

Snowboard

From your first run to park tricks. A structured snowboard progression across 5 levels, from first turns to advanced park laps.

by the Progresspedia community

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Introduction

Chapter 1 · Beginner



Source: [neversummer.com](https://www.neversummer.com)

Welcome to snowboarding. This course walks you through a normal progression: flat ground, bunny hill, green slopes, then blues, and before long you're [linking turns](#) down the mountain and hitting your first jumps. You don't need to be athletic or fearless. Warm clothes, a bit of patience, and a willingness to fall over and laugh about it will get you most of the way there.

Everybody falls on day one. That doesn't mean you're bad at it, it means you're doing it. The riders carving past you were in the exact same spot not long ago. Focus on small wins. Your first successful heelside stop, your first full heel-to-toe turn, your first whole run without falling. The rest builds from there.

What you need

- **A warm, waterproof jacket and pants.** You will spend a lot of time sitting in the snow. Cotton is miserable when wet; wear synthetic or wool layers underneath.
- **Gloves or mittens, goggles, and a helmet.** Wear a helmet. Beginners catch edges and hit the back of their head, so this isn't optional. Rent one if you don't own one.

- **A snowboard, boots, and bindings.** Rent them for your first few times. The rental shop will size your board (usually chin-to-nose height) and set up your bindings.
- **Wrist guards, if you have them.** Wrists are the most commonly broken bone in beginner snowboarding. Guards are cheap insurance.

Safety basics

Know your stance. Regular means left foot forward, goofy means right foot forward. Easy test: have someone gently push you from behind, and whichever foot you catch yourself with is your back foot.



Source: www.snowboardingdays.com

Fall smart. On heelside, try to sit down rather than reach back with your hands (broken wrists come from catching yourself).



Source: [Alexey Sobolev](#)

On toeside, go to your knees and forearms, not your palms.



Source: japan-skiguide.com

- **Look where you want to go.** Your board follows your eyes and shoulders. Staring at the tree you're scared of is the fastest way to hit it.
- **Follow the responsibility code.** People ahead of you have the right of way. Don't stop in the middle of a run or below a blind rise. Check uphill before merging.
- **Start small and go in order.** The bunny slope exists for a reason. Moving to a steeper run before you can stop reliably is how beginners get hurt.

Snowboarding tends to click suddenly rather than gradually. You struggle for a while, then one run it just works.

Have fun out there. See you on the mountain.

This course is your foundation

This course covers the core skills that make snowboarding feel controlled, safe, and fun. It won't cover every situation you might run into on a mountain or every style of riding.

Some riders love carving groomers. Others head straight for the park, powder, or side hits. You don't need all of that to enjoy snowboarding. You just need the basics dialled in.

Use this course as your starting point. Once you're comfortable linking turns and controlling your speed, you can take your riding in whatever direction feels the most fun to you.

Key tips

- Wear a helmet and consider wrist guards. Your first day has the most falls
- Figure out your stance (regular or goofy) before you strap in
- Expect to fall a lot on day one. It gets dramatically better on day two
- Look where you want to go, not at what you're afraid of
- Stay on the bunny slope and green runs until stopping feels automatic
- Hydrate and take breaks. Fatigue is when injuries happen

Skating & One-Foot Pushing

Chapter 1 · Beginner



Source: [Ed Shreds](#) · [channel](#)

Before you ever get to turn, you need to move on flat ground. To the lift, off the lift, around the base area. On a snowboard that means skating: front foot strapped in, back foot free, pushing yourself forward like a skateboarder. It feels dumb and clumsy the first ten times. Everybody looks silly here.

Strap your front foot in and leave the back foot out. Put the back foot on the snow next to the front binding and push gently. Let the board glide, then push again. Keep most of your weight on the strapped-in front foot. For short glides, rest the back foot on the stomp pad between your bindings. That's also how you ride off the chairlift.

Here is a quick tutorial that covers skating and one-footing:

■ [Watch on YouTube](#)

Video by [Ed Shreds](#)

Key tips

- Push with your back foot behind the board, not in front of it
- Keep weight centered over the front binding. Leaning back makes the nose wander
- Rest the back foot on the stomp pad for glides longer than a few meters
- Practice small pushes on flat ground before trying a gentle slope

- Watch for other people. You can't stop quickly with one foot out

Getting Up From a Fall

Chapter 1 · Beginner



Source: [Snowboard Addiction](#) · [channel](#)

Sounds trivial, but getting up off the snow with both feet strapped in is one of the genuinely hard things on day one. People sit in the snow for ten minutes trying to muscle up. There are two tricks, one for heelside and one for toeside, and once you know them you never get stuck again.

Heelside (sitting in the snow, facing downhill). Bring your knees to your chest so the board is close to your butt. Grab the toe edge with one hand, roll your shoulders forward, and push the snow with the other hand as you stand up on your heel edge. Keep the board perpendicular to the slope the whole time or you'll slide away from under you.

Toeside (face-down, looking uphill). This one is easier once you know it. Flip onto your belly so the toe edge is biting into the snow. Get on your knees, push yourself up with your hands, then straighten your legs into a stand. The toe edge holds you in place while you come up.

Here is a clear demonstration of both:

■ [Watch on YouTube](#)

Video by [Snowboard Addiction](#)

Key tips

- Keep the board across the slope (perpendicular) so it doesn't slide while you stand
- Get the board close to your body. The further away it is, the harder it is to stand
- Rolling onto your belly and standing toeside is usually easier than heelside
- Use your edge, not your muscles. If you're grinding to stand up, your edge isn't biting

- Take breaks sitting on your knees (toeside) rather than on your butt (heelside), which is warmer and gets less wet

Sliding & Stopping

Chapter 1 · Beginner



Source: [SnowboardProCamp](#) · [channel](#)

Your very first time on a snowboard with both feet strapped in and actually moving. Figure out whether you are regular (left foot forward) or goofy (right foot forward), then stick with that lead foot for now so you build one consistent habit. Strap in on the flattest beginner slope, point the board straight downhill, and slide with your knees soft and weight centered. To stop, turn the board perpendicular to the slope and press into your heel edge. That's a heel-side skid stop. Practice toe-side stops too: same perpendicular finish, but press into your toe edge so you can stop confidently on both edges.

Here is a video explaining how to slide and stop:

■ [Watch on YouTube](#)

Video by [SnowboardProCamp](#)

Remember to practice both heelside as depicted in the header of this article, and toe side stops:

■ *Video clip - view it online.*

Source:

■ [Watch on YouTube](#)

Key tips

- Keep your knees bent and back straight
- Look where you want to go, not down at the board
- Start on the flattest green slope available
- Practice heel-side and toe-side skid stops until they feel automatic

Riding the Chairlift

Chapter 1 · Beginner



Source: cdn.shipskis.com

The chairlift is the scariest ten seconds of your first day. It's fine. Millions of beginners do it every weekend. Here is how it works.

Loading. Skate up to the line. When the attendant waves you forward, skate to the loading line and stop. Your front foot is strapped in, your back foot is on the snow next to it. Look back over your shoulder to watch the chair come around. As it reaches the back of your legs, sit down into it. Don't jump or reach for it, just sit. Once you're on, lower the safety bar.

Riding up. Let your board dangle. Don't swing it or drag it. Point the nose straight ahead so it doesn't catch on the arriving ramp. About ten seconds before the top, raise the safety bar.

Unloading. This is where most beginners fall, and that's fine. You just stand up and get off to the side. As the chair crests the top, point the nose of your board forward, stand up with your weight over the front foot, and put the back foot on the stomp pad. Let the chair push you gently off the ramp. Ride straight down the gentle unloading slope, then turn or stop to clear the area quickly, so the next chair doesn't run into you.

Key tips

- Tell the attendant it's your first time. They'll slow the lift for you

- Never try to load with both feet strapped in
- Point the nose of your board forward during the entire ride
- Stand up as the chair starts descending the ramp, not before or after
- If you fall unloading, scoot out of the way immediately. Don't sit there
- Follow the person in front of you and just copy what they do

Sideslip & Falling Leaf

Chapter 1 · Beginner



Source: [Ryan de Milliano · channel](#)

This article covers two related skills you'll learn in one session. Sideslip is controlled descent on a single edge with no weight shift, just holding the edge while the board slides straight down the slope. Falling leaf is the same idea but with a weight shift, so the board zigzags down the slope like a leaf falling from a tree. Sideslip is the foundation; falling leaf adds steering on top of it. Mastering both is what makes a steeper slope stop feeling steep.

This builds directly on [sliding and stopping](#): you already know how to set an edge and stop, now you're going to hold that edge while the board moves.

Static sideslip

Start by getting comfortable holding a single edge. The board stays perpendicular to the fall line, your weight stays centered between both feet, and you slide straight down the slope on one edge. No weight shift, no direction change. Just edge control.

Toeside sideslip. Most people find toeside easier first because you can see where you're going. Face uphill on a gentle green slope with your weight on the balls of your feet and your shins pressing into the boot tongues. Engage the toe edge and let the board slide. The amount of edge controls your speed: tip more onto your toes to slow down, let the edge flatten slightly to slide faster.



Source: onlinesnowboardcoach.com

Heelside sideslip. Face downhill on the same slope, weight on your heels. Same idea: more heel pressure slows the slide, less heel pressure speeds it up. The mental hurdle here is that you're looking straight down the slope, which feels exposed. Trust the edge - as long as the board stays perpendicular to the fall line, you can't pick up much speed.



Source: japan-skiguide.com

Once you can sideslip down a stretch of green run with your speed under control on both edges, you're ready to add the weight shift.

Falling leaf

Now keep that same edge engaged but start shifting weight between your front and back foot. Shift forward and the board slides diagonally toward the nose; shift back and it slides the other way. Same edge the whole time, no edge change. The board swings back and forth like a leaf falling from a tree.

Toeside falling leaf. Sideslip on your toe edge, then shift weight onto your front foot - the board moves diagonally in that direction. Before it picks up too much speed, shift back onto the rear foot and it slides the other way. Keep the toe edge engaged the entire time.

Heelside falling leaf. Same idea on your heels, facing downhill. Shift forward, slide diagonally; shift back, slide the other way. Stay on the heel edge.

This is the single best drill for getting comfortable on a steeper slope before you commit to full turns. It also teaches you the weight-shift that initiates every turn you'll ever make.

Here is a tutorial on falling leaf:

■ [Watch on YouTube](#)

Key tips

- Get sideslip dialled before adding the weight shift; rushing past it makes falling leaf harder than it needs to be
- Keep one edge engaged the entire time. No flat base
- Look in the direction you want to travel; the board follows your head
- Shift weight subtly, not dramatically. A little goes a long way
- Most people find toeside easier first; if heelside isn't clicking, switch sides
- Once you can falling-leaf confidently on both edges, you're ready for [garlands](#)

Garlands

Chapter 1 · Beginner



Source: [SnowProfessor](http://www.SnowProfessor.com)

Garlands are the dress rehearsal for full turns. You stay on one edge, heel or toe, and arc the board toward the fall line, but you bring it back to a sideslip before the board ever crosses through flat. No edge change, no commitment to the other side. Just the first half of a turn, repeated.

This is the step most beginner content skips, and it is the one that makes everything after it click. [Falling leaf](#) teaches you to control descent on one edge. Garlands teach you to start a turn. Once garlands feel smooth, a full linked turn is just two garlands joined at the fall line.

Heelside garland. Start in a heelside sideslip with the board across the slope and your weight on your heels. Shift weight onto your front foot and let the nose drop down the slope. Before the board reaches the fall line, steer the front foot back across the slope and sink into your heel edge again. The board arcs partway down, then back across. That's one garland. Sideslip for a moment, then do another. Repeat all the way down.

Toeside garland. Same idea on your toe edge. Sideslip across the slope facing uphill, weight on toes. Shift forward, let the nose drop toward the fall line, then steer the front foot back up the slope and re-pressure the toe edge before the board crosses through flat. The shins-into-tongues feeling from [toe-edge turns](#) starts here.

The mental win is the fall-line drop. Letting the nose point downhill, even briefly, is the scariest moment in beginner snowboarding. Garlands let you feel that drop while knowing you're going to bring the board right back to a safe edge. By the tenth garland on each side, the fall line stops

feeling like a cliff edge.

The most common mistake is letting the nose drop too far. If the board crosses the fall line and starts pointing across the slope on its own, you're in a full turn whether you wanted one or not. The fix is to start the steer-back motion earlier than feels necessary, roughly halfway between traverse and fall line. You can let it run further as you get comfortable.

