

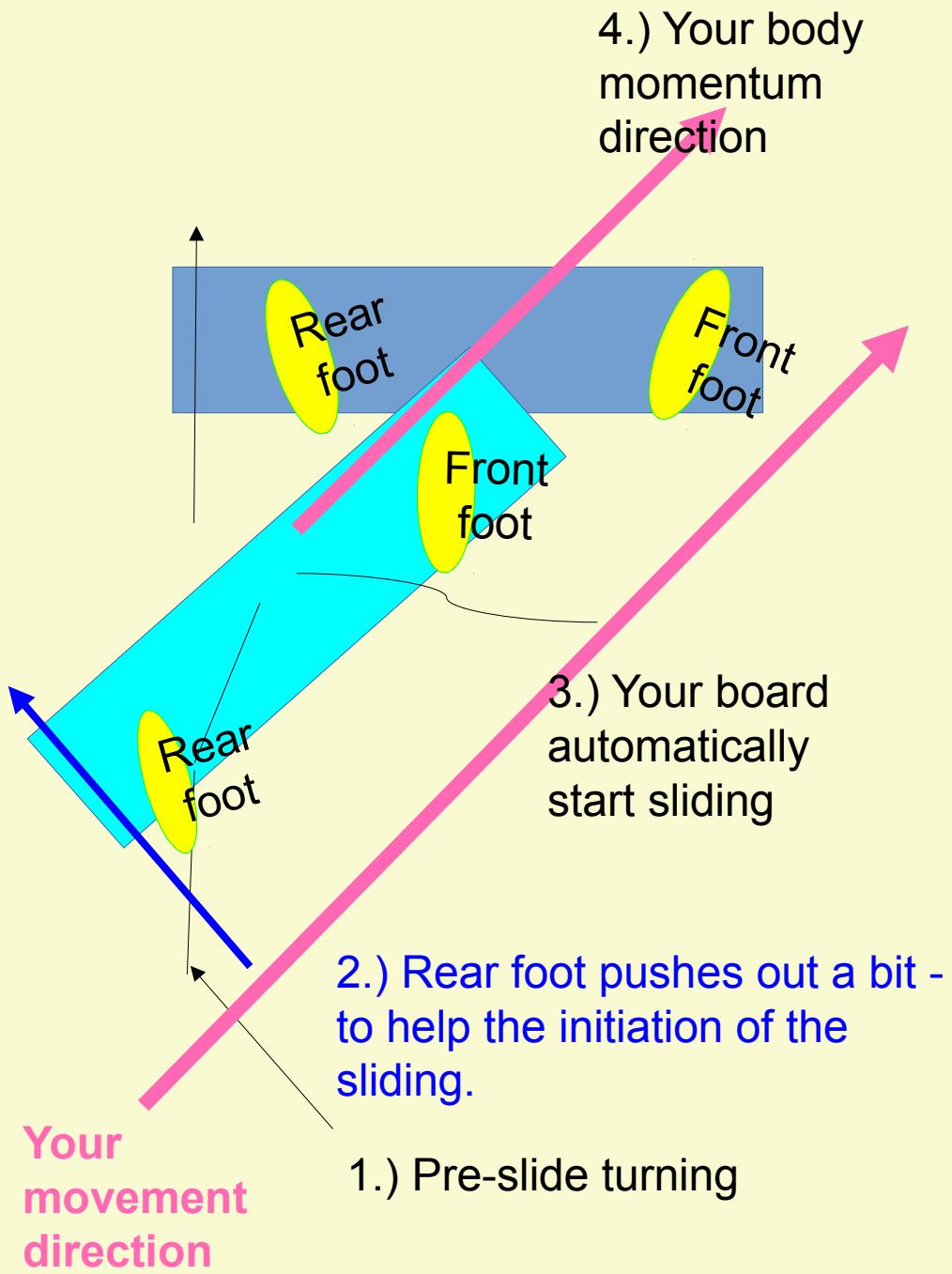
Longboard Downhill / Freeride Techniques Anatomy

