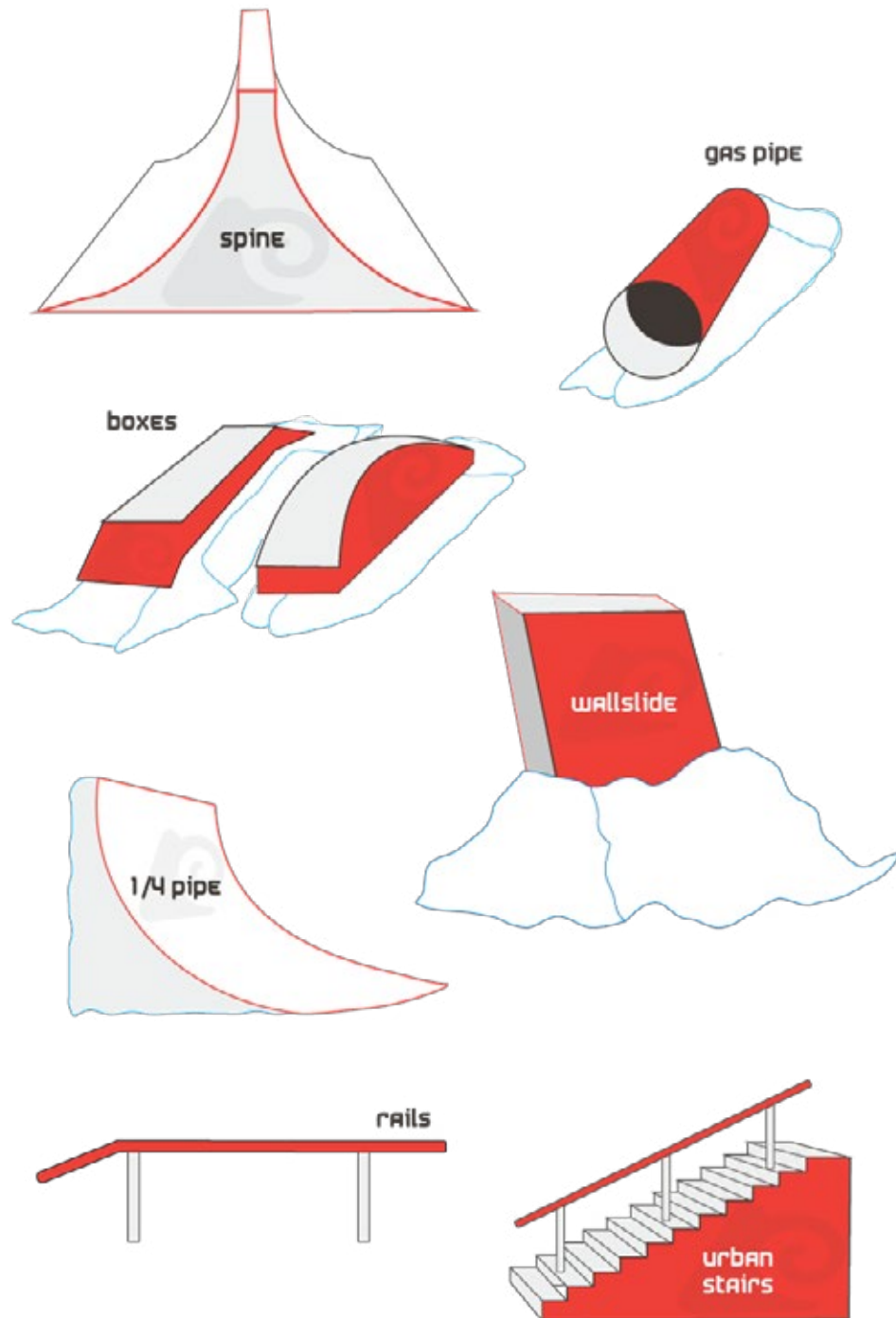
L3 RIPPER COURSE DIAGRAMS



IN THIS SECTION WE
PACK IN THE MOST IMPORTANT
DIAGRAMS AND DEMOS TO
GO ALONG WITH THE CORE
TRAINING PROVIDED IN
L3 RIPPER VIDEO LESSONS.

REMEMBER!
THE REAL TEST IS YOUR
PHYSICAL RIDING SKILL.