Here is more information on the exercise:

■ [Watch on YouTube](#)

Video by [SnowProfessor](#)

Key tips

- Stay on the same edge the entire time. No flipping to the other side
- Start the front-foot steer earlier than feels necessary; you can let the nose drop further as confidence builds
- Practice on the same terrain as falling leaf: wide, gentle green
- Do at least ten clean garlands on each side before moving to full turns. They are the missing link between sideslipping and linked turns
- If the board accidentally crosses the fall line, ride it out as a full turn rather than fighting it

Heel-Edge Turns

Chapter 1 · Beginner



Source: [SnowboardProCamp](#) · [channel](#)

Heel-edge turns mean turning across the slope with your weight on your heels, facing downhill. Initiate the turn by shifting your weight to your front foot and pressing your heels into the snow. Your board will arc across the slope. Once your heelside [garlands](#) feel smooth, this is just letting the nose drop a bit further so the board completes a full turn instead of arcing back to a sideslip.

There are three small moves happening at once. Point your lead shoulder in the direction you want to go, since the board follows your eyes and hips more than your feet. Transfer weight forward onto your front foot so the nose bites first and starts the arc. Then progressively sink into your heel edge by rolling your ankles and flexing your knees, almost as if you're sitting into a chair just behind you. The turn finishes when the board is pointed across the slope, which is also your built-in brake.

The most common beginner mistake is sitting back on the tail and pressing with straight legs. This flattens the nose, lets the board wander, and often ends with you on your butt. Stay tall on your front leg, soft on the back, and let the sidecut do the work.

This video explains heel-edge at 2:40:

■ [Watch on YouTube](#)

Video by [SnowboardProCamp](#)

Key tips

- Keep your hips over the board, not behind it
- Steer with your front foot. It leads the turn
- Let the board do the work, don't force it with your upper body

- Practice falling-leaf traverses first (slide heel-side back and forth)

Toe-Edge Turns

Chapter 1 · Beginner



Source: [SnowboardProCamp](#) · [channel](#)

Toe-edge turns have you facing uphill with your weight on your toes. This feels less natural because you can't see downhill as easily. Press your toes and shins into the front of your boots and lean into the slope. If your toeside [garlands](#) are clean, you already know the body position - this just lets the board carry through the full arc.

The key feeling on toeside is "shins into tongues". You should feel constant pressure from your shin bones against the front of your boots throughout the turn. That pressure is what tips the board onto its toe edge. Without it, you end up balancing on tiptoes and the edge washes out. Combine shin-pressure with bent knees and a tall spine, almost like you're leaning forward over an invisible railing.

Seeing where you're going is the mental challenge. Rotate your head and leading shoulder to look downhill across your front. Don't look at the board. If you're staring at your feet you'll stiffen up and lose the edge. Toeside also feels faster than heelside even at the same speed, because your body is facing the direction of travel. That's normal; it isn't actually faster.

Here is a video mainly focusing on the toe side turn:

■ [Watch on YouTube](#)

Video by [SnowboardProCamp](#)

Key tips

- Press your shins into the boot tongues
- Look over your leading shoulder to see where you're going
- Keep your knees bent. Standing tall on toeside is unstable

- Practice falling-leaf traverses on your toeside first

Upper Beginner

Chapter 2

6 articles

Linking Turns

Hockey Stops

Dynamic Short-Radius Turns

Ground spins / pivots

Popping / jumping on a snowboard

Tail Press

Linking Turns

Chapter 2 · Upper Beginner



Source: [SnowboardProCamp](#) · [channel](#)

Linking turns means smoothly transitioning from heel-edge to toe-edge and back, making an S-shape down the mountain. The goal is to start down a green or blue run without falling, which is what takes you from beginner to real snowboarding.

You should already be comfortable with isolated [heel-edge turns](#) and [toe-edge turns](#). The transition between edges is the whole new piece. As a heel-side turn finishes and the board is across the slope, you'll feel pressure build up against your heels. That's the moment to release: shift weight slightly forward, let the board flatten, and let the nose drop down the fall line. As the board passes through flat base and starts pointing downhill, tip your ankles and knees the other direction, onto the toe edge. If you do this cleanly, the two turns feel like one continuous S rather than two separate moves.

Most beginners fall in the transition, not the turn. Going through flat base pointed downhill is scary, because the board picks up speed for a split second. If you freeze at that moment, the board will either catch an edge or fly away under you. The counterintuitive fix is to commit harder and faster. A confident, quick edge change is much safer than a hesitant one.

Here are some tips to help you out:

■ [Watch on YouTube](#)

Video by [SnowboardProCamp](#)

Key tips

- Shift your weight to the front foot to start each turn
- The transition between edges happens when the board points downhill

- Don't rush. Let each turn finish before starting the next
- Start on a wide, gentle green slope with plenty of room
- Count a rhythm out loud ("heel... toe... heel... toe") so your turns stay evenly spaced
- Your first full run without falling is the milestone. Everything after that gets dramatically easier

Hockey Stops

Chapter 2 · Upper Beginner



Source: [Ed Shreds](#)

A hockey stop is a fast, committed stop where you swing the board sideways across the slope and dig the edge in hard, throwing a sheet of snow as you come to a halt. It's the same idea as the heel-side and toe-side skid stops you already know, but done at speed and with intent. Once you can [link turns](#) at real cruising speed, this is the stop that matches that speed - by the end of upper beginner you should be able to stop quickly and confidently on either edge from a real cruising speed, not just from a crawl.

Start with the edge you trust more, usually heelside. Pick a gentle, uncrowded green and build a small amount of speed straight down the fall line. To stop, do three things almost at once: rotate your shoulders and hips so they face across the slope, push the tail of the board out with your back foot, and roll the board hard onto its edge. Bend your knees deep as the edge bites - that's what absorbs the deceleration. If you stay stiff, the edge either washes out or bucks you forward. The whole stop should take less than a second once you commit.

Toeside is the same move mirrored, and it's the one most people avoid. Practice it deliberately. Face up the slope as you swing the board around, push the tail out behind you, and drive your knees forward into the hill so the toe edge bites. Your shins should press into the front of the boot. Looking over your leading shoulder up the slope helps you commit instead of leaning back into the hill, which flattens the edge and slides you out.

The two failure modes to watch for are leaning back (kills the edge, you keep sliding) and going too gently (you're back to a long skid stop, not a hockey stop). The fix for both is the same: lower

stance, faster rotation, harder edge set. Once it clicks on green, take it to a mellow blue and do it from real speed on both edges. That's the test.

Video guide here:

■ [Watch on YouTube](#)

Video by [Ed Shreds](#)

Key tips

- Rotate shoulders and hips across the slope, push the tail out, set the edge - all in one motion
- Bend your knees deep through the stop to absorb the deceleration
- Practice toeside as much as heelside. Most people skip it and stay one-edge-strong
- Stay stacked over the board. Leaning back washes the edge out
- Build up: start slow on a green, then take it to real cruising speed
- Look across the slope or slightly uphill, not down at the board

Dynamic Short-Radius Turns

Chapter 2 · Upper Beginner



Source: [SnowboardTrainers](#)

Up to this point your turns have been long and patient, the kind that work on wide groomers but stall out the moment a slope narrows or steepens. Dynamic short-radius turns are the opposite: quick, rhythmic, actively driven by your legs. They're how you handle narrow cat tracks, busy runs, and the upper end of blue terrain without running away with speed. They build directly on [hockey stops](#): same fast edge-set, but linked one into the next instead of finishing with a halt.

The key shift is that you stop *waiting* for each turn to happen and start *making* it happen. A dynamic turn is built around unweighting and re-weighting. At the end of one turn you extend your legs to lighten the board, pivot it through the fall line with your feet and ankles, then absorb by bending your knees as the new edge engages. Extend, pivot, absorb, repeat. The rhythm is fast, almost bouncy. Your upper body stays quiet and pointed down the fall line while your legs swing the board underneath you like a pendulum.

Short-radius turns are also your speed-control tool on any slope too steep for relaxed carving. Because each turn finishes quickly across the fall line, speed gets shed turn by turn instead of accumulating. Practice them on a medium blue first: link ten short turns in a row, count the rhythm out loud, and keep your shoulders facing downhill the whole time. Once the timing clicks, you can take these into steeper terrain and narrower runs without panic.

While this video is about dynamic vs static riding, dynamics short radio turns are clearly demonstrated:

■ [Watch on YouTube](#)

Video by [SnowboardTrainers](#)

Key tips

- Drive the turn with your legs. Upper body stays quiet, facing down the fall line
- Unweight by extending, pivot the board through the fall line, absorb by bending
- Count a fast rhythm out loud ("down, down, down") to lock in the timing
- Each turn should finish fully across the slope to shed speed
- Hands up and forward. Dropping the back hand drags the whole upper body around
- Drill on a medium blue first, then take it to steeper terrain when the rhythm is automatic

Ground spins / pivots

Chapter 2 · Upper Beginner



Source: [Snowboard Addiction](#)

What you'll learn

You'll learn how to link slow backside and frontside 180s, transition between heel and toe edges, and eventually spin full 360s with smooth edging and controlled speed. If your edges are catching, this tutorial shows you how to fix it.

The idea

Ground spins are one of the best balance drills you can do on a snowboard. They teach edge control, board feel, and smooth transitions so you stay on the correct edge throughout all your buttering tricks.

■ [Watch on YouTube](#)

Video by [Snowboard Addiction](#)

Steps

1. **First step:** Learn a 180
2. **Second step:** learn a full 360
3. **Third step:** learn how to link spins and keep on spinning (remember to stay on the uphill edge)

Popping / jumping on a snowboard

Chapter 2 · Upper Beginner



Source: [Tommie Bennett](#)

What you'll learn

Learning to pop or jump on a snowboard is one of the most useful beginner freestyle skills. A “pop” is a small explosive movement that lifts the snowboard off the snow. It comes from bending and extending your legs while using the flex of the snowboard

The idea

Popping is useful for improving balance and board control. It is also the introduction to learning and [ollie](#) and other beginner freestyle tricks

Steps

A "pop" on a snowboard is jumping of both feet at the same time. The jump happens from pushing the feet down and the lifting the knees. This is the easiest way to do your first jump.

1. First step - Do a pop of both feet on flat ground
2. Second step - Do progressively bigger pops on the toe-side edge
3. Third step - Do progressively bigger pops on the heel-side edge (be careful as they are very tricky)

These must be completed before trying your first 180 on flatground

Tail Press

Chapter 2 · Upper Beginner



Source: [Tommie Bennett](#)

The tail press is your first real freestyle move and the foundation of every butter. Riding straight down a gentle slope, shift your weight onto your back foot and lift the nose of the board off the snow. The tail flexes, the nose rises, and you glide along on just the back of the board. Hold it, recenter, and you're done.

Presses feel awkward at first because you have to commit. Half a press is a caught edge. Lean all the way back over the tail and trust the board to flex.

Here is a tutorial covering tail and nose presses:

■ [Watch on YouTube](#)

Video by [Snowboard Butters](#)

Key tips

- Start on a flat, not moving. Once you can hold/stand in the press, move to a wide green slope with no one around.
- Shift your hips back over the tail, not just your shoulders. The majority of your body mass is in your hips and torso. Not your shoulders and head.
- Keep your front leg soft so the nose lifts easily
- Start with a brief press and build up to holding it longer

- Once tail presses feel easy, mirror the move for a [nose press](#)
- Presses lead directly into butters and 180s, so this is the real freestyle starting point

Intermediate Slope

Chapter 3

10 articles

Riding Variable Snow

Ollie

Flat Ground 180

Nose Press

Riding Switch

Penguin Walk

Standing 180 Nose Roll

Flatground backside 180

Backside 180 noseroll

Your First Carved Turns

Riding Variable Snow

Chapter 3 · Intermediate Slope



Source: i0.wp.com

So far you've probably ridden mostly groomed corduroy and fresh morning snow. The moment you ride past lunch, or ski a busy weekend, or follow anyone else's tracks, the snow stops being uniform. Chopped-up piles, heavy slush, refrozen crust, and wind-blown patches all feel completely different under the board, and they all want to stop you, throw you, or catch an edge. Variable snow is less a trick to learn and more a balance adjustment to make automatic.

The core move is to stay centered and let your legs absorb. In chop or slush, different parts of the board grip differently moment to moment; if you're stiff, every bump tries to buck you. Bend your knees more than feels necessary, keep your weight stacked over the board (not back), and let your legs work like shock absorbers while your torso stays calm. Speed is actually your friend here. Slow through chop and the board gets snagged by every pile; with a little committed speed, you float over the tops instead of plowing through them.

Slush is sticky: it grabs the base, so you want a higher edge angle to cut through cleanly and enough speed to not bog down. Refrozen crust or icy patches mean the edge has to be sharp and your weight perfectly centered, because any wobble finds the scratchiest piece of snow. In all cases, keep your turns shorter and more active than on groomed snow - the [dynamic short-radius turns](#) you've been drilling are exactly the tool here, since the board is constantly working rather than settling into a line that a snow change can break.

