



PSIAAASI

N O R T H W E S T

web: www.psia-nw.org email: info@psia-nw.org

SNOWBOARD

Riding Concepts

TILT

Tilt is the act of creating an angle between one edge and the sliding surface while maintaining a balanced / proactive stance. The rider establishes and adjusts board tilt with lateral movements of the CM relative to the working edge.

- CM is balanced over the working edge
- New edge is actively engaged at the beginning of the turn
- Edge is released and re-engaged in one smooth movement
- CM moves forward and laterally into the direction of the new turn to change edges, through active engagement of the ankles, knees, hips and spine
- Tipping and pressure distribution increase and decrease at the appropriate time and with the appropriate intensity to determine turn size and shape
- Tail of the board is used as much as the tip

PIVOT

Pivot is when the board rotates around a particular point or axis along its length. As in the Reference Alignments, the pivot point is likely centered between the feet and over the working edge.

- CM is balanced over the board or the working edge
- Rotation of the body is used as the dominant force for influencing turn shape and size
- Upper body remains relatively quiet and is a stable point from which to generate resistance rather than being the origin of rotary movements
- Old edge is released to steer the board in the direction of the new turn
- The rider is moving down the hill at every point of the turn
- Tail of the snowboard takes a wider track than the nose throughout the turn

TWIST

Twist is the act of applying a torsion force that changes the amount of edge angle and pressure along the length of the snowboard while maintaining a balanced / proactive stance.

- CM is balanced over the working edge
- New edge is actively engaged at the beginning of the turn
- Legs are flexed and extended independently from one another to concurrently produce both pressure distribution and tilting movements.
- Edge angle will differ in the front and rear portions of the board resulting in the tip and tail taking a different path

PRESSURE

Pressure distribution is the act of managing the degree and location of forces between the snowboard and the snow along the snowboard's length and width. Pressure adjustments, predominantly made through flexion and/or extension movements, may be applied across the entire snowboard or concentrated on smaller areas while maintaining a balanced/proactive stance.

- Extension is used to increase pressure on the entire board as the CM moves away from the board
- Slow flexion is used to increase or maintain pressure on the entire board as the CM moves toward the board
- Rapid flexion is used to decrease pressure on the entire board as the CM moves toward the board quickly or as the feet move upward toward the CM
- Independent flexion/extension of the front and rear legs is used to manage or alter the focus of pressure along the length and/or width of the board
- Pressure adjustments are made throughout the turn in conjunction with tipping movements to create consistency of turn size and shape
- Joints work together to apply and release pressure effectively to flow evenly and smoothly over the terrain