COMMON PARK FEATURES

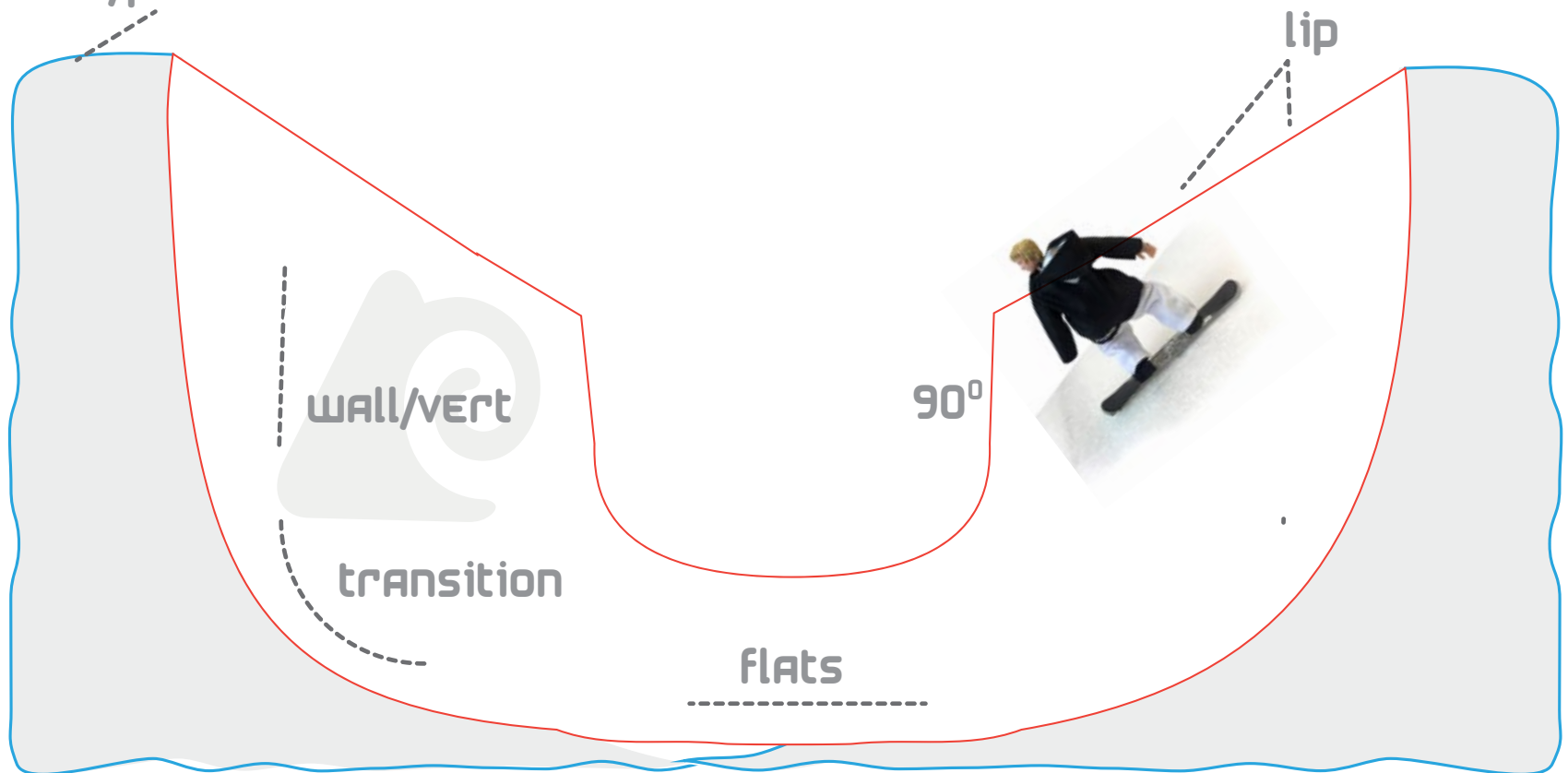




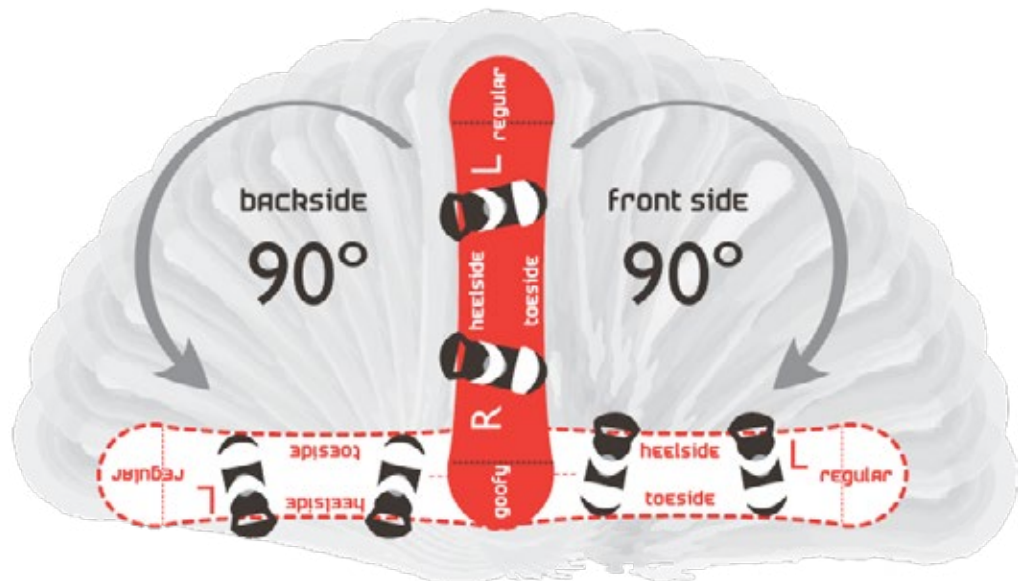
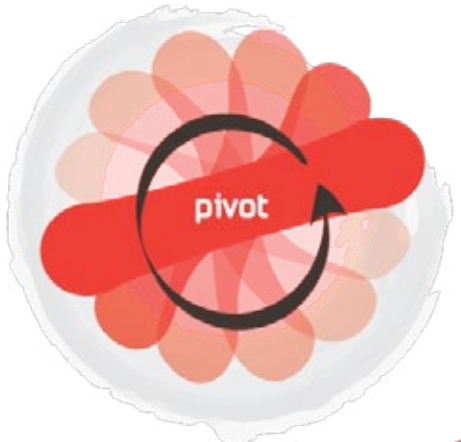
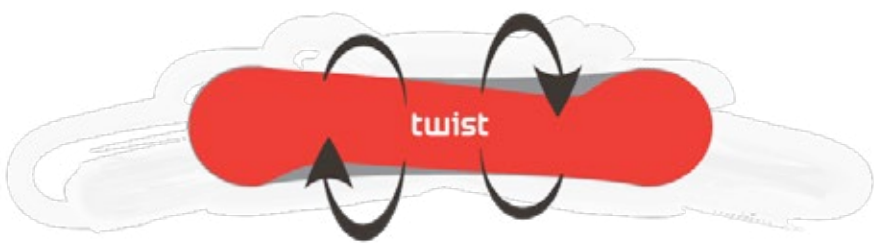
THE HALF PIPE