Here are some video tips:

■ [Watch on YouTube](#)

Video by [Snowboard Addiction](#)

Key tips

- Stay centered with deep knee bend. Let your legs absorb the terrain, not your whole body
- Keep a little committed speed. Slow riding gets caught by every chunk
- Short, active turns beat long patient ones when the snow is inconsistent
- In slush, higher edge angle and momentum beat fighting the grab
- On refrozen crust or ice, sharp edges and perfect centering are non-negotiable
- If conditions get worse than your skill, traverse to a groomer. No shame in it

Ollie

Chapter 3 · Intermediate Slope



Source: [Ed Shreds · channel](#)

The ollie is your gateway into tricks. Shift your weight to the tail, spring off the back of the board, and level it out in the air by bringing your front knee up. You can ollie on flat ground, over small features, or onto boxes.

The motion happens fast but has three parts. First you load: crouch and shift weight onto the tail, compressing the back of the board so it flexes. Then you pop: extend your back leg explosively, pushing the tail into the snow. The flex you just built up snaps back and launches you into the air. Finally you level: while airborne, pull your front knee up toward your chest so the nose doesn't stay pointed at the sky when you land.

A good way to feel the pop is to practice on totally flat ground with the board strapped in. Do a few just standing still, no speed needed. Most beginners over-rotate by jumping straight up instead of using the tail's spring. Once the ollie clicks, you'll feel the board throw you upward rather than you jumping off of it.

Learn more here:

■ [Watch on YouTube](#)

Video by [Ed Shreds](#)

Key tips

- Press the tail down first by shifting weight to your back foot
- Pop by extending your back leg, then pull your front knee up
- Level the board out at the peak. Don't leave the nose pointing up
- Start small and build height gradually
- Practice on flat ground before trying it on slopes
- Commit fully. Half-hearted ollies are where you catch an edge
- Count the timing: load, pop, level. Rushing collapses the whole motion

Flat Ground 180

Chapter 3 · Intermediate Slope



Source: [Snowboard Addiction](#)

A [frontside 180](#) is one of the first freestyle tricks most snowboarders learn. In a Flat Ground 180, you don't use any kicker and just do it on the slope. Your chest rotates toward the downhill side during the takeoff. You land [riding switch](#), so the trick only really clicks once switch riding feels at least passable.

Step 1 - setup: Ride in on a gentle heel-side edge with closed shoulders

Step 2 - pop and rotate: as you're popping (the same [ollie](#) pop you already know) turn your head and shoulders forward creating the frontside rotation then bring the board around with the momentum.

Step 3 - land: land on the toe-side edge. Remember to keep looking forward and ride it out

Video lesson here:

■ [Watch on YouTube](#)

Video by [Snowboard Addiction](#)

Nose Press

Chapter 3 · Intermediate Slope



Source: [WNTR Ski & Snowboard Training](#)

The nose press is the mirror of the [tail press](#) and the second half of your buttering toolkit. Riding straight down a gentle slope, shift your weight onto your front foot and lift the tail off the snow. The nose flexes, the tail rises, and you glide along on just the front of the board.

Nose presses feel less stable than tail presses because you're riding on the leading end of the board, which is where any chatter or catch will throw you fastest. Commit your hips forward over the nose, not just your shoulders, and keep a bent front knee so the nose can flex smoothly. Start with brief presses on a flat, predictable run and work up to holding them longer as your balance over the nose improves.

Nose and tail presses together unlock most butters, nose/tail rolls, and the front/back press variants on boxes. If the tail press already feels locked in, the nose press is a short bridge to a much bigger bag of tricks.

Here's a walkthrough:

■ [Watch on YouTube](#)

Video by [WNTR Ski & Snowboard Training](#)

Key tips

- Start on a flat, wide green with predictable snow

- Drive your hips forward over the nose, don't just lean the shoulders
- Keep the front knee bent so the nose flexes instead of chattering
- Eyes up and ahead. Looking down at the nose throws your balance
- Build from short presses to long ones as your balance improves
- Once both presses feel easy, you're ready for butters and press variants on boxes

Riding Switch

Chapter 3 · Intermediate Slope



Source: [Malcolm Moore · channel](#)

Riding **switch** means riding with your non-dominant foot leading instead of your natural stance. If you normally ride left-foot-forward (regular), switch means riding right-foot-forward - and vice versa. It feels foreign at first but is essential for landing tricks and all-round board control. means going downhill with your opposite foot forward. If you normally ride left-foot-forward (regular), switch means right-foot-forward. It feels like learning all over again, but it's essential for landing tricks and overall board control.

Start with skidded falling leaf traverses in switch, the same drill you used on day one, now with your weak foot forward. The weird part isn't the balance, it's the steering. You've spent hours learning to steer with your regular front foot, and suddenly your brain has to re-map that instinct onto the other side of your body. Expect to feel clumsy for at least a full day.

Build up slowly: switch falling leaf, switch heelside turn, switch toeside turn, linked switch turns. Don't try to shortcut this progression just because you can already ride. Switch riding is its own skill. The payoff is big though. Once you can ride switch confidently, every trick that lands switch (all your frontside 180s, cab spins, fakie rollers) becomes way less scary because the landing no longer feels foreign.

Here are some tips on completing a switch run:

■ [Watch on YouTube](#)

Video by [Malcolm Moore](#)

Key tips

- Start on a green slope even if you can ride blues in regular

- Dedicate full runs to switch only. Don't revert when it gets scary
- Practice [linking turns](#) in switch before moving on
- Your brain already knows how to ride. The body just needs to catch up

Penguin Walk

Chapter 3 · Intermediate Slope



Source: [Snowboard Addiction](#)

The penguin walk is how snowboarders cross flat ground without unstrapping a foot. On a flat area, hop your weight from your tail to your nose and back again, over and over. On its own this just rocks the board in place - the trick is adding direction.

To go forwards, stack your weight over your toe edge and add a little edge angle as you hop tail to nose. The more edge you create and the more weight you commit to your toes, the more distance you cover per hop. Once that feels easy, try it backwards on your heel edge: stack your weight over your heel edge and lift your toes slightly to create edge angle, then repeat the same back-and-forth hopping motion. Going backwards is noticeably harder and isn't something you'd actually use to get around - it's purely there to build your buttering skills.

Watch your arms while you do this. One arm naturally swings with the opposite end of the board - that's counter-rotation, the same movement you'll use in butters and spins. Exaggerate that swing on purpose and you'll cover more distance with each hop.

Here is a tutorial covering the penguin walk:

■ [Watch on YouTube](#)

Video by [Snowboard Addiction](#)

Key tips

- Practice forwards on your toe edge first - it's far easier than the heel edge version
- More edge angle and more weight committed to that edge means more distance per hop
- The heel edge (backwards) version is significantly harder - don't expect it to feel natural right away
- Exaggerate the counter-rotation swing in your arms to cover more ground each hop
- You can drill this at home on carpet with a training board, no snow required

Standing 180 Nose Roll

Chapter 3 · Intermediate Slope



Source: [Snowboard Addiction](#)

The standing 180 nose roll is one of the most rewarding flatground tricks you can learn. No speed, no air, no scary commitment - just you, your board, and a clean little pivot that leaves you [riding switch](#). It's the kind of move that levels up your edge control and balance in a single afternoon.

How to

You load your nose, lift your tail, and let your upper body swing the board around 180 degrees underneath you. Done from a standstill, it's pure technique, which is exactly why it's such a good thing to learn.

Set up on flat ground with your knees soft and weight centered. Pick the direction you want to spin and look that way over your front shoulder - head first, then shoulders, then hips, then board. That order is the whole secret. Shift about 70% of your weight onto your front foot, pressing down through the ball of your foot into the nose. As you press, start rotating your upper body and let your back foot float up. The tail will swing around almost on its own. Land centered, riding switch.

Frontside (spinning toward your toes) is the friendliest place to start because you can see where you're going the whole time. Once it clicks, backside follows quickly, and from there the door opens to nose rolls in motion, nollie 180s, and every buttery flatground combo you've ever admired.

Here is a video showing a 180-nose-roll. In the video, it is only shown while riding, but start learning this trick standing still.

■ [Watch on YouTube](#)

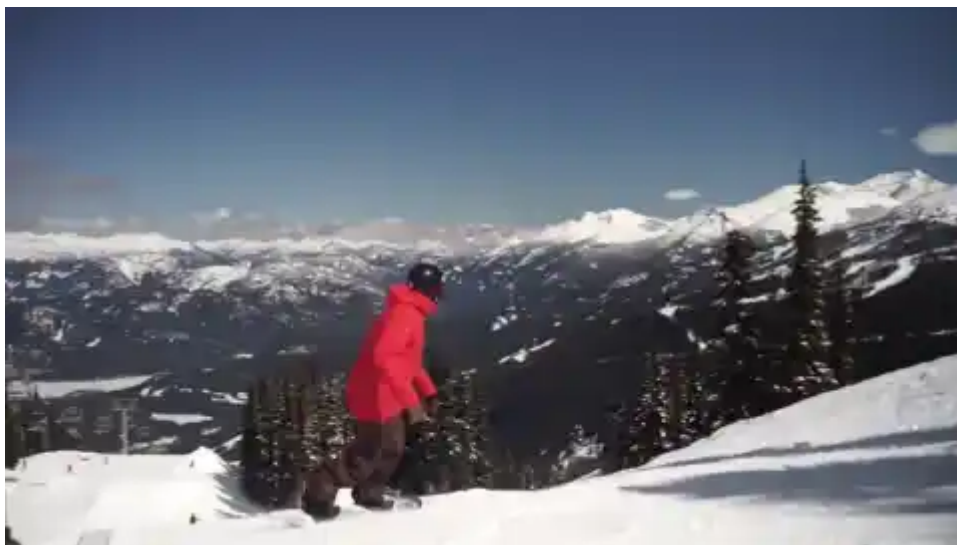
Video by [Snowboard Addiction](#)

Key tips:

- Lead with your head and shoulders - your board follows, never the other way around.
- Press the nose, don't lift the tail. Counter-pressure does the work for you.
- Keep your weight forward through the whole spin. Leaning back stalls it out.
- Pick a spot behind you and lock your eyes onto it before you start.
- Start on dead-flat ground. Add motion only once it feels automatic.
- Learn frontside first, then backside - both unlock the same bag of tricks.

Flatground backside 180

Chapter 3 · Intermediate Slope



Source: [Snowboard Addiction](#)

What you'll learn

A [backside 180](#) is often one of the first spin tricks snowboarders learn after frontside 180s. A very stylish trick in which you rotate backside and land looking back.

Here is a youtube guide on how to land your first backside 180

■ [Watch on YouTube](#)

Video by [Snowboard Addiction](#)

The idea

Your first backside 180 should always be done on the slope.

step 1 - setup: Come in on a gentle toside edge with an open chest. step 2 - pop and rotate: as you pop you turn your head looking back, then comes the arms and shoulers. Pull the board around last. step 3 - landing: Land on your heel-side edge and keep looking back so you dont overrotate.

extra tip: For a lot of people it helps to initiate the rotation with the back arm ('throwing' it back)

Backside 180 noseroll

Chapter 3 · Intermediate Slope



Source: [WNTR Ski & Snowboard Training](#)

What you'll learn

A backside 180 noseroll uses the same concepts as a [backside 180](#) and a frontside noseroll. Combined and done correctly it is one of the most stylish flat ground tricks.

Here is a YouTube guide on how to do a backside 180 noseroll

■ [Watch on YouTube](#)

Video by [WNTR Ski & Snowboard Training](#)

The idea

A backside 180 nose roll is a snowboard trick where you initiate a backside 180 while shifting your weight forward onto the nose of the board, using it as a pivot point as you pull up your back leg and rotate 180 degrees backside over the nose of your board

- **Step 1** - Setup: approach on a gentle toe-side edge with weight centered or slightly on the back leg and an open chest.
- **Step 2** - Shift of weight and rotation: quickly move your weight to the nose of your board while you initiate the rotation with your head, shoulder and arms. As you initiate the rotation lift up your back leg and bring it around.
- **Step 3** - Landing: Keep looking back to avoid over rotating

Your First Carved Turns

Chapter 3 · Intermediate Slope



Source: dmksnowboard.com

A carved turn is a turn where the board rides on its edge and slices a clean line through the snow instead of skidding sideways. Once you can comfortably [link turns](#) down a green, this is the natural next progression. Before you try it on steep terrain, you want to feel what a real carve is on a gentle green or easy blue, where you have time to think and low consequences for mistakes.

The easiest way to understand carving is to compare it to what you already do. In a skidded turn, the board is tipped on edge but it's still drifting sideways through the arc, and it scrapes a wide, smeared track in the snow. In a carved turn, the board follows the curve of its own sidecut, and the only thing touching the snow is the edge. The track behind you is a thin, pencil-width line, not a smeared stripe - just like it's depicted in the article image. Look back after every few turns. Your tracks are the scorecard.

