

How to snowboard



Learning Snowboarding Introduction Snowboarding is considered to be a sport which involves coming down from a snow-covered slope on a snowboard. This snowboard is tied to the snowboarder's feet and is used by a binding surface. Snowboarding is somewhat similar to surfing and skiing.

Thesis Statement

Snowboarding seems fun but is considered to be a difficult sport to execute, however all this becomes comparatively easy when a person learns it and this paper explains the very same.

Learning Snowboarding

It is important to buy the relevant gear and tie the snowboard under the boot of the snowboarder. Thus a snowboarder is all set to learn his first lesson.

First step includes his preparation that takes care of his dress which must be such that it should make him feel relaxed. This could be in the form of loose-fitting snow clothing. Apart from this, the needed accessories include a pair of gloves, a helmet, goggles, wrist guards and a hat.

Next is to get into the bindings so that a snowboarder comes at level with the snow. For this, he needs to place his front foot in the flat area of the snow. The straps should be closed for both the toe and the ankle. For step-in bindings, there is a need to step in and roll the foot in a circular position so that it is deemed as safe. Bouncing a few steps in this position would give a general feel as to how it looks.

Next is to take the first few baby steps. These steps should have the front foot in the snowboard binding and the back foot out towards the outside.

One should start by placing the shoulders and toes in direct linkage with the incline and the snowboard should go in a perpendicular fashion with this incline.

After the baby steps, a snowboarder must sit down and strap his feet into the snowboard. Standing up after this and looking towards the snowboard helps at understanding the process faster. At this time, weight must be laid on the heels. Repetition of this step back and forth helps at understanding the snowboarding process. Skating is another step which helps to give an idea about the movement through the flat areas and the snowboarder must know how to skate beforehand.

Next step is to think of him as getting out off a chair where he needs to go in an area of inclination and thus secure the front foot towards the binding. Thus the snowboard must be pointed downwards during this activity as it will put the weight on the front foot and glide automatically towards the flat area.

After these steps, when the snowboarder starts getting comfortable with the whole process, he must practice until he reaches for the chairlift which will escort him towards the top. At this moment, he needs to observe how the other snowboarders are carrying out their snowboarding activities. After this, the snowboarder is required to slide across the hill time and time again in the form of a falling leaf. When he is doing this act, he must make sure that he remains on the heel side of the edge all the time.

After the falling leaf step, he must be ready for the J-turn. Linked-turns comes in next and the snowboarder is all set for his first snowboarding voyage. There is a need to remain confident all this while since this is a first and fright could be a key that could distract a snowboarder at this time.

Conclusion

Hence all these steps show how a snowboarder could learn to play the sport of snowboarding with ease. The need is to enjoy the lessons and then

execute them with finesse and a sense of achievement.

Bibliography

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