- Enter half pipe almost parallel to lip/deck
- Land on wall or transition
- Don't land in the flat bottom... Ouch!
- Charge forward DON'T lean back
- Carry speed to defy gravity up the next wall
- Pump through flat bottom to keep momentum
- Watch others & practice both edges
- Great for steeps & couloirs practice
- Must be perpendicular to 90° walls = Speed
- Practice reference alignments

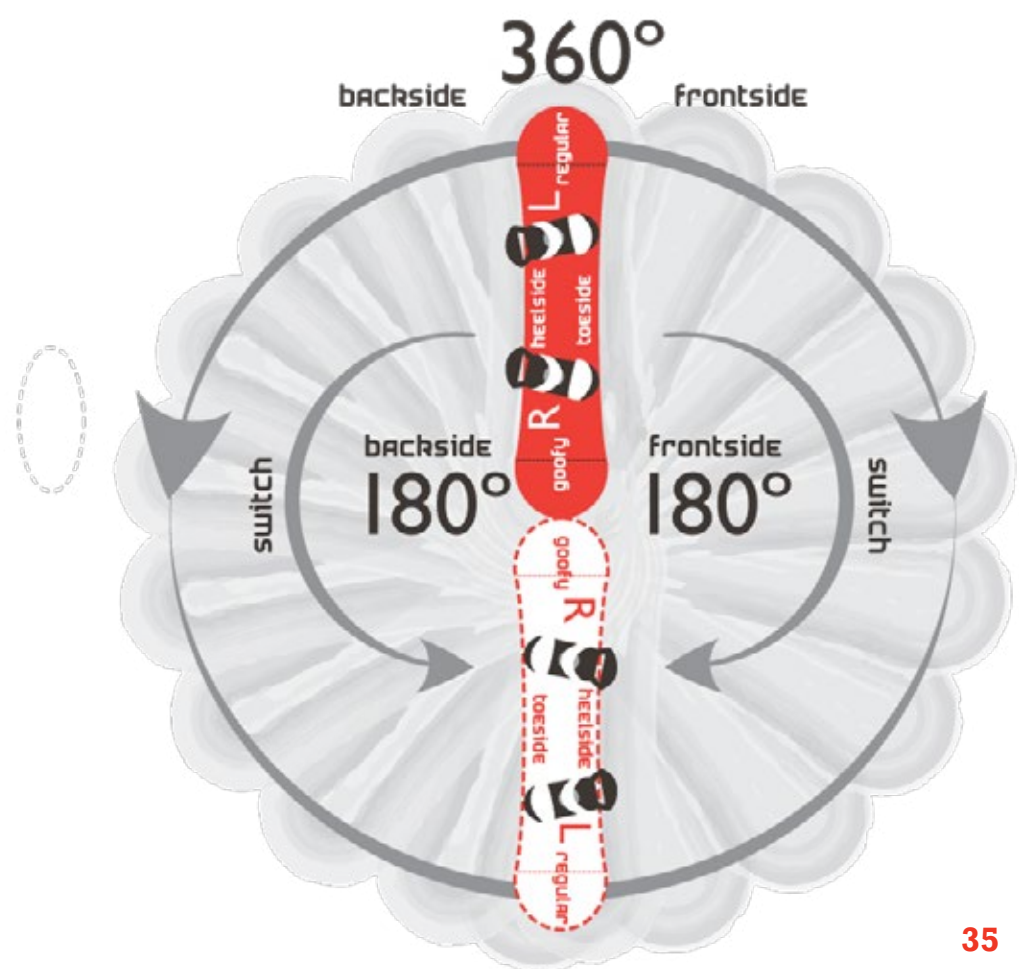
deck/platform



TPTP BOARD PERFORMANCES

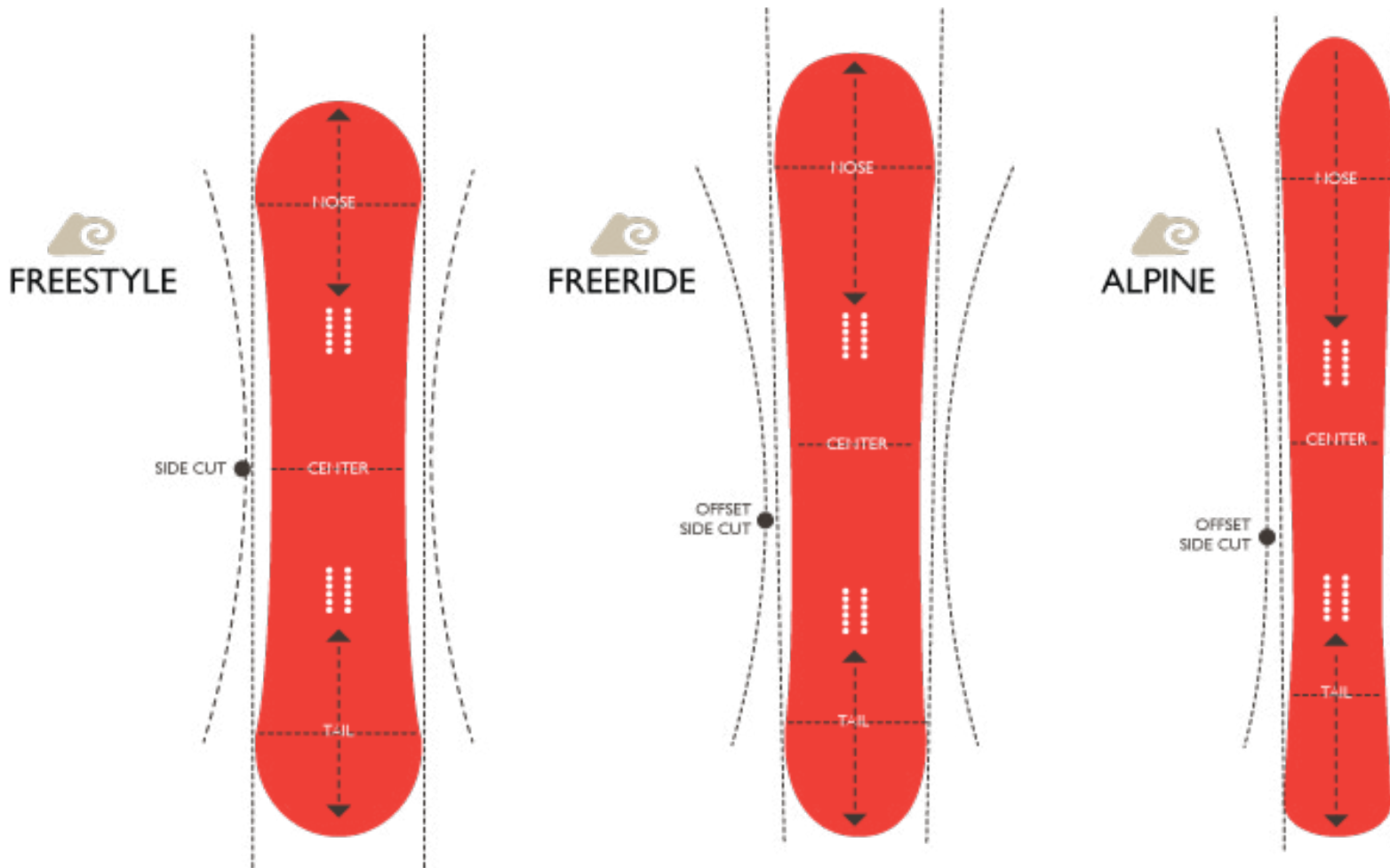


SPIN DIAGRAMS



MAIN SNOWBOARD TYPES

There are numerous hybrids and variations but these are typically the three main categories of snowboards.



Freestyle Boards

- Built for park, pipe & trick
- A bit shorter for quick spins
- Softer for easier flexible landings
- Built twin tip (symmetrically) for switch
- Sidecut/binding holes often in center
- Edges detuned to prevent catching edges

Freeride Boards

- Often asymmetrical instead of twin tip
- Built directional; off-center sidecut/binding holes
- Shape may taper from wider nose
- May have asymmetrical flex, soft nose, stiff tail
- Helps get through crud, pow & all mountain riding
- Can ride switch but more effective directionally
- Longer & stiffer than freestyle board

Alpine Boards

- Built for speed, hard conditions & carving
- Thin, long, very stiff & extremely directional