Body position is the whole game at this stage. Stay stacked over the board with your hips centered, not behind you. Tip the board on edge by rolling your ankles and driving your knees, while keeping your chest and shoulders tall and facing down the slope. The move is sometimes called angulation: joints bend inward, upper body stays upright. Avoid the motorcycle lean where your whole body tips toward the inside of the turn. That feels natural but it rolls the board flat and the edge washes out.

Here you can learn basic carving:

■ [Watch on YouTube](#)

Video by [Malcolm Moore](#)

Key tips

- Use a gentle, groomed green or easy blue with firm morning snow
- Look behind you after each run. Pencil-thin tracks mean carved, smeared tracks mean skidded
- Tip the board with your ankles and knees, keep your chest tall
- Stay centered over the board. Weight back kills the nose and breaks the carve
- Let each turn finish fully across the slope before starting the next
- Don't force it. If you feel yourself muscling the turn, you're probably skidding

Intermediate Park

Chapter 4

6 articles

Straight Air

Indy Grab

50/50 (Box)

Frontside Shifty

Backside shifty

Tail tap

Straight Air

Chapter 4 · Intermediate Park



Source: [SnowboardProCamp](#) · [channel](#)

Your first real air off a park kicker. Approach with moderate speed, stay compact, and let the kicker's shape pop you into the air. Don't jump off the lip - it's the same pop you already use for an [ollie](#), just delivered by the kicker's shape. Keep your body centered and spot your landing.

Speed is what intimidates beginners most, and the mistake everyone makes is going too slow. An under-speed jump lands on the flat top or the knuckle, which hurts. A jump with enough speed lands on the downslope of the landing, which is shaped to absorb your impact gently. Watch a few other riders hit the feature before you drop in so you can calibrate the speed. If in doubt, a bit more speed is safer than less.

Think of your body as a spring that loads on the takeoff and releases on the landing. Stay balanced and compact up the lip with knees slightly bent. As the lip kicks you up, extend your legs and stand tall. That's "popping" off. In the air, keep your shoulders level with the board and your arms quiet. On landing, absorb with bent knees; think of your legs as shock absorbers that collapse on impact.

Another resource for more info here:

■ [Watch on YouTube](#)

Video by [SnowboardProCamp](#)

Key tips

- Start on the smallest kicker in the park
- Approach with a flat base. Don't edge into the lip
- Stand tall at the lip, knees slightly bent
- Keep your eyes up and forward. Your body goes where your eyes go.
- Keep your arms quiet. Flailing causes instability
- Land with knees bent to absorb the impact

Indy Grab

Chapter 4 · Intermediate Park



Source: [SnowboardProCamp](#) · [channel](#)

The Indy is usually the first grab you learn. Once your [straight air](#) feels balanced and predictable, the Indy is just adding a hand to it. While in the air, reach down with your back hand and grab the toe edge between your bindings. The key is bringing the board up to your hand by tucking your knees, not bending at the waist to reach down.

Most beginners bend at the waist, reach desperately for the board, miss, and land folded in half. Instead, think "tuck": pull your knees toward your chest so the board comes up to meet your hand. Your upper body stays relatively upright and balanced; your hand only needs to drop a small distance to meet the edge. This tuck-the-board-up instinct is the foundation of every grab you'll learn, so build it now.

Timing matters. Grab on the way up (right after the pop), hold through the peak of the arc, and release cleanly before the landing. A grab held too long becomes a crash because your hand is still on the board when you need it for balance. A good rule: by the time the ground is coming back up at you, your hand should already be back out for landing.

Learn more here:

■ [Watch on YouTube](#)

Video by [SnowboardProCamp](#)

Key tips

- Tuck your knees up. Don't bend over to reach the board
- Grab between the bindings on the toe edge.
- Grab on the way up, hold through the peak, release before landing

50/50 (Box)

Chapter 4 · Intermediate Park



Source: [Johnathan Buckhouse](#) · [channel](#)

A 50/50 means riding straight across a box with the board parallel to the feature. Approach straight, ride up the ramp, and keep your base flat on the surface. The box is slippery. Don't try to edge on it.

The secret to boxes is that they're essentially frictionless compared to snow, so anything you try to do on them (edge, push, steer) happens way more aggressively than you expect. That's why "flat base, quiet body" is the whole technique. Stand over the board like a statue and let it carry you across. Your feet should feel equally weighted on both edges with no pressure on either one.

Pick a flat, low box for your first few tries. Look for the kind that's barely raised off the snow. Approach the onramp straight-on, matching the speed you'd use on a gentle groomer. [Ollie](#) onto the box (a small pop is enough) and land with the box centered between your bindings. Look at the far end of the box as you slide, not at your feet. Ride off the end with the board still flat, wait a second, then turn once you're back on snow.

Watch more here:

■ [Watch on YouTube](#)

Video by [Johnathan Buckhouse](#)

Key tips

- Approach straight, not at an angle
- Keep your base flat. Edging on a box will catch and throw you
- Weight centered, knees slightly bent
- Look at the end of the box, not down at your feet
- Ride all the way off the end before turning

Frontside Shifty

Chapter 4 · Intermediate Park



Source: [Snowboard Addiction](#)

What you'll learn

A **Frontside Shifty** is a freestyle snowboard trick where the board shifts sideways in the air and then returns to a straight position before landing.

The idea

The key mechanic is **counter-rotation**: your upper body stays relatively stable and facing downhill, while your lower body and board twist independently beneath you. This separation creates the “shifty” motion.



Source: [Snowboard Addiction](#)

Steps

Step 1: Learn the Movement on Snow (Flat Ground Drill)

Start on a gentle slope with a flat base.

While riding straight:

1. keep your shoulders facing downhill
2. quickly rotate your board and hips about 90 degrees sideways
3. then immediately bring the board back to straight

Think of it as a quick directional shift and return, not a carve or a stop.



Source: [Snowboard Addiction](#)

Step 2: Take It to a Small Jump

Choose a small, familiar jump in the park.

Approach

- Ride in flat-based and relaxed
- Keep your shoulders square to the landing

Takeoff

- Pop cleanly off the lip
- Stay patient - do not start the movement before leaving the ground

The Shifty

- Once airborne, rotate your lower body to shift the board sideways beneath you
- Keep your upper body controlled and slightly facing downhill
- The movement should feel like your board is sliding under your center of mass

Bring It Back for Landing

- untwist your hips and legs
- return the board to a straight position
- align with the landing slope

Land Clean

- absorb the impact with bent knees
- stay centered over the board
- ride away smoothly on a flat base

■ [Watch on YouTube](#)

Video by [Snowboard Addiction](#)

Key Tips

- Start with small movements - style comes from control, not size
- Do not initiate the shifty before takeoff
- Keep your upper body calm and stable
- Focus on timing: twist → hold briefly → release
- Film yourself to check body separation and timing

Common mistakes

- Starting the rotation on the snow instead of in the air
- Turning the whole body instead of isolating lower body movement
- Over-rotating past 90 degrees
- Forgetting to return the board to straight before landing

Backside shifty

Chapter 4 · Intermediate Park



Source: [Snowboard Addiction](#)

What you'll learn

A **Backside Shifty** is a freestyle snowboard trick where you rotate the board 90 degrees in the air, then counter rotate back to straight before landing.

The idea

The mechanic is **counter-rotation**: your upper and lower body twist against each other. You wind the twist up in the air, hold it for style, then release it back to straight. Nothing rotates as a whole - the board goes one way, your shoulders resist the other.

Backside is the harder of the two shifties ([Frontside Shifty](#)). The movement feels awkward at first because the natural instinct when you pop is to open your shoulders forwards, which is exactly the direction that kills a backside twist.

Ride straight down a gentle slope on a flat base.

1. Shifty the board backside and hold it for a couple of seconds
2. Bring it back to straight
3. Actively use your upper body to counter rotate both into and out of the shift

Take It to a Jump

Approach

- Ride in flat-based and relaxed
- Keep your upper body aligned with your lower body
- Do not let your shoulders face forwards as you jump, or the backside twist becomes very difficult

Takeoff

- Get a solid pop first
- Be patient. Trying to shifty before you leave the lip is the most common mistake

The Shifty

- Twist your lower body backside until the board is 90 degrees across
- Think about getting your back hand over your nose at the peak
- On bigger jumps you can slow it down and pause the shifty out

Bring It Back

- Untwist and return the board to straight
- Align with the landing slope

Land Clean

- Absorb with bent knees, stay centered, ride away on a flat base

Learn more here:

■ [Watch on YouTube](#)

Key Tips

- Learn it on a trampoline first. Repetition is what makes backside feel natural
- Pop first, shift second
- Keep your shoulders aligned or slightly back on takeoff, never open forwards
- The perfect shifty is 90 degrees at the peak of the jump
- Your first ones will be small and messy. They get better as the movement gets efficient
- Combines great with an [Indy grab](#), and a [method](#) is essentially a huge backside shifty

Tail tap

Chapter 4 · Intermediate Park



Source: [Lyndsey Stevens](#)

A tail tap is the first thing you add to a [50/50](#) once straight boxes feel boring. You slide the box flat-based as normal, then near the end you hop off both feet and kick the back of the board down so the tail smacks the lip of the box on the way out. It's a small move, but it's the one that makes a plain box slide look like a trick.

Try it on flat snow first, off the feature entirely. Ride slowly, hop off both feet, and extend the back leg so the tail slaps the snow behind you. If you can do that without spinning off-axis or sitting down, the box version is the same movement with a target.

Watch more here:

Upper Intermediate Slope

Chapter 5

8 articles

Carving on Steeper Terrain

Tripod

Nollie

Dolphin Turns

Slash pop

Reverse Eurocarve

Riding Black Slopes

Layback

Carving on Steeper Terrain

Chapter 5 · Upper Intermediate Slope



Source: [REI](#)

Once your [first carved turns](#) are leaving clean, pencil-thin tracks on gentle runs, the next step is bringing the carve onto steeper blues and easy reds. The goal here is a mindset shift: on steeper terrain, you stop managing speed by scrubbing the edge and start managing it with the shape of your turns.

On a carved turn, your edge is committed. You can't just slide the board sideways to slow down without breaking the carve. Instead, speed is controlled by how far across the fall line you let each turn travel. A short-radius turn that closes off across the slope bleeds almost all your speed by the time the next turn starts. A long-radius turn that stays close to the fall line keeps speed high. By choosing the turn shape, you choose the speed. If a run is too fast, don't press harder on the edge, finish each turn more across the slope. If you want to go faster, open the arcs up.

This takes commitment. On steeper terrain, the edge angle has to be higher, and you have to trust the sidecut to bring you around even when the nose is pointing straight down the fall line. Keep angulating with knees and hips, stay tall through the upper body, and drive your weight forward into the new edge at the start of each turn. The biggest trap is getting timid: easing off the edge mid-turn flattens the board, and a flat board on a steep run skids or washes out. Fully committed is actually safer than half-committed here.

Key tips

- Control speed with turn shape. Finish turns more across the slope to slow down

- Don't brake with the edge mid-carve. It either washes out or throws you
- Commit fully to the edge through the fall line. Half-committed carves fail on steeper pitch
- Drive weight forward into every new turn so the nose bites first
- Pick runs with consistent pitch and space. You need room to complete each arc
- If you run out of speed control, finish the turn uphill and reset rather than bail into a skid

Tripod

Chapter 5 · Upper Intermediate Slope



Source: [Johnathan Buckhouse](#)

The tripod is a flashy ground trick where you plant both hands in the snow and press your board onto its nose, balancing on three points - two hands and the nose of your board - with the tail in the air. It looks wild from a distance: riders carving past will do a double take when they see you upside down on the snow. Done quickly, it even reads like a hand-dragged 360 nose roll.

Before you try it

You should be comfortable [riding switch](#), since you'll typically rotate into the tripod and your board ends up swapped around underneath you. Being solid with [nose presses](#) helps too, because the board position is essentially a deep press.

Find a flat, quiet spot off to the side of the run. Practice the position from a standstill first, even strapped in without moving. This gets you used to supporting your upper body on your arms while the board is pressed out, before adding any speed.

How to do it

From a standstill or gentle glide, rotate toward your tripod - frontside or backside both work, but frontside is the friendlier option because you can see where you're going the whole way in. As you turn, reach down and plant both hands in the snow, lean your weight onto your arms, and press the board up onto its nose so the tail points to the sky.

Hold it as long as your balance allows, or keep it quick and snappy - a fast tripod flows almost like a hand-drag 360 nose roll and still counts. To come out, you again have the choice of exiting frontside or backside. Since the board is pressed so hard onto the nose, you can use the pop stored in the tail to spring out of the position, then settle back onto your base and carve away down the run.

