

# Snowboard Fundamentals

1. Control the relationship of the center of mass to the base of support to direct pressure along the length of the board.
2. Control the relationship of the center of mass to the base of support to direct pressure across the width of the board.
3. Regulate the magnitude of pressure created through the board/surface interaction.
4. Control the board's tilt through a combination of inclination and angulation.
5. Control the board's pivot through flexion/extension and rotation of the body.
6. Control the twist (torsional flex) of the board through flexion/extension and rotation