- Extreme forward binding angles
- Not built for switch riding

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)



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



- Do not land nose down or you may flip and bite it



LANDING

- Land like an airplane...
- Tail followed by nose
- Or "Stomp your landing"...
- Bring both nose & tail down in one swift move

FORE PRESSURE

FORE: Adding pressure and moving center of mass toward the front/nose of your board



AFT PRESSURE

AFT: Adding pressure and moving center of mass toward the back/tail of your board



JIB

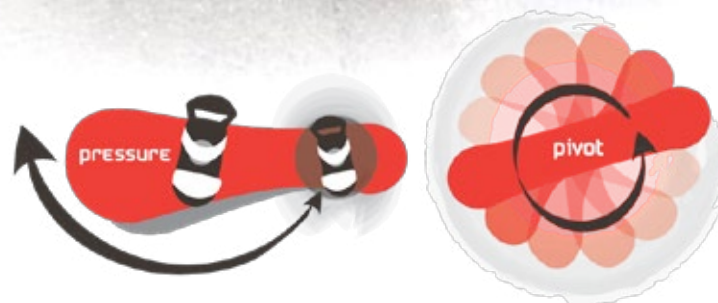
- JIB = To jump on, over, slide or bump an object
- Can be a natural or man-made feature
- Bonk off at apex to keep you in air longer
- Is a lot of fun so be creative
- Part of what makes snowboarding unique
- Starts small with natural features
- Check out the cool objects in the park



BUTTER

A ground trick that is fairly easy but looks cool. Tons of ways to butter, basically it's all about applying pressure and rotation to your board. Lift your nose/tail while sliding/spinning

- Start static to practice balance
- Progress to sliding alternate nose/tail press
- Butter spin will naturally happen at slow speed
- Try fore/aft buttering: (Alternate nose/tail in same spin)
- Keep board flat, careful of edges as alternating