Learn more here:

■ [Watch on YouTube](#)

Video by [Johnathan Buckhouse](#)

Key tips

- Practice the position on flat ground at a standstill before trying it with speed
- Lean confidently onto your arms; they hold your upper body while the board presses out
- Use the pop from the loaded tail to spring out, then carve away
- Wear good waterproof gloves - your hands will get soaked, and hard snow can chew up gloves and jacket sleeves

Nollie

Chapter 5 · Upper Intermediate Slope



Source: [Snowboard Addiction](#)

A nollie is a nose ollie: popping off the nose of your board instead of the tail while riding forwards. It's mostly a style move, a way to mix up your riding rather than a trick you need for speed or height. You'll see it used on purpose in a few specific spots - getting onto rail features, holding a [nose press](#) into a jib, and as the setup for the [tame dog](#) front flip.

The technique mirrors the [ollie](#), just reversed. Start on flat ground with the board strapped in. Shift your weight and lean forward until you're balanced over the nose in a nose-pressed position. From here, spring off the nose and bring both feet up evenly into the air, aiming to land with a flat base under both feet rather than dropping onto your tail. Getting flex into the board is what makes the nollie work - you're bending the board to store energy, then releasing it as it snaps back toward its normal shape.

Riding downhill, the nollie feels awkward at first. It takes real commitment to spring off the nose, and it's far easier to learn on a flat section than while moving. Done wrong, you'll land back on your tail. The better technique is to pop into the air with both feet, then even your weight out over the whole board while still riding. Just before you pop, keep a touch of weight on your back foot - it helps you shift the board underneath you to load the nose, and it's especially useful if you're trying to nollie higher.

Timing is the other big difference from an ollie. Because you're popping from the nose, which sits in front of you, you need to initiate earlier than you would for an ollie. A snowball or marker on the ground to nollie over is a good way to dial in the timing - expect to ride into it a few times before it

clicks. Rollers are one of the best places to practice: the slight uphill helps load pressure into the nose, gives you more hang time, and adds a bit of float you won't get on flat ground. The same applies off the knuckle of park jumps.

Learn more here:

■ [Watch on YouTube](#)

Video by [Snowboard Addiction](#)

Key tips

- Lean forward into a nose-pressed position before you spring, just like loading an ollie in reverse
- Pop off the nose and bring both feet up evenly, don't just jump straight up
- Land with a flat base over both feet rather than dropping onto your tail
- Keep a little weight on your back foot right before popping to help load the nose
- Nollie earlier than you would time an ollie since you're popping from the front of the board
- Practice on flat ground and use a snowball or marker to dial in the timing
- Rollers and the knuckles of jumps are the easiest places to nollie - the uphill helps load the nose

Dolphin Turns

Chapter 5 · Upper Intermediate Slope



Source: [PSIA-AASI](#)

Dolphin turns are named for what they look like: a dolphin popping in and out of the water. Instead of rolling smoothly from one edge to the next, you [ollie](#) through the edge change, so the board leaves the snow at the top of every turn. They're a groomer drill more than a trick, and they're one of the fastest ways to get comfortable moving fore and aft on your board. That skill pays off everywhere - short turns, bumps, trees, and carving in general.

The point of the exercise is rhythm and pressure control. Because you have to load the tail and land on the nose in every single turn, you can't sit back or ride passively - the board tells you immediately when your weight is in the wrong place. That's also why it's such a good carving drill: once you can pop out of a carve and land straight into the next one, holding an edge through a normal turn feels easy. The pop is also what gets you over small bumps and rollers instead of getting bucked by them, which is why bump and tree riders use this to find a rhythm.

Learn more here:

■ [Watch on YouTube](#)

Video by [Flowing Freeride Pro Snowboard Lessons](#)

Key tips

- Progress in steps: front-foot-only turns, then back-foot-only turns, then ollies down the fall line, then ollies across it
- It's an ollie, not a jump. Lift the front foot, pop off the tail, land on the nose
- Practise on a mellow, well-groomed pitch where you can hold a steady rhythm
- Great for short turns - the pop replaces the edge-set as the trigger for each new turn

Slash pop

Chapter 5 · Upper Intermediate Slope



Source: [Snowboard Addiction](#)

The slash pop doesn't really have an official name - it's a trick Nev Lapwood from Snowboard Addiction named after what it actually is: you slash over a terrain feature and pop out of it. Roll up a [knuckle](#)The rounded crest of a jump landing - the hill right after the kicker, where the flat deck rolls over into the downslope. Coming up short and landing on the knuckle feels like hitting flat ground, so you aim to clear it and touch down on the slope past it. Riders also session knuckles on purpose: bouncing tricks off them ("knuckle hucks") is a lower-consequence way to play with pop and rotations. or a roller with speed, throw a slash across the top of it, and let the pitch of the feature fling you off the back with extra float.

It's the kind of trick you end up doing constantly once it clicks, because it works on almost any bump on the mountain - park knuckles, side hits, cat track rollers, the lip of a groomer. It works [frontside](#)The direction of a rotation or approach where your chest opens toward the direction of travel (or the obstacle) first - usually abbreviated FS, as in FS 180. For a regular rider a frontside 180 rotates counter-clockwise. The term comes from surfing and skateboarding and sticks to every spin and rail trick. and [backside](#)The opposite direction to frontside - your back leads into the rotation or the obstacle, abbreviated BS, as in BS 360. Backside is usually the slower of the two to trust, because you lose sight of the landing or the end of the feature partway through the rotation., and there's no landing to clear, so the consequences are low.

How to do it

Practise the slash first on open groomer, without a feature. Get up some speed, then slash a little onto your tail - it's almost like a high [tail press](#) with a [shifty](#) motion in it - and then bring the board back down and ride out. Do it both frontside and backside until neither direction feels like the awkward one.

Now take it to a feature. Approach a roller or the knuckle of a park jump with speed and throw that same slash right as you're going over the crest. Doing it over a pitch like that makes you go momentarily weightless - the snow drops away under you at exactly the moment you're loaded onto the tail. That's the moment you pop out of.

Extend out of the slash as the board comes off the crest and you'll get noticeably more float than a straight [ollie](#) off the same feature would give you. Land centred, ride away, go find the next roller.

Learn more here:

■ [Watch on YouTube](#)

Video by [Snowboard Addiction](#)

There is also a mention of the trick here, on the YouTube channel Ed Shred right [here](#): He calls it "Tail dragger" instead, and he does it a bit more buttery:

Source: [Ed Shreds](#)

Key tips

- Speed is the ingredient. It barely works slow and feels great fast
- Learn the slash on open groomer before taking it to a feature
- Slash onto your tail - think high press with a shifty motion in it
- Practise both frontside and backside from the start so neither becomes your bad side
- Time the slash to the crest of the feature. The weightless moment is what you pop out of
- Rollers, knuckles, side hits, cat track lips - almost any bump on the mountain works

Reverse Eurocarve

Chapter 5 · Upper Intermediate Slope



Source: [Ryan Knapton](#)

A reverse Eurocarve, sometimes called a revert carve, is a deep laid-out carve where the upper body rotates against the carve direction instead of with it. On a normal [heelside Eurocarve](#) your chest faces across the slope and your shoulders coil into the arc. On a reverse Eurocarve, your chest opens uphill, the trailing arm reaches back, and you hold the edge through the turn looking the "wrong way." It's a style move and an edge-control test rolled into one.

Heelside is the standard side to learn it. Initiate the carve normally: edge change at the top, weight forward, ankles and knees rolled into the heelside angle. As the board comes into the fall line and the edge fully engages, deliberately rotate your chest and lead shoulder back uphill, and let your trailing hand reach toward the snow behind you. The hips stay aligned with the board - the rotation is in the torso, not the lower body. Hold that counter-rotated position through the bottom of the arc, then unwind into the next turn. The trick is keeping pressure on the edge with your lower body while your upper body tries to undo the carve. That separation is the whole skill.

Toeside reverse Eurocarves exist but are much harder and less common, because opening the chest away from the slope on toeside fights your natural balance. Get heelside dialed first. Expect to wash out a lot early on - the failure mode is the edge releasing the moment your shoulders pull back. The fix is more lower-body commitment, not less upper-body rotation: drive the knees harder into the hill and trust the sidecut.

More help here:

■ [Watch on YouTube](#)

Video by [Ryan Knapton](#)

Key tips

- Don't attempt this until standard Eurocarves are clean and consistent
- Counter-rotate the torso only. Hips stay square to the board
- Initiate the carve fully before adding the upper-body rotation. Adding it too early kills the edge
- Drive harder with knees and ankles to compensate for the counter-rotation
- Wide, firm, low-traffic groomers only. This is not a chop or ice trick
- Heelside first. Toeside reverse Eurocarves are a separate, harder project
- If the edge keeps washing out, your lower body is giving up before your upper body finishes the rotation

Riding Black Slopes

Chapter 5 · Upper Intermediate Slope



Source: blog.maisonsport.com

Black slopes are steep, often narrow, and sometimes icy or mogul-covered. They demand confident edge control, quick turns, and the ability to manage speed on steep terrain. Don't just bomb it; ride in control with short, aggressive turns. By the time you drop into one, you should already feel solid [carving on steeper terrain](#) and comfortable [riding variable snow](#) - black slopes combine both.

The main thing black slopes change is your relationship with speed. On a blue, you use turns to add a little control. On a black, you're relying on your turns to keep you from running away with gravity. The rhythm gets faster: short, sharp heel-toe-heel-toe turns that shed speed every time the board comes across the fall line. Long traverses feel tempting on steep terrain, but they just build speed before the next turn.

Body position matters more here than anywhere else. Keep your weight forward and your chest pointed downhill even when your instinct screams to lean back. Leaning back on a steep is the #1 cause of losing control, because the board shoots out from under you with no bite. Stay tall, stay forward, and trust the edge. If you catch your breath halfway down, do it sitting on the uphill side of the run where you're not in anyone's path.

A video lesson is available here:

■ [Watch on YouTube](#)

Video by *[Tommie Bennett](#)*

Key tips

- Choose a line. Look 3-5 turns ahead before you drop in.
- Stay low with deep knee bend. Steep terrain amplifies every movement
- Use short, quick turns to control speed instead of long traverses
- Use the terrain to control your speed. Finish turns by pointing your board across or even slightly up the hill.
- Keep your weight forward. Leaning back on a steep slope makes you lose control
- If there are moguls, absorb them with your legs like shock absorbers
- It's okay to stop and rest on the side. Black slopes are tiring

Layback

Chapter 5 · Upper Intermediate Slope



Source: [NAS Collective](#)

The layback is one of snowboarding's most expressive ground tricks - you point your board straight, drop your hips and drag your back hand through the snow, and ride out grinning. There's no technical secret to it; it's pure commitment and feel, which is exactly why it's so fun.

Before you try it

Two tricks will set you up well. [Tail presses](#) teach you how to balance on the back of your board and flex it, which is the same weight distribution you need here. [Tripods](#) get you comfortable putting your hands in the snow and using your core to pull yourself back upright.

Before hitting the slope, practice the motion at home or on flat ground first. Strap in, point straight, and try to sink your hips down toward the snow while keeping your weight centered over the tail. This stretches out your hips and legs and builds muscle memory for how the layback should feel.

How to do it

Point your board straight downhill - no edge, no turning. Start sinking your hips toward the snow and use your arms to balance, keeping your head facing downhill. Your weight should stay centered over the back of the board; if it drifts left or right, the board will start to turn and you'll lose it.

You can't control your speed during the layback, so pick your spot carefully: a smooth, consistent slope you're comfortable with, no other riders cutting across below you. Softer snow helps a lot - it cushions the layback and makes sliding in and out much smoother. Avoid bumpy or uneven terrain; that's the main reason laybacks go wrong.

Once your hips are on (or near) the snow and your hand is dragging, hold the position as long as you like, then use your core to pull yourself back up and recenter over your board.

Learn more here:

■ [Watch on YouTube](#)

Video by [NAS Collective](#)

Key tips

- Practice sinking into the position at a standstill before adding speed
- Keep your weight centered over the tail - any drift sideways will turn the board
- Pick a smooth, consistent slope; bumps are the main cause of falls
- Softer snow is your friend - it's more forgiving on the way down and on the way out
- Flexible gear matters: stiff boots, bindings, or a stiff board will fight you - loosen up if needed
- Once it clicks, make it yours - add your own style and have fun with it

Upper Intermediate Park

Chapter 6

6 articles

Frontside 180

Switch Straight Air

Backside 180

Backside Boardslide

tailblock

Frontside Boardslide

Frontside 180

Chapter 6 · Upper Intermediate Park



Source: [Tommie Bennett](#) · [channel](#)

A frontside 180 off a kicker means spinning with your chest opening toward the downhill side and landing switch. You should be comfortable with a [straight air](#) off the same kicker and have your [flat ground 180](#) dialled before adding rotation in the air. Approach on your heel or toe edge, open your shoulders, pop off the lip, and continue the rotation to complete the 180. You land [riding switch](#), so make sure your switch riding is solid first.

