

1. History
2. Disciplines
3. Board Constructions
4. Bindings
5. Instructions
6. Freestyle snowboarding
7. Safety and Precautions
8. Video & Movies



ACTION SPORTS ARABIA
1340 HOME AVE STE A
AKRON, OH US
44310
Fone +1 (614) 218-5118
Facsimile +1 (330) 259-9451
ME/NA Countries
Mob +971 504225174

Snowboarding is a boardsport that involves descending a snow-covered slope while attached to a narrow board. It is similar to skiing, but inspired by surfing and skateboarding. The sport was developed in the United States in the 1960's and 1970's and became a Winter Olympic Sport in 1998.

History

The snowboard evolved from early pioneering work by people such as Sherman Poppen (who, in 1965, invented the "Snurfer" in his North Muskegon, Michigan home), Chuck Barfoot, Dimitri Mitrovitch, Tom Sims, and Jake Burton Carpenter. Jake is the founder of Burton Snowboards, one of the largest, and most well-established snowboard companies in the world. In the early 1980s, snowboard companies such as Sims, Winterstick, and Avalanche began emerging across the country. Also in the early 1980s, films by Warren Miller and Greg Stump began to feature clips of snowboarders, boosting the popularity of the sport among the skiing community. It was not until the mid-1980s that snowboarding exploded into the mainstream, when the first snowboard magazine, *Absolutely Radical*, hit the racks; it was soon renamed *International Snowboard Magazine*.

Disciplines

Freeride

Freeriding is snowboarding using the natural terrain of the mountain for recreation, without focusing on technical tricks or racing. Snowboarders that aspire to be freeriders will explore the mountain through trees, in powder bowls or anywhere else they feel comfortable riding. Freeriding is also known as all-mountain snowboarding. A variant of freeriding focusing on extremely difficult lines is known as extreme snowboarding or big mountain snowboarding. Freeride snowboarding, where the focus is on riding cleanly and enjoying the freedom to go and explore anywhere is influenced significantly by surfing. Many freeride purists attach an almost spiritual connotation to carving down the mountain. The Freeriding is mostly for periods of relaxation, due to the relative "calmness" one feels going down a slope at one's own speed.

Freestyle

Freestyle snowboarding is the practice of doing different kinds of tricks on a snowboard. Tricks can either occur on the ground (e.g. jibbing, bonking, grinding, pressing, buttering etc.) or in the air (e.g. spins, flips, grabs).

Aerial tricks are either performed off naturally occurring shapes in the terrain, or on man-made obstacles. These include the following: Halfpipe: The original 'freestyle' terrain, the halfpipe originates from skateboarding and is basically two facing transitions on a downhill slope, where the rider pulls a sequence of tricks until he or she reaches the end. This is a Winter Olympic discipline. Quarterpipe: Half a halfpipe... a Quarterpipe faces up the mountain's fall-line and allows the rider to hit the transition straight-on, allowing for greater speed. Heikki Sorsa[1] currently holds the world record for the highest air at 9.7m. Straight Jump: Also referred to as kickers and tabletops, this comes in all shapes and sizes, and is the staple of a resort's snowpark: a wedge, a flat 'table', and a landing. This is the most common type of freestyle obstacle.

Freestyle snowboarders typically use shorter boards and softer boots than other snowboarders, as the shorter board length reduces the weight and moment of inertia. This process makes it easier to spin, maneuver, and the softer boots make the board more forgiving to control for the particular demands of freestyle riding. Softer boards allow the snowboarder to press, or butter, with ease, but many freestyle snowboarders, especially halfpipe riders, use stiff boards that have a lot of "pop" to allow them to jump higher and absorb hard landings.

Most pure freestyle/jib boards are twin-tipped, in that the tip and the tail are of equal length and stiffness. The bindings are located in the center of the board. A freeride board has a tail which is slightly shorter and stiffer than the nose. This design can make turn initiation more forgiving and help float the tip in powder and variable snow. Conversely, riding a twin-tipped board makes it easier to land switch and compensate for changing riding conditions. Softer boots and boards also allow riders more flexibility in body movement. The ability to reach very convoluted or stretched out, stylish body positions Known as tweaks.

Freestyle snowboarders often 'detune' or dull the edges of their snowboards so as not to catch them on rails or boxes when jibbing. One exception is in the half-pipe, where an edge hold can be critical.

Freestyle snowboarding is arguably the most popular discipline, and is certainly the focus of most of the lifestyle marketing in the snowboarding industry. Freestyle is probably most demanded because of the thrill. Freestyle snowboarding can be done almost anywhere that has snow.

Freestyle snowboarding is influenced greatly by skateboarding. Many ski resorts operate terrain parks which often simulate the urban skateboard environment, complete with halfpipes, handrails, boxes, and machine-formed jumps.

Alpine

Alpine snowboarding is the practice of turning by carving the snowboard (such that the board turns by using the radius sidecut of the edge), as opposed to skidding the snowboard (where the board is traveling in a different direction than it is pointing). Both traditional snowboard racers (though not necessarily boardercross racers) and recreational carvers are alpine snowboarders.