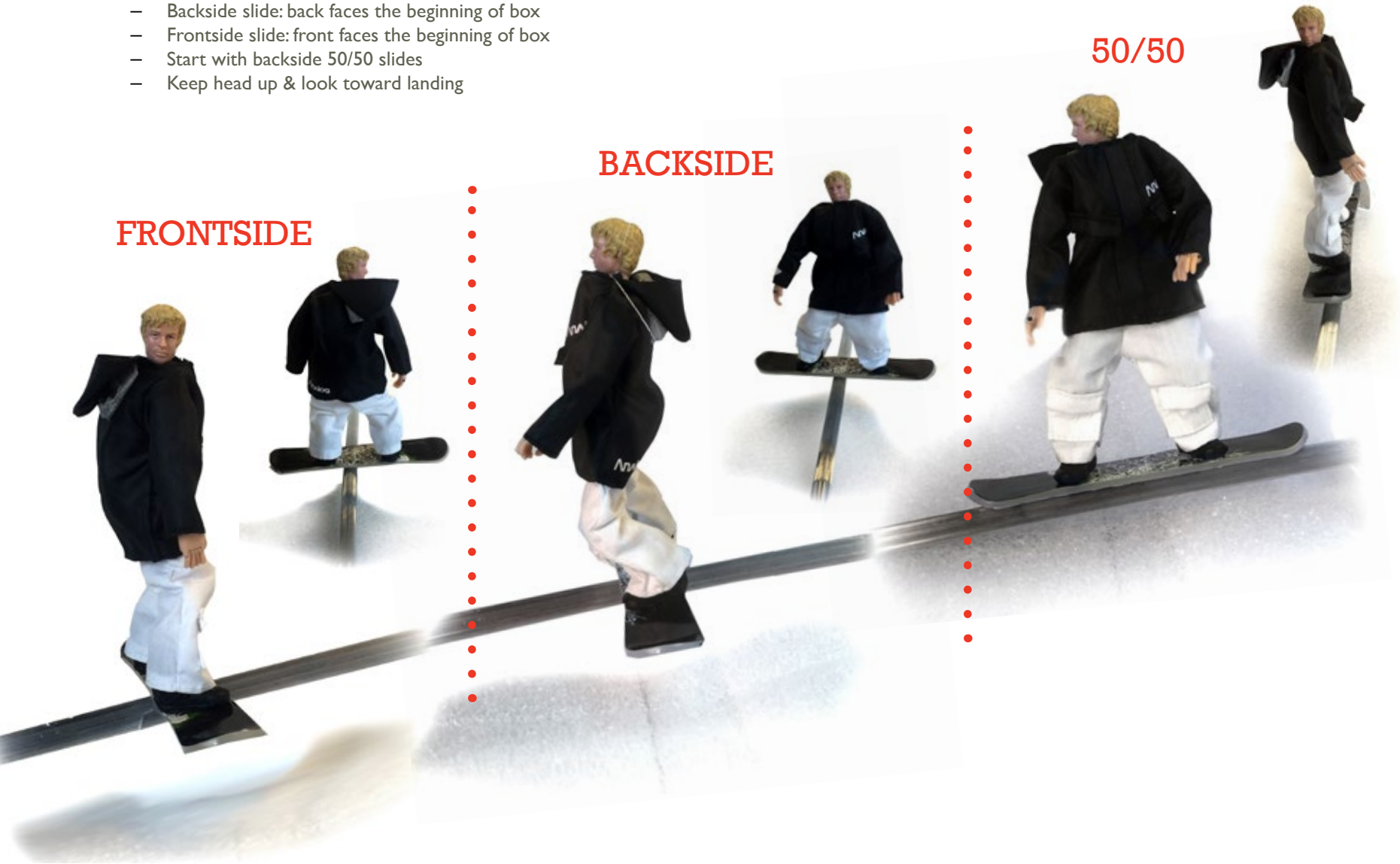
SLIDES

- Practice flat board drills FIRST
- NEVER edge your board on a rail/box
- 50/50 slide: parallel to box/rail
- Board slide: Board pivots perpendicular to box
- Backside slide: back faces the beginning of box
- Frontside slide: front faces the beginning of box
- Start with backside 50/50 slides
- Keep head up & look toward landing

FRONTSIDE

BACKSIDE

50/50



NOSE PRESS

Nose press: Glide raising tail of board

MANUAL

Tail press: Glide raising nose of board



BANANA DRILL

Do this to practice feeling your center of mass over your uphill edge.

HELPS DEVELOP ALPINE RIDING

- Alpine is speed & high edge angle
- Carving & sharp forward binding angles
- Alpine riding is best on groomers
- Feet move eversion/inversion vs. plantar/dorsi
- Banana drill on your heel/toe turns
- Carry tons of speed & touch snow



FLAT BOARD DRILLS

Keeping board flat and carrying speed is an essential skill to get through flat terrain and for your approach in many freestyle tricks.



ZERO EDGE ANGLE

- Do outside of park
- Helps with approach in ATML
- Can't hesitate in approach on tricks
- Go straight & keep board flat for 10-30 feet
- Do heelside & toeside powerstops —
- Progress to longer distances & steeper terrain

SELF ARREST STOPS

- Fall in motion & practice getting to optimal stop position
- Practice on slope that moves into a flat
- If you fall with head downhill roll on your back
- Use elbow of one arm as pivot, swing feet/board around



SAFEST FALL POSITION

OPTIMAL: On 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!)