Frontside means the first 90 degrees of the spin opens your chest out toward the downhill valley. You can actually see the whole rotation happen, which makes this the friendlier 180 to learn first. Pick a spot to do the 180. This can be a roller, a jump, or just a spot on the snow in front of you. Approach on a soft heel or toe-edge carve, wind your shoulders slightly closed (toward the hill), as you approach the spot you've selected, start to open your shoulders. Then, as you pop off the lip, let the shoulders release and lead the spin. Your lower body follows wherever your upper body points.

The most common mistake is starting the spin too early, before the board has left the lip. That makes you spin on the snow, kills your pop, and usually causes a weird sideways crash on the transition. Pop first, spin second. A good mental cue: don't even think about the rotation until you feel the lip leave your feet. Then unwind your shoulders hard and spot the landing over your new front shoulder.

In depth-guide right here:

■ [Watch on YouTube](#)

Video by [Tommie Bennett](#)

Key tips

- Wind up your shoulders slightly before the lip
- Pop first, then spin. Don't spin off the lip
- Spot your landing by looking over your back shoulder
- Land switch with your knees bent, weight centered, eyes up, and looking downhill
- Master flat ground 180s before taking it to the kicker

Switch Straight Air

Chapter 6 · Upper Intermediate Park



Source: [Snowboard Addiction](#) · [channel](#)

A switch straight air means approaching and launching off a kicker while [riding switch](#). It's exactly the [straight air](#) you already know, but mirrored: your pop, your balance, your landing. This is a prerequisite for switch spins and for trick combos where you land switch from a 180 and immediately hit the next feature.

The weirdness of switch airs is that your sense of timing has to rebuild from scratch. You've spent hundreds of runs calibrating exactly when to pop off a lip and how compact to stay mid-air, but all of that muscle memory is keyed to your regular stance. In switch, your "wrong" foot is the one on the tail doing the pop, and until you've done it a few dozen times, the pop feels early or late, never quite right.

The fix is unglamorous: hit the smallest kicker in the park, over and over, switch. Don't try to catch air; just practice the approach, the rollover, and the landing. After about a dozen reps you'll feel the timing lock in and it stops feeling alien. Once switch straight airs feel boring, you're ready for Cab 180s (switch frontside 180s), which land regular and feel like coming home.

Learn more here:

■ [Watch on YouTube](#)

Video by [Snowboard Addiction](#)

Key tips

- Get comfortable with [switch riding](#) on the slope before hitting kickers
- Approach with a flat base in switch stance
- The pop timing feels different. Practice on smaller kickers first
- Land switch with knees bent, weight centered
- If you can land frontside 180s (which land switch), you're halfway there

Backside 180

Chapter 6 · Upper Intermediate Park



Source: [Snowboard Addiction](#) · [channel](#)

The backside 180 is a spin where your back rotates toward the downhill side. You should already be comfortable with a [straight air](#) off the same kicker and have the rotation pattern grooved in from your [flat ground 180](#). Many riders find this scarier than frontside because you lose sight of the landing midway. But the blind landing feels natural once you commit. Your body knows where the ground is.

Approach on your toe edge. Slightly wind your shoulders open (away from the hill) so you can unwind them into the spin as you pop. The first 90 degrees takes you from facing the kicker to looking back at the approach. This is the moment beginners freeze, because the landing has just disappeared behind you. Don't slow the rotation; if anything, commit harder. Keep your head turning with your shoulders all the way around until your new front shoulder brings the landing back into view.

A useful mental trick: practice flat-ground backside 180s in your living room, on a skateboard, or on grass with bindings off. What you're training is the feeling of your head leading the rotation past the "blind" 90-degree mark without slowing down. Once that feels natural on flat ground, taking it to a small kicker is mostly about air time. The rotation itself is already in your body.

Video here:

■ [Watch on YouTube](#)

Key tips

- Ride in with slight toe-edge pressure
- As the nose of your board reaches the lip, start turning your head and shoulders.
- Look for the landing.
- Commit fully. Hesitating at 90 degrees is where falls happen
- The landing is blind for a moment, trust the rotation
- Land switch with knees bent
- Practice on smaller kickers first

Backside Boardslide

Chapter 6 · Upper Intermediate Park



Source: [Snowboard Addiction](#)

A backside boardslide means approaching the box from the heelside, ollieing on, and rotating 90 degrees so the board is perpendicular to the feature. You slide across with the box between your bindings. This is the classic first board trick beyond a [50/50](#).

The ollie-and-rotate happen as a single motion. There's no "ollie first, then rotate" pause. As you pop off your tail, wind your shoulders 90 degrees so the board follows underneath you. When you land on the box, it should already be perpendicular to the feature. Attempting to rotate after you land is how you slip out and slam onto your back.

On the slide itself, your weight needs to be centered exactly over the box. Leaning slightly heelside catches the heel edge (and throws you onto your back); leaning toeside catches the toe edge (throwing you onto your face). Imagine a plumb line straight down from your belly button to the middle of the box. That's your target balance point. Ride off the end, then rotate the extra 90 degrees back to forward while in the air, landing on snow pointing down the feature again.

Watch more here:

■ [Watch on YouTube](#)

Video by [Snowboard Addiction](#)

Key tips

- Approach with enough speed to clear the full box
- Ollie and rotate together. Don't try to rotate once you're on the box
- Keep your weight centered over the box
- Look at the end of the box to stay balanced
- Ride off the end and rotate back to forward
- Learn this on a flat low box before trying a down box or rail
- If you catch an edge, you usually leaned too far back. Keep the weight centered over the binding screws

tailblock

Chapter 6 · Upper Intermediate Park



A tailblock is a jib trick you do on any snow feature — a wind lip, a snowbank, the side of a cat track. You ride in, pop a [frontside 180](#), jam the tail into the snow, grab the nose, and use the board's loaded flex to spring yourself back out. It's kind of a very aggressive [Tail Press](#).

The block itself is the trick. Pop a frontside 180 and drive the tail down aggressively into the snow as you come around — not just set it down, but actively dig it in. If the tail is vague or sitting lightly, the board wanders sideways and the whole thing falls apart. The moment the tail bites, grab the nose with your front hand and push all your weight onto your back leg. Your board will flex under the load, nose coming up, tail buried. That's the position you want to hold.

From there, the pop-out is almost passive. A deeply loaded board wants to spring back.

■ [Watch on YouTube](#)

Video by [Network A](#)

Key tips

- Ride in on your toe edge at controlled speed
- Drive the tail into the snow aggressively as you come around. A light landing slips; a committed one locks
- Once the tail is buried, grab the nose and stack all your weight on your back leg
- Practice on a forgiving bank with soft snow — the trick is unforgiving on hard-packed ice

Frontside Boardslide

Chapter 6 · Upper Intermediate Park



Source: [Snowboard Addiction](#) · [channel](#)

The frontside boardslide is the mirror of the backside. You approach the box from the toe side, [ollie](#) on, and rotate 90 degrees the other direction so the box sits between your bindings. Frontside is often scarier than backside because you're turning your back to the direction you're sliding, but the mechanics are the same.

The blind slide is the mental hurdle. Once you rotate onto the box, you're moving with your back toward the direction of travel, unable to see where the end of the box is coming from. Your instinct will be to peek over your back shoulder, but don't. Looking over the back shoulder twists your upper body and usually tips you off. Look over your **front** shoulder toward the end of the box instead, even though it means trusting the rotation to have worked.

Riders who already have a solid [backside boardslide](#) sometimes underestimate the frontside. The spin direction is opposite, so the wind-up and timing are mirrored and have to be relearned. Give it a few sessions on a flat, short box before taking it to a down box or rail. Once your shoulders trust the rotation, everything else falls into place quickly.

Learn more here:

■ [Watch on YouTube](#)

Video by [Snowboard Addiction](#)

Key tips

- Approach the box on your toe edge with consistent speed and your shoulders slightly closed(turned uphill)
- Ollie and rotate 90 degrees in one motion. Don't rotate once on the box
- Look over/under/past your front shoulder toward the end of the box
- Keep your weight centered. Leaning back catches the heel edge, leaning forward catches the toe edge
- Ride off the end and rotate back to forward without hesitating
- If you have backside down, frontside is mostly a confidence hurdle

Advanced

Chapter 7

11 articles

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Advanced Carving

Chapter 7 · Advanced



Source: [Ryan Knapton](#) · [channel](#)

This is the top of the carving progression: laying clean carve tracks on black slopes. You should already be confidently [carving on steeper terrain](#) before taking it to the steepest pitches. If you can hold a committed carve here, your edge control on your natural stance is basically complete - the next step is doing the whole thing again in switch, covered in [switch carving](#).

Carving a black slope is less about new technique and more about commitment turned all the way up. The pitch shortens your reaction time, so every move has to be earlier and cleaner: edge change at the top of the turn, not the middle; weight forward before the fall line, not after; and turn shape finished fully across the slope so you don't run away with speed. Edge angle gets aggressive, often to the point where your hip or hand is brushing the snow on heelside. Keep angulating, don't collapse into a motorcycle lean; on a black run a washed edge means a long slide. Pick firm, well-groomed pitches for this. Ice ends carves, chop ends carves, and moguls end everything.

Reference ride for what a committed carve looks like:

■ [Watch on YouTube](#)

Video by [Ryan Knapton](#)

Key tips

- On black slopes, initiate every turn earlier than feels natural. Late = out of control
- Angulate hard, a high edge angle with a stacked torso is what holds on steep snow
- Pick groomed, firm runs. Ice, chop, and moguls are not carving terrain
- Other people does not expect a sharp carved turn, so be cautious of people skiing down the mountain
- If conditions turn scrappy mid-run, switch to short skidded turns. A broken carve on a black is a long slide

Switch Carving

Chapter 7 · Advanced



Source: [Malcolm Moore](#) · [channel](#)

Switch carving is where things get humbling: doing everything you've built into your [carving](#) all over again, on the opposite foot. Before stacking the two together you should be confidently [carving on steeper terrain](#) on your natural stance and reasonably comfortable [riding switch](#). If you can carve confidently with your bad foot forward, your edge control is basically complete.

Everything you've built on your natural stance - the weight shift, the shoulder lead, the ankle roll - has to be rebuilt for the opposite foot. Start on a green you'd otherwise find boring and re-learn basic carved turns switch-first. Look over what is now your lead shoulder, drive your (new) front foot forward, and pay attention to which edge changes still feel awkward. Most riders have one switch edge that's strong and one that's terrifying. That's the one to drill. Move to blues only when switch carves there feel stacked and controlled, and save switch carving on blacks for when it's genuinely second nature, not a test of nerve.

Key tips

- Drop back to a green and relearn the basics with the opposite foot forward
- Look over your new lead shoulder and drive the new front foot forward
- Identify your weaker switch edge and drill that one specifically
- Don't take switch to a black until it's second nature on a blue
- If conditions turn scrappy mid-run, switch to short skidded turns. A broken carve is a long slide

Method Grab

Chapter 7 · Advanced



Source: pushdalimit.com

The Method is one of the most iconic grabs in snowboarding. Once your [Indy grab](#) feels controlled and you can hold it cleanly through the peak of the jump, the Method is the natural next grab to learn. Reach down with your front hand and grab the heel edge between your bindings, then push the board out behind you. A properly tweaked Method with a poked-out board is pure style.

What makes the Method special is the tweak. That's the extension of the board out behind your back with your chest arched open. A melon grab where you just touch the heel edge and don't tweak. A real Method has your front hand pulling the board up and across while your back leg kicks it out behind you, all while you keep your shoulders square and chest open to the sky. The board and your body form a rough J-shape in the air.

Because the tweak requires reach and time, Methods need airtime. Small kickers won't give you the hang-time to extend into the shape properly. Work up to a medium or large kicker where you can hold a [straight air](#) comfortably for 1-2 seconds, then start adding the grab. On approach, stay on the heel edge. The grab is a front-hand reach to the heel edge, which is a much more natural motion from a heelside takeoff than a toeside one.

Learn more here:

■ [Watch on YouTube](#)

Video by [Johnathan Buckhouse](#)

Key tips

- Approach on your heel edge for the most natural grab
- Reach across with your front hand to the heel edge
- Push the board out and away from your body. The more you can extend the back leg, the better. That's the tweak
- Keep your back straight. The style comes from the board extension
- You need decent airtime for this, so use a medium or large kicker
- Practice the grab on flat ground first, sitting or jumping slightly. The reach should be muscle memory before you try it in the air
- Hold the grab until you start coming down, then release and spot your landing

Disaster Rail

Chapter 7 · Advanced



Source: [Ed Shreds](#)

A disaster - or gap to rail - means skipping the first half of a kinked rail and landing on the last section instead. Rather than [boardsliding](#) a down-flat-down all the way through and absorbing every pitch change, you air over the kink and touch down past it on one straight piece.