By

DrSnowbird

2020-11-04





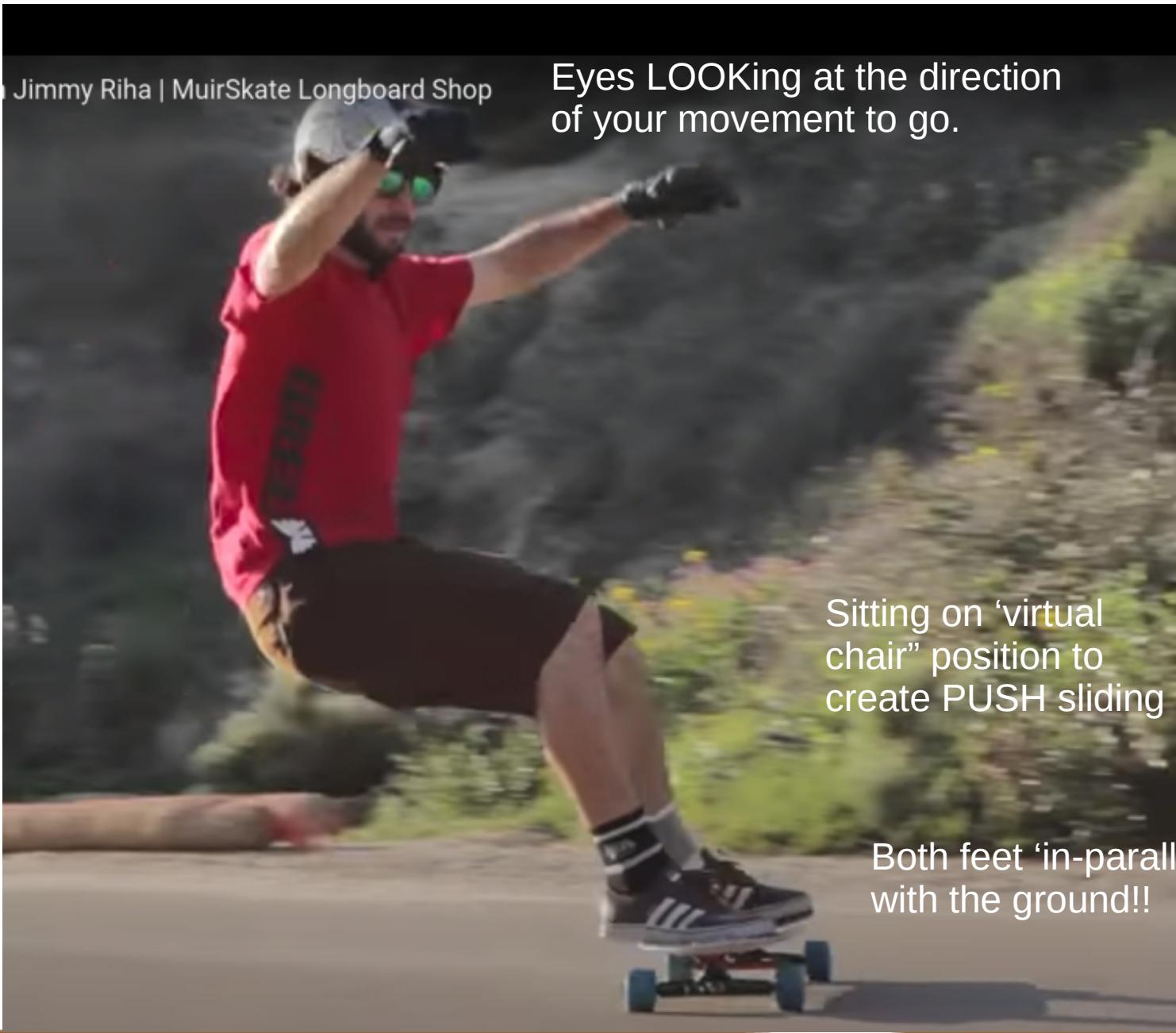


Jimmy Riha | MuirSkate Longboard Shop

Eyes LOOKing at the direction
of your movement to go.

Sitting on 'virtual
chair" position to
create PUSH sliding

Both feet 'in-parall
with the ground!!



