

Snowboard Fundamentals

- **Control the relationship of the center of mass to the base of support to direct pressure along the length of the board.**
- **Control the relationship of the center of mass to the base of support to direct pressure along the width of the board.**
- **Control the magnitude of pressure created through the board/surface interaction**
- **Control the board's pivot through flexion/extension and rotation of the body**
- **Control the board's tilt through a combination of inclination and angulation**
- **Control torsional flex of the board using flexion/extension and rotation of the body**