Alpine riders use hard plastic snowboarding boots, which resemble ski boots, except that they tend to be less stiff in the ankles and have a shortened heel, to minimize hanging over the edge of the snowboard. They tend to angle their feet much more forward than other snowboarders, and also ride narrower boards. Alpine boards are usually, but not always, longer and much stiffer than freeride boards, as the particular demands of carving usually require as much usable edge length as possible. The hard plastic boots stiffens the ankle joint up significantly, making it more difficult to make small ankle adjustments while making skid turns, but making the board much more stable and powerful at higher speeds and the much higher y-forces typically felt by an alpine snowboarder in carved turns

An analogy made by some alpine enthusiasts is that freeride and freestyle snowboards are like dirt bikes, and alpine/carving snowboards are like road bikes.

Backcountry/Powder

With a higher surface area than conventional skis, (in recent years ski brands have begun to offer specialised powder skis) the base of a snowboard is particularly well suited to riding fresh, ungroomed 'powder' snow. Many snowboarders consider riding powder to be the closest thing to surfing, and powder-specific 'Swallowtail' designs were among the very first snowboard shapes, introduced by Winterstick. Today, backcountry or out-of-bounds snowboarding is still considered by many to be the spiritual essence of the sport. Donning snowshoes, access-skis or a split-board with skins, the backcountry snowboarder cuts a new path up the side of the mountain in search of the very best vistas and untouched snow. Some snowboarders choose to hire snowcats or helicopters to take them where they want to go; this is known as catboarding or heliboarding respectively. Many more use snowmobiles.

Powder is arguably the most enjoyable type of snow to ride – some describe the experience as "floating on clouds". However the dangers inherent to riding out-of-bounds (avalanches, tree-wells, cliffs and other natural hazards) make this a hazardous activity, especially when the snowboarder is inexperienced or unprepared. It's also advantageous to ride longer boards and move your stance back from center in powder. In powder, it is important to keep the nose above the surface of the snow at all times to stay afloat. Powder is also not as responsive as other types of snow because it's a lot lighter and softer. The board's edge does not cut through the snow as easily.

Safety is key when hiking and riding in the backcountry, especially after a fresh 'dump' of powder. Snow can be extremely unstable, often leading to avalanches. Backcountry riders are advised to take extreme caution in all conditions, to carry avalanche equipment including a probe, beacon, and shovel, and never to ride alone in the backcountry. Avalanche equipment can be purchased or rented at outdoor equipment stores. Courses in avalanche safety are also available.

Board Construction

Core: The bulk of a snowboard, the core is the interior of the snowboard. It is typically comprised of a solid material, normally either wood, foam, or some composite plastic. The properties of the core directly affect important characteristics of the board, such as flexibility and weight.

Base: This is the bottom of the board which is made of a graphitic material that is saturated with a wax that creates a very quick smooth, hydrophobic surface. Because the base of the board comprises the bulk of the board's interaction with the snow, it is important that it be as slippery with respect to the snow as possible. For this reason, different base waxes are available for different snow conditions. If the board is damaged, a new base pattern can be stone-ground into the board. If the base becomes significantly damaged, the board may become sluggish, or if the damage is deep enough, it may even weaken the core.

Edge: A strip of metal, tuned normally to just less than 90-degrees, that runs the length of either side of the board. This sharp edge is necessary to be able to produce enough friction to ride on ice, and the radius of the edge directly affects the radius of carving turns, and in turn the responsiveness of the board. Kinking, rusting, or general dulling of the edge will significantly hinder the ability for the edge to grip the snow, so it is important that this feature is maintained. However, many riders who spend a fair amount of their time grinding park rails, and especially handrails, will actually use a detuning stone or another method to intentionally dull their edges, either entirely or only in certain areas.

This helps to avoid "catching" on any tiny burrs or other obstructions that may exist or be formed on rails, boxes, and other types of grind. Catching on a rail can, more than likely, result in a potentially serious crash, particularly should it occur on a handrail or more advanced rail set-up. In addition, it's relatively common for freestyle riders to "detune" the edges around the board's contact points. This practice can help to reduce the chances of the rider catching an edge in a choppy or rutted-out jump landing or similar situation. It is important to keep in mind that drastic edge detuning can be near-impossible to fully reverse and will significantly impede board control & the ability to hold an edge in harder-packed snow. One area where this can be quite detrimental is in a half-pipe, where well-sharpened edges are often crucially important for cutting through the hard, sometimes icy walls



Laminate: Two layers or more of fiberglass that add torsional snap and response as well as protect the wood core from damage. Often, it may be strengthened with carbon fiber or Kevlar stringers.

Bindings

The bindings that attach the snowboard to the rider's feet are securely fastened to the board with bolts that screw into its threaded metal inserts. Most snowboard manufacturers use a mounting system consisting of four bolts arranged in a square or rectangular pattern. Some companies take other approaches. The most notable example is Burton, which has long employed its signature three-bolt system and, more recently, has introduced a two-bolt system on its Un-Inc series of snowboards.

