

Tutorials

Saturday, 31 March 2007

In this section of 0-21 you will find anything you need to know about Snowboarding, Bindings, Boots and more. We have information on boarding technique and information for newbs.

Â

Â

snowboarding

Â

what is snowboarding

Encyclopedia Britannica from EncyclopÃdia Britannica Premium Service: Winter sport that evolved from skateboarding and surfing.

Â

why go snowboarding

Many different people enjoy Snowboarding for many different reasons. At some time in their life they decided that snowboarding does look like a lot of fun and that they should give it a try.

Â

history of snowboarding

In 1964 a young surf freak called Sherman Poppen was dreaming about surfing the magic winter landscape of the Rockies. As a consequence, he built a surfboard for the snow.

Â

styles of snowboarding

Snowboarding Style is very important in the world of snowboarding and it will largely determine how you snowboard, with what equipment/gear and where you will be riding.

Â

Basics

Â

the basics

Basically, snowboarding technique is closer to skateboarding and surfing than skiing. If you are a skier, your knowledge of edge control, snow, unweighting and general balance and co-ordination will come in handy, but you will have a lot to un-learn.

Â

setting your stance

Neil McNab was giving talks on snowboarding techniques at The Dail Mail Ski and Snowboard Show.

Â

board maintenance

Good maintenance of your snowboard will help to keep you and your stick together for years to come. With that in mind, the following 5 simple steps have been created to keep your servicing money in your pocket and out of the shops!

Â

sticker up

People like to make jokes about my constant need for new equipment, and yes, they are all so funny. Some of my favorites include, oh look, this board is dirty, I need a new one, or, oh look, my stickers are peeling, time for a new board

Â

hints and tips

With any sport there are always faux pas, such as skating mongo footed (pushing with your front foot), and snowboarding is no exception.

Â

Â

Â

Tricks

Â

BackSide 180Â°

The backside 180 is a basic trick that's as stylish as hell and takes a lot of control to master.

Â

50-50 handrail

Before you approach this trick, you need to be consistently good at 50-50's on both flat and angled rails in the snowpark.

Â

Switch backside 360Â°

The switch backside 360 is very respected amongst snowboarders because in the right hands it's a very stylish move that looks easy to the tourists, but is in fact quite hard to do right, what with it being a fakie to fakie move.

Â

Switch underflip

The Underflip, like the Rodeo and Rodeo Back before it, has become the move of the moment for kicker specialists the world over.

Â

HalfPipe

It will be your best friend, and your worst enemy. When the lift lines are too long or the trails are too icy, it will always be there, something fun to do, but if you're just starting out it can be the scariest trail on the hill.

Â

Cab 270s to FS Boardslide

This is a pretty advanced trick but in my opinion nowhere near as hard as you'd think it would be.

Â

guide to jibbing

There seems to be a lot of confusion regarding the naming of jibs. It's all pretty simple though and hopefully this article will clear up any confusion.