It's a speed trick. Take more than you'd normally use on that rail, because landing short - directly on the kink - kills all your momentum at once and puts you on the ground. Build up to it by airing over the *side* of the rail a few times: same run in, same pop, but you land on snow next to it. Once you're clearing the kink every time, move your line over and put the board down in a [50-50](#) on that last section.

The landing is the easy half. There are no kinks left to upset you, so it's really just a [straight air](#) that happens to finish on metal.

Watch more here at the 4:21 mark:

■ [Watch on YouTube](#)

Video by [Ed Shreds](#)

Frontside 360

Chapter 7 · Advanced



Source: [Snowboard Addiction](#) · [channel](#)

A full 360-degree frontside rotation off a kicker. You need solid [frontside 180s](#) and enough airtime to complete the extra half rotation. Wind up, pop, spin the full 360, and land riding forward. This is the first trick that really requires committing to a full spin.

A 360 is not just two 180s stacked. The wind-up is bigger, the rotation is faster, and the spin has to carry all the way through a full circle without stalling. The way to generate the extra rotation is a deeper pre-wind of the shoulders on approach, followed by a more aggressive shoulder-unwind at the moment of pop. Your lower body then spins to catch up with your upper body, which is where the full rotation comes from.

Tuck compact through the spin. Pulling your arms and knees in speeds up the rotation (figure-skater physics); extending them slows it down. A common mistake is to stay extended through the air, which means you only get about 270 degrees around and land diagonal. Tuck tight, spot the landing as you come around past 270, and extend your legs to open up and stomp it. Use a medium-to-large kicker for enough airtime. You literally need more seconds in the air than a 180.

Learn more here:

■ [Watch on YouTube](#)

Video by [Snowboard Addiction](#)

Key tips

- Get comfortable with frontside 180s first
- Wind up more than a 180. The extra rotation needs extra energy
- Tuck compact to spin faster, extend to slow down
- Spot your landing early. You should see it coming around at 270 degrees
- Use a medium or large kicker for enough airtime

Backside 360

Chapter 7 · Advanced



Source: [Snowboard Addiction](#) · [channel](#)

The backside 360 is a full rotation spinning with your back toward the downhill side. It's often considered harder than frontside because more of the spin is blind. But many riders actually find the takeoff more natural because of the heel-edge approach.

The wind-up happens on your toe-side approach. You pre-wind the shoulders away from the hill so they have maximum range to unwind through the spin. At the pop, release the shoulders hard in the spin direction. The first 180 degrees is blind; the second 180 brings the landing back into view over your leading shoulder, usually around the 270-degree mark.

Where backside 3s trip people up is stalling out at 270. Your brain sees the landing appear and instinctively wants to stop rotating, but the board hasn't caught up yet, and you land diagonal or on your heel edge. The fix is to keep your head and shoulders rotating even after you see the landing. Only at 360 do you open up and extend to stomp. Staying tight through the spin and committing past the "I can see the ground" moment is the whole trick.

Learn more here:

■ [Watch on YouTube](#)

Video by [Snowboard Addiction](#)

Key tips

- Solid [backside 180s](#) are a prerequisite
- Ride in with slight toe-edge pressure. Your shoulders should be slightly open in counter rotation to the spin.
- Commit to the full rotation. Stay tucked up and looking for the landing through 180. Bailing at 270 is worse than over-rotating
- Look over your trailing shoulder to initiate, then keep your head turning
- The landing comes into view around 270 degrees. Spot it
- Open up for the landing

Heelside Eurocarve

Chapter 7 · Advanced



Source: [Snowboard Addiction](#)

A Eurocarve is a deep, laid-out carve where you commit so far into the turn that your body ends up nearly horizontal to the snow - hand, hip, or shoulder dragging the groomer as the board holds a clean rail. It's not a separate technique, just a normal carve taken to the limit. The position only holds if your edge angle, angulation, and turn shape are actually correct.

Don't try this until your carves on blues and steeper terrain are solid. You also need the right snow: firm, well-groomed corduroy, wide pitch, no traffic. Ice and chop will end the run before it starts.

Heelside is the side to learn it on. Initiate early and high on the slope. As the board crosses the fall line and the edge engages, drive your knees and hips into the hill and let your upper body angulate down toward the inside of the turn - chest open, lead hand reaching to drag the snow. The key is angulation, not lean: lower body bends into the turn while the torso stays stacked and counter-balanced. A pure motorcycle-lean pops the edge the moment anything vibrates. Toeside is the same idea - knees drop deep, hips push into the hill, trailing hand reaches behind - and feels harder because you can't see your line.

Speed is your friend. Eurocarves need centripetal force to hold you up; too slow and you just topple onto your back. Build speed across the top of the turn, then commit. Expect to slide out or sit down the first few tries. Increase edge angle gradually rather than throwing yourself flat on attempt one.

Reference ride:

■ [Watch on YouTube](#)

Video by [Snowboard Addiction](#)

Key tips

- Get basic carves and steep-terrain carves clean first
- Firm, wide, well-groomed runs only
- Angulate, don't motorcycle-lean. Lower body bends in, torso stays stacked
- Needs real speed - no force, no Eurocarve
- Initiate early and high. Late commitment never ends well
- Heelside first; toeside is the same idea but blind
- If the edge keeps washing, drive the knees harder into the hill

Tame Dog

Chapter 7 · Advanced



Source: [Ed Shreds](#)

The tame dog is a frontflip over the nose of your board, and it's usually the first flip snowboarders learn. Unlike most flips, you don't need a big jump. The classic tame dog is done off a roller, side hit, or even a small lip, using the nose of the board as a springboard. You dive forward over the nose, tuck, and the rotation comes around faster than you'd expect.

It looks scary, but the mechanics are closer to a [nose press](#) with commitment than to a huge park trick. The flip happens around your body's natural forward roll, and because you spot the landing early, riders often find it easier to take to snow than a backflip. That said, it's still an inverted trick: build up to it properly and respect the consequences.

Before you try it

You should be completely comfortable with [ollies](#), [nose presses](#), and [straight airs](#) before attempting any flip. Practice the front-roll feeling somewhere consequence-free first - a trampoline, an airbag, or a foam pit if you have access. On the mountain, pick a soft snow day and a feature with a forgiving downhill landing. Never learn flips onto flat or hard-packed snow.

How to do it

Approach a roller or side hit flat-based with moderate speed - enough to clear onto the downslope, no more. As you ride up the lip, shift your weight forward and press hard into the nose of the

board, like loading a nollie. At the lip, dive your shoulders and head forward over the nose and let the loaded nose spring you into the rotation. Tuck by pulling your knees up - the tighter the tuck, the faster you flip. As you come around, spot your landing, open up out of the tuck, and extend your legs to absorb the landing. Land centered or slightly on the nose and ride away.

The most common mistake is hesitating mid-trick. Half a frontflip puts you on your back or head, so once you decide to go, commit all the way through the rotation.

Learn more here:

■ [Watch on YouTube](#)

Video by [Ed Shreds](#)

Key tips

- Learn the front-roll on a trampoline or airbag before taking it to snow
- Pick a side hit or roller with a soft, downhill landing
- Load the nose hard - the spring out of the nose is what powers the flip
- Throw your shoulders and head forward decisively, then tuck tight
- Spot your landing as you come around and open up to absorb it
- Commit fully. Hesitating halfway through the rotation is how you land on your head
- Moderate speed is enough. The flip comes from the nose, not from going fast

FS 360 nose roll

Chapter 7 · Advanced



Source: [Ryan Knapton](#)

A frontside 360 nose roll is a buttered full rotation on the snow. You carve in on your heels, press into the nose, roll the board 180 degrees around it, then transfer onto your toe edge and drive the last half of the spin into the ground. Done right it's smoother and easier than jumping a 360 without a board on, because you're not fighting gravity - you're using your edges to carry you around.

The idea

This is not a flatground spin. The whole trick is built on **edge control**, not on pressing and pivoting on a flat base. You're riding an edge through the entire rotation: heel edge in, nose press, roll through 180, toe edge out. That's what makes it stable, consistent and safe at speed - you can't catch an edge if you're always deliberately on one.

Which also means the honest version of "how do I learn this": if your carving regular and switch isn't clean, the trick will feel sloppy no matter how much you work on the butter. The butter itself is the easy half.

Before you try it

You want [carving](#) and [switch carving](#) to feel solid, plus a comfortable [nose press](#) and [standing 180 nose roll](#). Riding away [switch](#) riding with your non-dominant foot leading instead of your natural stance. If you normally ride left-foot-forward (regular), switch means riding right-foot-forward - and

vice versa. It feels foreign at first but is essential for landing tricks and all-round board control. at speed should be a non-event.

How to do it

Step 1 - the edge drill, no butter. Regular riders: start on the skier's right side of the run. Carve out on your **heel edge** to about the middle of the run, then let it transfer over onto your **toe edge**. Both hands point back toward the trees on the side of the run you came from. That's it - heels to toes, over and over, until the transfer is clean and quiet. This is the whole trick without the trick.

Step 2 - build the energy. Now start on the skier's left side, on your toes. Finish that toe turn, get on your heels quickly, and let the sidecut load up under you. Toes, heels, toes - smooth and fluid. That quick load on the heel edge is where the rotational energy for the 360 comes from.

Step 3 - add the butter. Coming out of the heel-edge carve, take that energy and feed it forward into the nose. Press, and let the board roll around the nose. **At the 180 point, roll it over onto your toe edge** and drive that edge into the snow to carry the rest of the rotation. You're still riding an edge the whole way through - that's what makes it smooth and stable rather than a scrappy flat-base spin.

Step 4 - ride away. Come out on the toe edge with the board driving into the ground, weight back over the middle of the board, and carry on carving.

Board and speed

Softer boards butter more easily at low speed but get noodly when you're moving. A stiffer board is the opposite - it takes real force to press slowly, but at speed you can properly drive on just the nose and tail. Don't blame yourself for a trick that's actually your setup: if it feels impossible slow on a stiff board, carry more speed.

Learn more here:

■ [Watch on YouTube](#)

Video by [Ryan Knapton](#)

Miller flip

Chapter 7 · Advanced



Source: [SnowboardProCamp](#)

The Miller flip is a heavily inverted backside 360 where you drag your hands through the snow and let your feet come over the top. It's the classic first hand-drag inversion, and despite looking terrifying it's one of the friendliest inverted tricks out there - if you already have backside 360s, you're most of the way there.

Before you try it

You want comfortable [backside 360s](#) first - the whole trick is built on that rotation, so if the spin isn't automatic yet, work on that before adding the inversion.

The other useful building block is the [tripod](#), specifically a fast, snappy one. Learning to plant your hands quickly and flip the board over them teaches you exactly the hand-to-snow motion the Miller flip needs. If your tripod is quick enough, your feet will already leave the snow - at that point you're doing a flat-ground Miller flip.

Learn it on a knuckle. The knuckle of a jump (or any rolling side hit) is the best possible place to try your first one, because the shape helps the rotation come all the way around and there's no gap to clear.

How to do it

Come into the knuckle with good speed - going in slow is what makes the trick awkward. Set up exactly like a backside 360.

Pop early. This is the part riders get wrong: if you wait until the top of the feature it's already far too late. Popping well before the lip gives you time to reach down, scrape your hands along the snow, and push off them on the way through.

Instead of keeping the 360 flat, drive your hands way down toward the snow as you initiate. Your feet follow the rotation around and over the top - that's the whole inversion. Keep the backside 3 turning underneath you and you'll come back around naturally.

Spot the landing as the rotation brings it into view, extend, and ride out.

Learn more here:

■ [Watch on YouTube](#)

Video by [SnowboardProCamp](#)

Key tips

- Solid [backside 360s](#) are the real prerequisite - the Miller is just a tilted one
- Learn a fast [tripod](#) first; it's the same hand plant, and a quick one already lifts your feet
- Use a knuckle or rolling side hit, not a big kicker
- Pop early - popping at the lip leaves no time to get your hands down
- Go in with speed; slow attempts are what feel sketchy
- Drive your hands low toward the snow instead of keeping the spin flat, and let your feet follow around
- It's far less scary than it looks - most riders get one on the first session

Caballerial

Chapter 7 · Advanced



Source: [Snowboard Addiction](#)

A caballerial - or cab - is a fakie 360 buttering trick. It's essentially a [switch frontside 360](#), except you pop it from the nose of your board instead of the tail. It's a style trick more than anything else: nobody does a cab because it's the efficient way around, they do it because the nose pop looks good. The name comes from pro skater Steve Caballero, who originally did it in the half pipe.

Before you try it

You want to be able to pop [switch frontside 360s](#) easily - that's what gives you enough spin momentum to carry a full cab. You also want a half cab, which is where you learn to get pop out of the nose of your board. The full cab is just those two combined, so if either one is shaky, work on it on its own first.

A comfortable [nollie](#) and confident [riding switch](#) Riding with your non-dominant foot leading instead of your natural stance. If you normally ride left-foot-forward (regular), switch means riding right-foot-forward - and vice versa. It feels foreign at first but is essential for landing tricks and [all-round board control](#). make everything here easier.