UPPER/LOWER BODY SEPARATION

- Keep front arm pointed down slope
- Rotate turns while arm points down slope
- Do both heel-side and toe-side
- Causes upper & lower body to separate
- Builds quick motion to maneuver in tight spots or short amounts of time



GRABS

- After you jump once you're about 4-6' in air pull up knees/legs & add in a grab
- Easiest grab is toeside center
- Grabs stabilize you in the air
- This is one "Maneuver" type in ATML
- Lift other arm to add style and/or tweaks when ready
- Grabs add style points in competitions
- Get air outside of park & try grabs

PHAT
FLYING
SQUIRREL

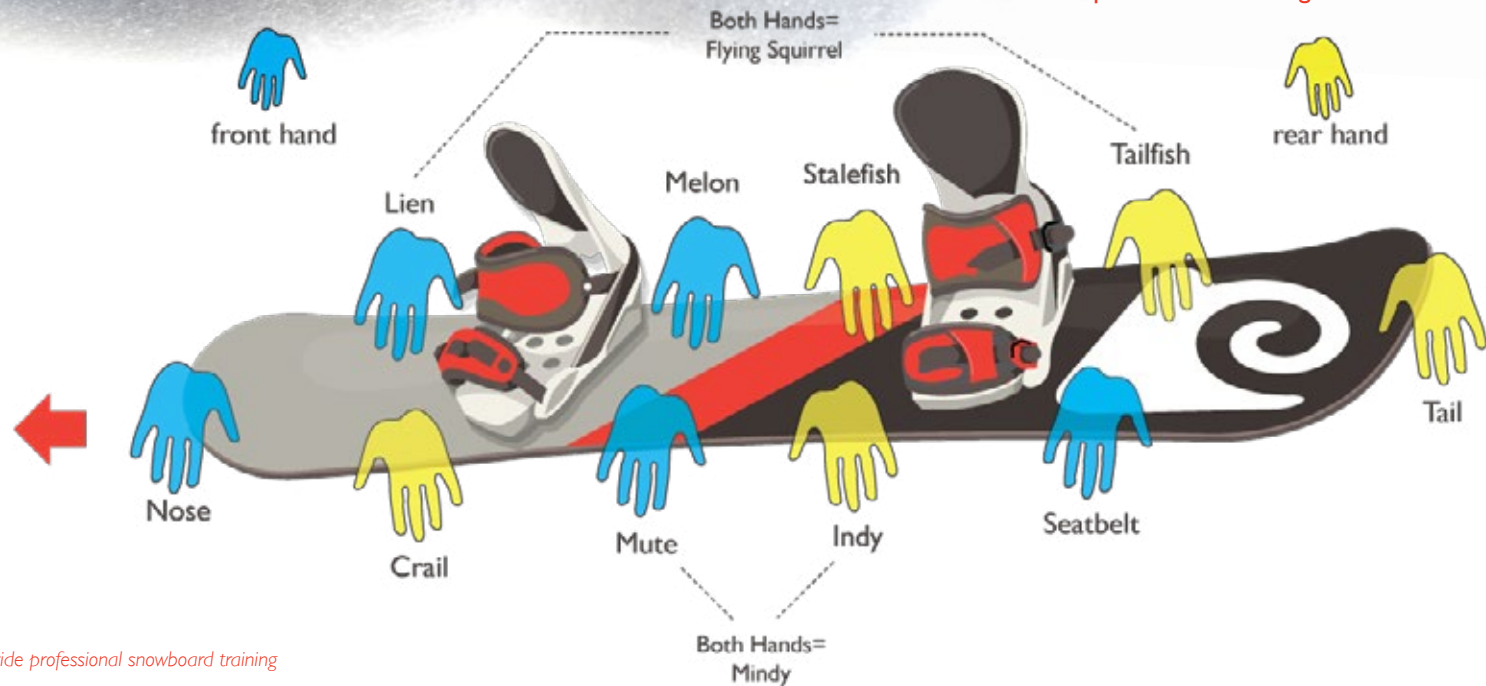


TOESIDE
CENTER
GRAB



GRABS DIAGRAM

There are numerous grabs you can master. Below is a diagram of some of the most popular single handed grabs and a couple double handed grabs...



PLANTAR DORSI

PLANTAR FLEX: Keeping toes flat while lifting heel; lifting heels moves you to toeside turn.

DORSI FLEX: Keeping heel flat while lifting toes up; lifting toes moves you into heelside turn.



**USED OFTEN IN
FREERIDING**

INVERSION EVERSION

INVERSION: Using your calcaneus/heel bone to roll foot side to side starting with big toe first and pinky last; motion used in alpine riding.

EVERSION: Using your calcaneus/heel bone to roll foot side-to-side starting with pinky toe first and big toe last; predominantly used in alpine riding.



**USED OFTEN IN
ALPINE RIDING**

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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.

10-30 FOOT DRILL: ATML practice board goes straight & flat (no edge angle) for 10-30', jump/ollie or do another maneuver, then power stop; similar to the flat board drill but with a small maneuver added into the pattern.

30° SLOPE: Mountain slope angle less likely to slide into an avalanche. Important backcountry knowledge.

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

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 land tail followed by nose (back foot than front foot), similar to an airplane. You do NOT want to land nose first. Another safe option is a stomped landing.

ASYMMETRICAL: A snowboard shape that starts wide at nose & tapers down at tail.

ACTIVE ABSORPTION: Preemptively lifting up the nose of your snowboard before an obstacle then pushing down tail of board after clearing; keeps your board connected to snow instead of getting air on bumps or uneven terrain; uses a lot of fore/aft movement. (See also passive absorption)

AIR TO FAKIE: Trick where you go up wall and don't rotate landing fakie/switch stance.

ALPINE BOARD: Longer, Stiffer & narrower than most boards; nose comes to point and tail is flat usually. Used for alpine speed riding on groomed terrain.

ALPINE STEP-INS: Bindings designed for hard alpine boots made of metal.

AVALANCHE AIRBAG: quick air inflating bag used to protect head in an avalanche.

AVALANCHE: Snow slide which can be very destructive and is dangerous to snowboarders.