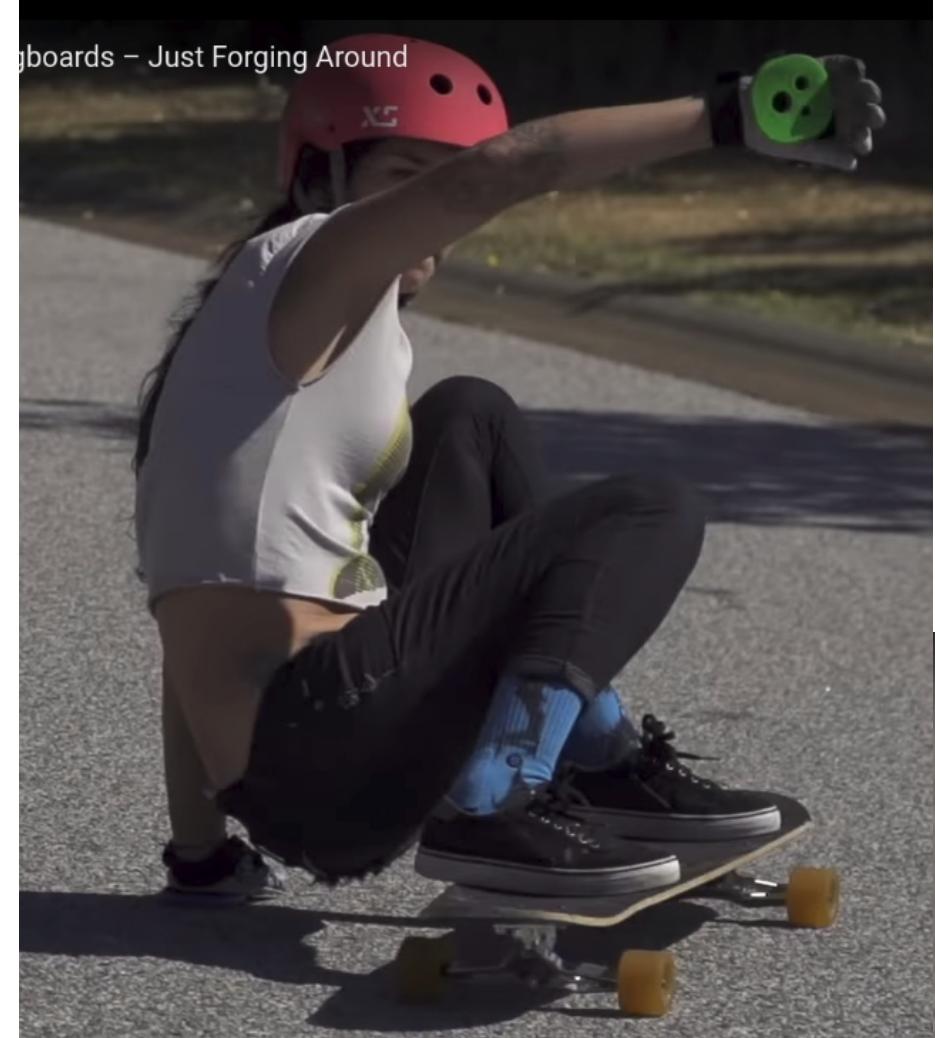
Marisa Nunez and Rayne Longboards – Just Forging Around



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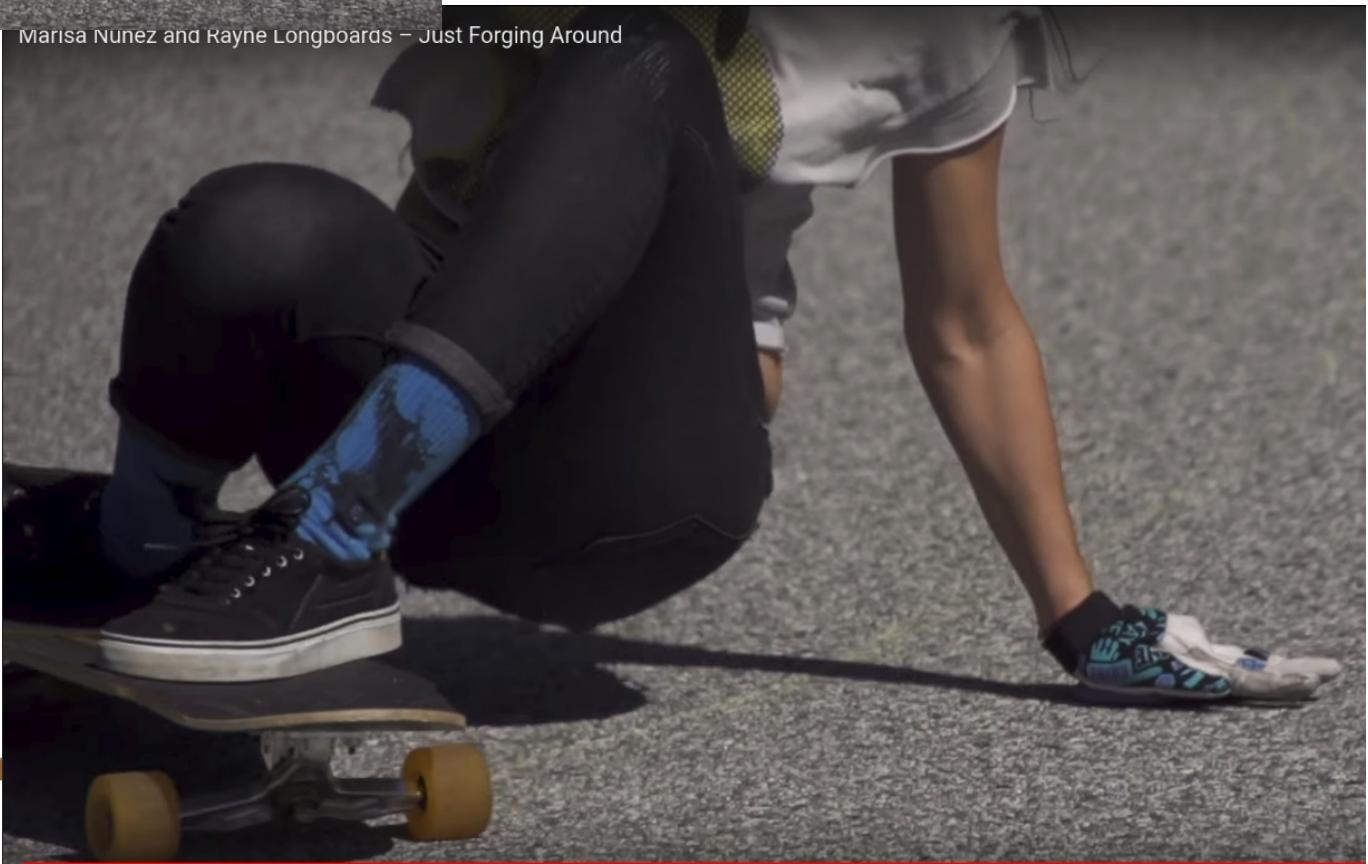
boards – Just Forging Around



