

# Snowboard (SB) Terminology

- **Center of Mass CM):** Point at which the entire mass of the body may be considered to be concentrated.
- **Upper half of the body,** from hip socket up.
- **Lower half of the body;** from ball on top of the femur down.
- **Counter:** Upper body is pointing in a direction different than that of the sb (lower body)
- **Stance Reference Alignments:** Points of reference to compare positions and movements.
  - The shoulders and hips are parallel to the slope/terrain.
  - The cm is over the working edge, and weight is equally distributed between feet.
  - The shoulders and hips are perpendicular to the front foot.
- **Dynamic Balance:** Balanced in motion
- **Basic Turn:** CM and SB follow similar paths, but may be on a lower edge angle, allowing for some skidding to occur.
- **Dynamic Turn:** CM follows dissimilar path of SB and turns are made with more carving than skidding.
- **Rail Turns:** SB is on edge throughout the turn with no skidding.
- **Phases of a Turn:** Places in the turn where specific body movements and sb actions occur.
- **Initiation Phase:** The start of a turn.
- **Control Phase:** The body of a turn.
- **Finish Phase:** The end of a turn.
- **Short Radius:** Turn shape is 1 to 1 1/2 groomer tracks wide.
- **Medium Radius:** Turn shape is 1 1/2 to 3 groomer tracks wide.
- **Large Radius:** Turn shape is larger than 3 groomer tracks wide.
- **Finished/Completed Turns:** SB is across the fall line sufficiently to control speed for desired turn shape. I.E. Speed does not increase during decent from turn to turn.
- **Flexion:** Decrease angle of a joint.
- **Extension:** Increase angle of a joint.
- **Rotary:** Increase, limit, or decrease rotation of the sb.
- **Board Performance concepts:** Result from flexion, extension, and rotational movements.
- **Pivot:** SB rotates around a particular point along its length.
- **Pressure:** Flexing and extending movements of legs and core to manage the degree and location of forces between the sb and the snow.
- **Tilt:** Tipping the sb on or off the edge.
- **Twist:** Torsional force that changes the amount of edge angle and pressure along length of sb.
- **Angulation:** Laterally tipping and flexing certain parts of the body more than others, to form angles between body segments.
- **Inclination:** Tipping, banking, or leaning whole body with few or no angles.