Watch more here:

■ [Watch on YouTube](#)

Video by [Snowboard Addiction](#)

Mastery

Chapter 8

6 articles

BS 360 nose roll

Double Shifty

The Japan

MFM butter

Frontside 540

Wildcat

BS 360 nose roll

Chapter 8 · Mastery



Source: [Ryan Knapton](#)

A backside 360 nose roll is a full rotation buttered out on the snow, spun backside. You carve in on your toes, press gently into the nose, roll the board 180 degrees around it, then [switch riding with your non-dominant foot leading instead of your natural stance](#). If you normally ride left-foot-forward (regular), switch means riding right-foot-forward - and vice versa. It feels foreign at first but is [essential for landing tricks and all-round board control](#). to your heel edge and ride the last half of the spin out in a heelside carve. It's the mirror of the [FS 360 nose roll](#) - toes in, heels out - and it's the one a lot of riders end up doing every single lap once it clicks.

The idea

Don't think of this as a press-and-pivot. Think of it as a **backside 360 off a jump** that happens to be on the ground. The upper body does exactly what it would do off a kicker - one committed backside rotation - and the nose press is just a gentle nudge on the toe edge that lets the board pivot around instead of leaving the snow.

Before you try it

You want [carving](#) and [switch carving](#) to be comfortable, plus a solid [nose press](#) and [backside 180 noseroll](#). A clean [backside 360](#) off a jump helps a lot, because the upper body motion is the same one you'll borrow.

How to do it

Step 1 - learn the motion with no butter. Ride a slight toe-side carve, do a backside 360 pivot on the flat base, switch onto your heel edge and ride away in a heelside carve. No nose press at all. This is the whole trick minus the trick, and it teaches the single edge switch that keeps you safe.

Step 2 - set up on your toes. Come in on a toeside carve with a bit of speed. Weight centered, chest open, nothing forced yet.

Step 3 - start the rotation, then feed the nose. Begin the backside upper body rotation like you're spinning a 3 off a jump - head and shoulders leading, committed. While that's happening, put **just a little** pressure into the nose on the toe edge and let the board pivot around it. Gentle. This is a nudge, not a full press.

Step 4 - switch at 180. At the halfway point, roll onto your **heel edge** and let that edge drive the rest of the rotation. Don't go back to your toes.

Step 5 - absorb the landing. This one tends to come down hard on the heels. Stay soft in the knees and take the impact gently, then keep carving out on the heel edge.

Common mistakes

- **Carve, press, rotate as three separate beats.** It stalls and looks stiff. Start the rotation first and let the nose pressure live inside it.
- **Too much nose pressure.** You only need a little on the toe edge. Heavy pressing kills the rotation and makes the board hook.
- **Switching back to the toe edge after 180.** That extra edge change is where you catch an edge and where over-rotation comes from. Commit to the heel edge and stay there.

Learn more here:

■ [Watch on YouTube](#)

Video by [Ryan Knapton](#)

Double Shifty

Chapter 8 · Mastery



Source: [Ed Shreds](#)

A double shifty is a spin - usually a [360](#) with two shifts packed inside it. You throw a shifty the way you're already spinning, then bring it back the opposite way before you land. It's a reversal in the air, the unwind happens while you're still rotating.

How to do it

Hit the jump exactly like you would for the spin on its own - nothing changes on the approach, and your body shouldn't move any differently until you're already in the air. Once off the lip, shift the board the direction you're spinning, then counter-rotate it the other way and unwind back to straight for the landing.

The hard part isn't the shifts, it's keeping track of where you are in the spin while your legs are busy. Have the rotation dialed before you add anything to it.

See more here at the 3:50 mark:

■ [Watch on YouTube](#)

Video by [Ed Shreds](#)

The Japan

Chapter 8 · Mastery



Source: [Snowboard Addiction](#)

The Japan is one of the most distinctive-looking grabs in snowboarding. It's a mute grab, front hand on the toe edge in front of your front foot, wrapped around the outside of your front knee and tweaked up behind your back. Once your [Method](#) is dialed and you're comfortable changing your body position mid-air, the Japan is the next grab worth chasing. It's a head-turner on its own and even better bolted onto a flip or a spin.

The grab itself is the easy half. Reach outside your front knee and just past the boot, so your forearm ends up lying across your shin rather than your hand poking out at the end of the board. Pulling both legs back behind you a little **before** you reach makes the spot much easier to find. Then comes the tweak: push your hips forward and out to extend the whole shape. That hip push is doing two jobs at once, it's what makes the grab look good, and it's what counters the tweak so you don't get pulled off axis and land in the back seat.

The Tuck Knee is the same idea mirrored. Back hand, reaching around the outside of your back knee and grabbing between the bindings, forearm across the shin again. Same technique: legs back a touch before you reach, extend outward with the hips, and counter the tweak with your upper body to stay balanced. Watch where your hand lands, because if you grab outside the binding on the tail you've just done an [Indy](#) and you'll have some explaining to do to your friends.

Both of these need airtime and a body position you've never held in the air before, so they're worth drilling on a trampoline board or training board first. Getting the reach and the tweak into muscle memory on the ground means you're only managing the jump when you take it to a kicker.

Learn more here:

■ [Watch on YouTube](#)

Video by [Snowboard Addiction](#)

Key tips

- Japan: front hand, outside the front knee, just past the boot. Your forearm should end up across your shin
- Tuck Knee: back hand, outside the back knee, grabbing between the bindings
- Pull your legs back behind you slightly before you reach. It brings the board to your hand
- Push your hips forward and out to tweak. That extension is where the whole look comes from
- Counter the tweak with your upper body so you stay balanced and on axis
- Grab outside the binding on the tail and it's an Indy, not a Japan. Check your hand position
- Drill it on a training or tramp board first so the reach is automatic before you take it to a jump

MFM butter

Chapter 8 · Mastery



The MFM butter is named after Mark Frank Montoya, an ex-pro snowboarder notorious for his style. It's a nollie with some frontside roll into a tail butter at 90 degrees, then the rest of the [frontside 180](#) counter-rotated out, landing [switch](#) riding with your non-dominant foot leading instead of your natural stance. If you normally ride left-foot-forward (regular), switch means riding right-foot-forward - and vice versa. It feels foreign at first but is essential for landing tricks and [all-round board control](#).. It looks complicated and is genuinely confusing to learn, but it breaks down into achievable steps.

Think of it as kicking your back leg around into a [tail press](#), then a front 180 out.

Before you try it

You should be comfortable with [tail presses](#), [flat ground 180s](#), and [riding switch](#) before starting. Tail butter 180s - buttering on your tail at 90 degrees, then continuing the rest of the 180 - are the direct building block for this trick, so dial those in first.

How to do it

The easiest way to get your head around this trick is by jumping the movements with your board off: nollie, tail butter, frontside 180. Nollie with some frontside roll, tail butter at 90, then continue the rest of the 180. It seems silly, but it's critical to understanding the physical movements, and building muscle memory with your board off really helps.

With your board on, try the same movements standing still: nollie roll, pop back to a tail butter, front one out. The last step is pretty difficult on flat ground - that's normal.

While riding, start with the simple version. Approach on a heel edge entry path to add some frontside direction into your nollie. Butter on your tail at around 90 degrees, then continue with the rest of the 180, landing switch. You don't need much effort at this stage, but it's important to be smooth here before moving on.

For the actual trick, roll your nollie to approximately 90 degrees, then shift your board back to butter on your tail. Make sure your upper body is twisted open with your arms and shoulders - this is the position you need to counter-rotate the 180 out.

At this stage you'll figure out this trick is actually much easier with speed, and it works way better over a terrain feature like a roller. With speed, the MFM butter is not a slow pressed butter - it's a quick, aggressive movement. You're almost just dragging parts of your board through these positions rather than balancing in a press. As you progress, the more shifty you use, the better it will look. That requires a lot of effort shifting your body position and precise timing, which only comes with practice.

The MFM butter is no more difficult to do switch than regular, and they link together nicely back to back over a set of rollers.

Learn more here:

■ [Watch on YouTube](#)

Video by [Snowboard Addiction](#)

Key tips

- Jump the movements with your board off first - nollie, tail butter, front 180
- Learn the simple version smoothly before adding the nollie roll
- Use a heel edge entry path to feed frontside direction into your nollie
- Twist your upper body open at the tail butter so you can counter-rotate the 180 out
- Add speed and use a roller - this trick is easier fast than slow
- It's a quick, aggressive movement, not a balanced press. Drag the board through the positions

Frontside 540

Chapter 8 · Mastery



Source: [Snowboard Addiction](#)

A frontside 540 is a full rotation and a half off a kicker, landing [switch](#) riding with your non-dominant foot leading instead of your natural stance. If you normally ride left-foot-forward (regular), switch means riding right-foot-forward - and vice versa. It feels foreign at first but is essential for landing tricks and all-round board control.. The takeoff and the snap are identical to a [frontside 360](#) - the difference is everything after it. On a front three you land blind and can use counter rotation to whip the last part of the spin around. On a front five you don't get that, so the whole rotation has to be paid for up front with power off the lip. This is the trick that teaches you how to spin hard without spinning sloppy, and it's the direct stepping stone to a frontside 720.

More power means more variables and more ways to get it wrong, so the goal is never "throw harder" - it's a tighter, better-timed snap from a body that's stacked over the board.

Before you try it

You need consistent [frontside 360s](#) off a medium-to-large kicker, comfortable [switch riding](#) and [switch straight airs](#) so the landing isn't a surprise, and a reliable [Indy grab](#). Pick a jump with enough airtime that you're not rushing the rotation - a front five on a jump that's too small forces you to over-throw the snap, which is exactly what breaks the trick.

Learn more here:

■ [Watch on YouTube](#)

Common mistakes

- **Opening up on the approach.** Hips and chest already turned before the lip. You'll feel like you have to reach to find the spin, and the board comes off the lip crooked.
- **Throwing harder instead of snapping later.** Extra power comes from timing the snap to the tail leaving the lip, not from a bigger arm swing.
- **Spotting over the shoulder.** Makes you tall, overextended and late to see the landing.
- **Stalling at 270.** The knuckle appears and the instinct is to stop turning. Keep the head locked downhill and keep pulling.

Wildcat

Chapter 8 · Mastery



Source: [Snowboard Addiction](#)

The wildcat is a backflip that rotates off the tail of your board, and it's widely considered the safest and easiest way to learn backflips on a snowboard. Unlike a straight-up backflip, the wildcat tilts the rotation off to the side, which makes it easier to spot your landing and easier to pull on small features. If the tame dog is the first flip most riders learn over the nose, the wildcat is the natural next step going the other direction - over the tail.

A lot of the trick happens through the pop. Popping off the tail heavily assists the flip motion, so you need far less of a jump than a clean backflip would require. That's why a small, lippy jump into soft snow is the ideal place to learn it.

Before you try it

You should be comfortable with [ollies](#), [straight airs](#), the [Indy grab](#), and ideally the [tame dog](#) before going inverted off the tail. Get the back-roll feeling somewhere consequence-free first - a trampoline is ideal. It teaches you to spot your landing while upside down and shows you how extending and tucking the body slows down and speeds up your rotation. The feeling on snow is different because the jump and the tail pop do so much of the work for you, but the air awareness carries over directly.

On the mountain, find or build a lippy jump into powder or soft snow. Never learn flips onto flat or hard-packed snow.

How to do it

Approach with a completely flat base, shoulders in line with your nose and tail, and your back arm lifted high. Ride into the take-off in a stable crouched position with both knees bent, and try to match the angle of your upper body to the angle of the lip.

When you pop, lean your whole body over your tail, push up and back with your legs, throw your back arm down and lift your front arm to create a tilting motion with your shoulders. As you start to rotate, pull in at the knees and grab Indy.

When you spot the ground, let go of the Indy and extend your legs. Push your back foot out a little more than your front so the tail absorbs some of the impact - staying back-foot heavy also helps you ride out cleanly in soft snow and bumpy terrain.

Learn more here:

■ [Watch on YouTube](#)

Video by [Snowboard Addiction](#)

Key tips

- Learn the back-roll and landing spot on a trampoline before taking it to snow
- Pick a small, lippy jump into powder or soft snow - the lip does most of the work
- Ride in flat-based, shoulders aligned with nose and tail, back arm lifted high
- Pop off the tail and tilt your shoulders, following your lead arm up and around
- Grab Indy and tuck to tighten up - but watch your energy, it speeds up rotation

Appendix

About this book

This book was compiled from Progresspedia, an open learning platform where anyone can contribute. Every article here was written, edited, and voted on by the community - the content lives as open markdown, free to read, share, and improve. Spotted a mistake or want to add something? Open the course online and suggest an edit.

by the Progresspedia community

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