BACKSIDE 180°: As your board spins 180° your back comes around first and you land without seeing your landing.

BACKCOUNTRY: Hiking/venturing outside the resort boundaries to snowboard.

BANANA DRILL: Focusing on COM over uphill edge arching body to curve like a banana, helps develop alpine riding skills.

BEACON: Used to send a signal out to find & be found; sometimes called "Pieps" after the popular brand.

BLINDSIDE: When you're parallel to the fall line you're sideways and your back is your blindside.

BONK: While in the air hitting an object to propel you further and give you more air.

BOARD SLIDE: On a box or rail when the board rotates at least 90°.

BOARD SLIDE 50/50: On a box or rail when the board stays straight/parallel to box the entire time.

BOARD SLIDE BACKSIDE: On a box or rail where your back faces up-hill toward the beginning/top of feature. You can see your landing as your face points down-hill.

BOARD SLIDE FRONTSIDE: On a box or rail where your back faces down-hill toward the bottom/ending of the feature. You can't see your landing as your face points up-hill.

BUTTER: Lifting nose or tail off snow and balance on just the tip or tail similar to buttering bread.

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

CHOPPY: Snow conditions are chewed up powder making bumpy conditions.

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

CORNICE: Build up of snow hanging over the edge.

CLIFF DROP: Going over/jumping off of a cliff.

CROSSED “X” ARMS: Indicates someone is down after a fall and for others to watch out. (See also “O” Arms)

DETUNED EDGE: Edge of snowboard is filed-down to be smooth/rounded with fewer points of contact; used often in freestyle to avoid catching an edge when jibbing, sliding/pressing or griding an object

DIRECTIONAL BOARD: Bindings holes set back and side cut is set off of center; may have asymmetrical flex i.e. stiffer or softer at tip or tail. Good for off-piste cruddy conditions.

DIRECTIONAL TWIN TIP: Twin tip side cut (like a freestyle board) but binding holes are set back (like a directional.)

DORSI FLEX: Keeping heel flat while lifting toes up; lifting toes moves you into heelside turn (see also plantar flex)

DOUBLE FALL LINE: A trail that does NOT follow gravity’s path like a single fall line; 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.

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

EVERSION: Using your calcaneus/heel bone to roll foot side-to-side starting with pinky toe first and big toe last; predominantly used in alpine riding (see also inversion)

FALL LINE: (refers to a single 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.

FINISH TURNS: (aka closed turns) Getting board perpendicular to fall line or even turning uphill to manage speed.

FLAT BOARD: Keeping board flat with no edge angle.

FLAT BOARD DRILL: Keeping the board flat for at least 10 feet and then power stop; important skill for freestyle riding.

FLYING SQUIRREL: Spinning backside and grabbing board with both hands.

FRONTSIDE 180°: Keeping your front facing your landing as your board rotates 180°; you see your landing whole time; direction of your frontside depends on if you’re goofy or regular.

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

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

GAS PIPE: Larger park pipe placed to grind, jib or board slide.

GATES: Flag like objects attached to poles in snow and setup for people to maneuver/turn around in a race course.

GLADES: Large patch of trees.

GRABS: While in air during jump reaching down and grabbing onto board.

HELIBOARDING: (Also called heli-skiing) paying to take a helicopter trip into backcountry for snowboarding.

HIP: Curved snow terrain feature found in park or naturally.

HUCKING: Going off a jump & flipping/spinning yourself forcefully but out of control.

INVERSION: Using your calcaneus/heel bone to roll foot side to side starting with big toe first and pinky last; motion used in alpine riding (see also eversion)

JIB: To jump on, over, slide, tap or bump an object.

KNUCKLE: The corner edge on a kicker jump where the flat part at the beginning of the landing connects to the angled steeper “sweet-spot” part of the landing. Hurts to hit the knuckle! Land in the steep portion of the run-out for minimal impact.

KICKER: A man made ramp jump.

LANDING BLIND: Not seeing your landing after a maneuver; i.e. when spinning backside you don't see your landing. More difficult.

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

LONE WOLF: Riding alone.

MAN MADE 1/2 PIPE: Large man-made feature shaped like a U that has a deck, lip, frontside/backside 90° walls, transition and flat base. Used to practice tricks and steeps (see also natural half pipe)

MANUEL: Lifting nose of board off snow; balancing on tail while riding.

MUSCLE MEMORY: Movements repeated enough that the brain develops an automatic response memory; important to practice movements until this develops and they become natural without conscious thought.

NASTAR: Race course setup on time & handicaps are used for each person instead of competing against each other

NATURAL 1/2 PIPE: Natural feature shaped by running water like a river bed, shaped like a "V" and can be a way to practice half-pipe movements.

NOAA: (sounds like Noah) National Oceanic & Atmospheric Administration; resource snowboarders can use to check storms etc.

"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)

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 "strait-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.

PASSIVE ABSORPTION: allowing the board to hit the uneven terrain which can make the board leave the snow (see also active)

PIEPS: Brand of beacon.

PLANTAR FLEX: Keeping toes flat while lifting heel; lifting heels moves you to toeside turn (see also dorsi flex);

PRESSURE: Applying your weight to different areas of your snowboard.

PROBE: Pull apart poles like a tent pole used to probing into snow often during an emergency search

1/4 PIPE: Feature that is 1/4 of pipe, like if a half pipe was cut in half.

PUMPING: Flexing up and down to generate speed.

RACE COURSE: Gates setup to go around and competitors races the clock or each other.

RAIL: Narrow metal bar that's snowboarded on.

RAMP: The "run-in" or approach to a feature.