Instruction

beginner snowboard lessons focus on very basic, common snowboarding skills. The first lesson often begins with basic safety policies, stretching, and learning to fall, then progresses to snowboarding with one foot on the board (particularly skating and J-turns). Learning to snowboard with one foot strapped into the board is a particularly useful skill because it is necessary to disembark from the lift successfully. Then students learn how to turn and stop with both feet in. Other important beginner skills to learn are the falling leaf technique, side-slipping, and lift procedures. More advanced techniques that are taught in later lessons are linking turns, edge control, weight distribution, edge pressure, and eventually carving. As students progress in ability they can seek out specialized instruction in areas such as riding steeper slopes and through a wider variety of snow conditions, terrain park skills (jumps, rails, and pipes), mogul technique, off-piste riding, powder riding, and racing.

Freestyle snowboarding

Freestyle snowboarding owes much of its form and content to skateboarding, and many of the maneuvers common to snowboarding exist in skateboarding as well. Though the last decade has seen the trend reverse, with tricks unique to snowboarding cropping up in skating (witness the adaptation of the rodeo in skateboarding by Shaun White), the great majority of terminology is still borrowed from skateboarding.

Safety and Precautions

Although many snowboarders do not wear any protective gear, helmets and some other devices are gaining in popularity. Wearing protective gear is highly recommended due to the dangerous nature of alpine sports (especially freestyle snowboarding). The body parts most affected by injuries are the wrists, the tailbone, and the head. Useful safety gear includes wrist guards, padded or protected snowboard pants and a helmet. Goggles are also used by most people, and are very crucial at high altitudes on bright days to prevent snow blindness. Goggles also protect riders from temporary vision loss due to snow getting in eyes that can result in impact into terrain or obstacles. Padding can be useful on other body parts like hips, knees, spine, shoulders, and on the genitalia based on gender. Padding can be specialized for snowboarding, or it can cross sports. For example, knee pads used for volleyball can be useful for snowboarding. They can also be useful if a snowboarder may wish to rest on the knees, such as after coming to a stop. General safety tips for winter sports, alpine conditions and skiing should also be respected.

Mountain maintenance is a very important aspect of safety. In places where the mountains are steep and there is high snowfall avalanches are very common. In order to keep these parts of the mountain safe, ski patrol may either close or "rope off" dangerous areas, or fire explosives at the dangerous areas to trigger avalanches before anyone is allowed to ride the mountain. Riding closed trails or "ducking ropes" is extremely dangerous due to avalanches or unseen, dangerous terrain, which includes trees and unmarked objects. This practice is considered illegal by ski patrol and can result in severe consequences. When riding in areas without ski patrol an avalanche beacon, avalanche probe, snow shovel, advanced skills, experience, and a riding partner or "buddy" are required for safety. Without using the buddy system avalanche safety gear is useless.

Many environmental hazards are present in alpine locations. Dehydration, Hypothermia, Altitude, Frostbite, Windburn, and Ultraviolet radiation can all be avoided by following standard safety precautions, taking preventative action, and knowing certain conditions that exist.

Muscle strain and injury can often be prevented by performing an aerobic warm up and/or stretching session. This gives flexibility to ride significantly better than is than possible without stretching. The following areas that can be easily protected from injury by stretching are:

- Quadriceps
- Hamstrings
- Lower back
- Calves
- Groin

Videos and movies

Snowboard videos have become a huge part of the sport. Each season, many different snowboard films are released, usually in September. Production companies work all year developing these videos.

Videos have evolved to become the backbone of the sport. Many companies rely heavily on their professional riders to help in promoting their product in these videos. These videos began as a way to show what can be done on a snowboard and have now become a major marketing tool in the industry. One example would be *The White Album*, a snowboarding film from Shaun White, that includes cameos by Tony Hawk and was sponsored by PlayStation, Mountain Dew and Burton Snowboards, just to name a few.

Snowboarding has also been the focus of numerous Hollywood feature films, quite notably the 2001 movie *Out Cold*, which included appearances by several renowned professional snowboarders as stunt performers, actual characters, or both. *Out Cold* is one of few major motion pictures to show snowboarding rather realistically and to exhibit a real understanding of the sport, as well as the culture that surrounds it.

In countries where snow is either rare or an impossibility, dry slopes and indoor snow slopes are present. One such country is the UK, and this artificial snow phenomenon is well documented in the movie "Standing Sideways" by Damien Doyle. Professional Snowboarder, David Benedek, rates this as one of his favourite snowboard movies ever.

Other snowboard movies: Follow Me Around, People, Decade, Simple Pleasures, The Community Project, DC Mountain Lab, Lame, After Lame, Attack of the Living Shred, Revenge of the Grenerds, Smell the Glove, Patchwork Patterns, Cue the Birds, and many more.