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Your eyes LOOK-ing (!!)
at the direction
(downhill) you're
going – important!

Most of body weight
on the front foot.
Rear foot just like a
rudder only





Sitting on ‘virtual chair’ position to create PUSH sliding

Marisa Nunez and Rayne Longboards – Just Forging Around



Both feet ‘in-parallel’ with the ground!!



Josh Newman







Alpine Descents || Part 3





1. approaching corner – Palm down the side you want to turn.

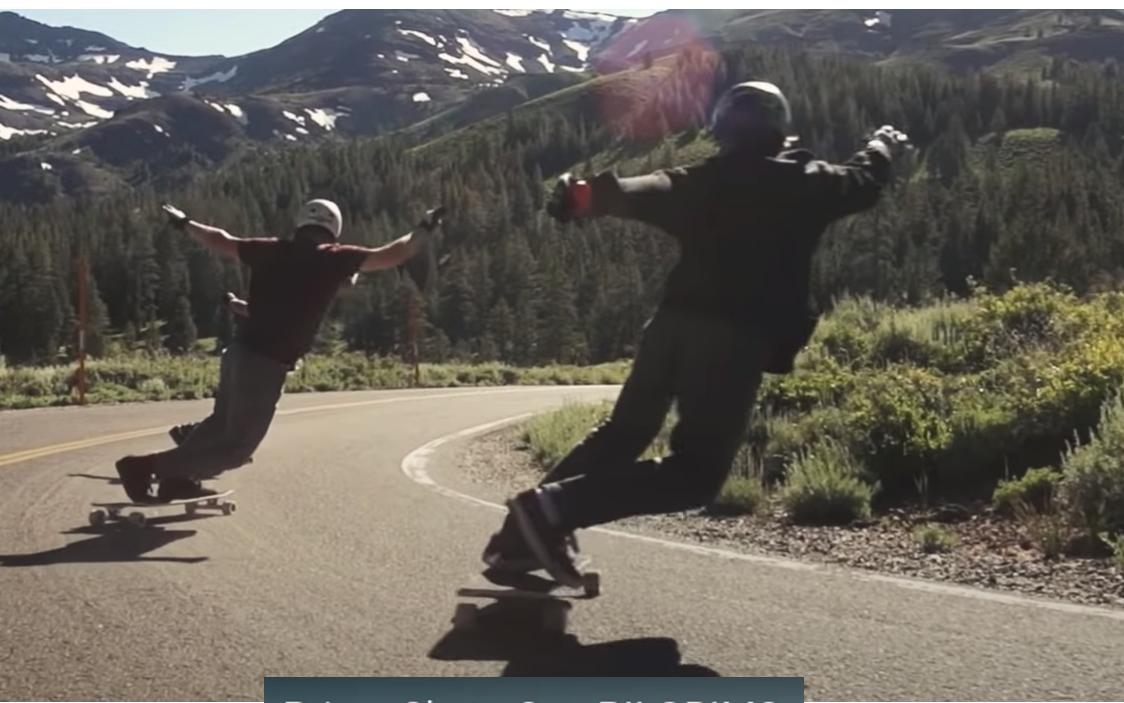


Josh
Neuman



2. rear foot 'KICKing' out a bit

3. Eyes LOOKing at the direction of traveling while dragging your sliding glove.



Prism Skate Co - PILGRIMS





Prism Skate Co - PILGRIMS





Jasper Ohlson

https://www.youtube.com/watch?v=R5-hWJZT0d0&feature=emb_logo