RETRACTABLE POLE: Pole used for hiking and that retracts while snowboarding.

REVERB/SPRING TURNS: Making carves that are very dynamic/rhythmic that the board springs/reverbs back from edge to edge

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

ROLLING DOWN THE WINDOWS: Arms move wildly in circular motion to try and balance yourself when you're out of control often while in air after a jump. You'll look like a cartoon character.

RUN-OUT: The landing portion of a jump and the terrain right after the landing.

SELF ARREST STOP: Getting the board perpendicular to fall line and using the heelside to stop after a fall in steep terrain.

SKI SKINS: Used on bottom of split board to help create friction to hike uphill. Saves you energy on a long hike.

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

SNOWBOARD SHOVEL: Light weight portable snow shovel often used in backcountry.

SNOW SAW: Saw used to cut snow & ice.

SNOW HOG: Making big traversing turns across the a fresh pow slope; eating up all the good powder lines.

SNOW PACK:The depth and level of the snow.

SNAKE TURNS:Very fast turns using a lot of twist & tilt; making quick snake like turns in the snow.

SNOWBOARD GATES: setup in a race course when there's a short stub & long pole shaped like a triangle.

SPONSORSHIP: Getting paid or free stuff from a company you represent while competing

SPINE: Park feature; two man made 1/4 pipes back to back form a spine shape.

SPLIT BOARD: Board that's cut down center that can be used as skis especially for backcountry hiking

STOMPED LANDING: Keeping board flat and extending your legs at the same time as you land; both feet hit ground in one motion.

SUGAR/CORN SNOW: Chewed-up ball barring snow that usually rides fast since it helps your board to slide.

TABLE TOP:A jump shaped like a table.

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

TOE-TO-HEEL: Making a C-shaped turn starting on Toeside and finishing on Heelside.

TRAVERSE: Riding across the fall line, not quite perpendicular but downward diagonal

TRIPLE BLACK DIAMOND:Very steep terrain usually has cliffs.

TWEAK GRAB: Grab board and extend on leg while other is bent.

USASA: United States of America Snowboard Association.

USSA: United States Ski & Snowboard Association.

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

URBAN RAIL: Park feature; rail next to stairs.

WALL SLIDE: Man made park feature usually plastic and in a freestyle park; you ride up it, slide or bonk, looks just like a wall.

WALKIE-TALKIE:A good communication option on the mountain, especially in the backcountry, to communicate rather than cell phone with limited service.

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 & is usually applied with a hot iron.



GUIDE

ARE YOU A REAL RIPPER?

L3 RIPPER Final Skills Checklist

THIS CHECKLIST IS NOT FOR THE FAINT OF HEART, NOR IS IT A REQUIREMENT OF THIS COURSE. HOWEVER, IF YOU WANT TO TEST YOUR RIPPING ABILITY SEE HOW MANY OF THE ADVANCED SKILLS BELOW YOU'RE ABLE TO CHECK OFF. BEWARE THESE SHREDDING SKILLS ARE ONLY FOR THE BEST-OF-THE-BEST RECREATIONAL SNOWBOARDERS.

OVERALL RIPPER SKILLS:

- Knows & embodies all parts of the Responsibility Code
- Aware of surroundings and others especially on blindside
- Switch riding is at same skill level as normal riding skill level
- Demonstrates efficient dynamic movements in ALL terrain using proper body alignments
- Mastered blended basic and dynamic movements
- Demonstrates efficient reference alignments on double black diamond terrain
- Able to make rhythmic dynamic moves and fast reverb carves
- Comfortable carrying speeds of 35 mph+ to get through flats
- Understands weather patterns, snow layers and safety equipment when going into the backcountry
- Owns or has customized boards/gear for various conditions & riding styles
- Maintains & waxes own board using the right temp. wax and knows benefits first hand
- Travelled to various locations to chase the good pow

REAL RIPPERS HAVE A BLEND OF SPECIALIZED SKILLS... IF YOU CAN CHECK OFF 2/3 OF THIS LIST IN ADDITION TO ALL OF THE OVERALL SKILLS THAN YOU'RE A REAL RIPPER.

FREESTYLE:

- Knows & embodies Easy Style & Smart Style guidelines
- Gets 10'+ of air on jumps performing various grabs
- Hits kickers 30'+ in length from take off ramp to landing zone
- Able to rotate 180° backside/frontside goofy/regular in air
- Able to spin any type of 360°+ while in air
- Slide/press boxes & rails 50/50, frontside & backside
- Jibs both on park features and natural features
- Getting air at or above the lip on man made 1/2 pipes & natural terrain features
- Knows how to scout terrain and build snow features

FREERIDER/ALL MOUNTAIN:

- Mastered navigating moguls/bumps, glades/trees, off-piste, crud, and pow on black diamond terrain
- Effectively navigates narrow couloirs/chutes 5-10 wide
- Traverse steep 30°+ terrain for 5 min+ without exhausting
- Lands 10 ft+ jumps and drops
- Jibs on natural features like trees, stumps, rocks etc.
- Keeps speed through flats by looking ahead 10 seconds down the trail
- Experience scouting and landing cliff drops
- Has backcountry hiking/riding/survival experience
- Has completed an avalanche training course

ALPINE:

- Perform carves to make a complete circle
- Ride gates efficiently carrying speed of 30+ mph and carving
- Performs extreme eversion/inversion side to side motion
- Able to hold extreme edge angle while carving at high speeds & touching snow with a flat hand
- Owns a specialized hard-boot alpine set-up

CONGRATS
RIPPER!
NOW, GO FORTH
& CHASE THE
GOOD POW!



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