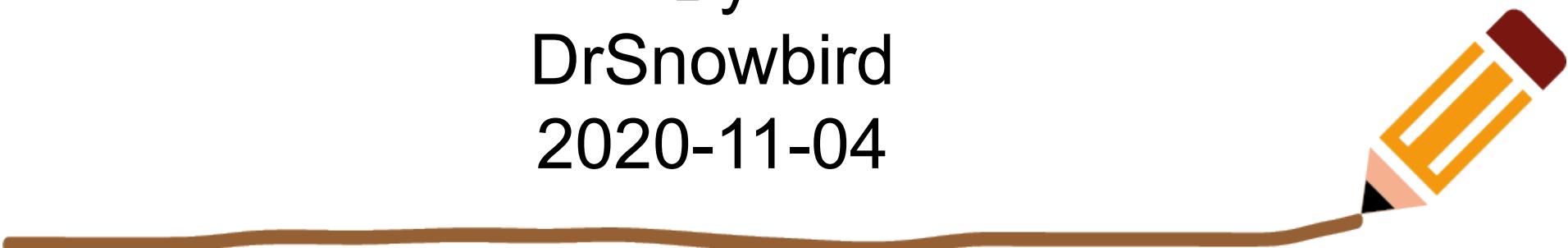


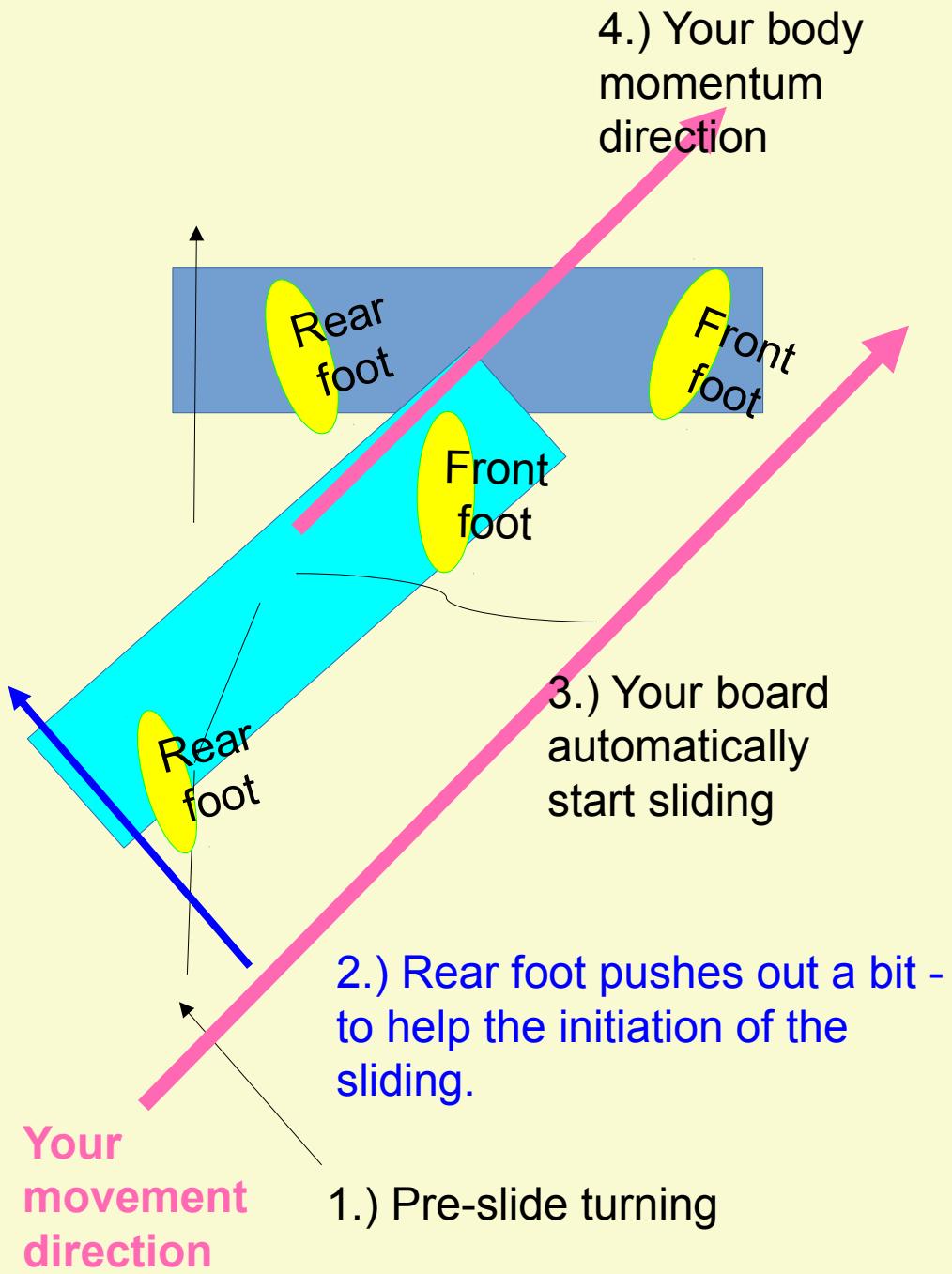
Longboard Downhill / Freeride Techniques Anatomy

By

DrSnowbird

2020-11-04







Jimmy Riha | MuirSkate Longboard Shop

Eyes LOOKing at the direction
of your movement to go.

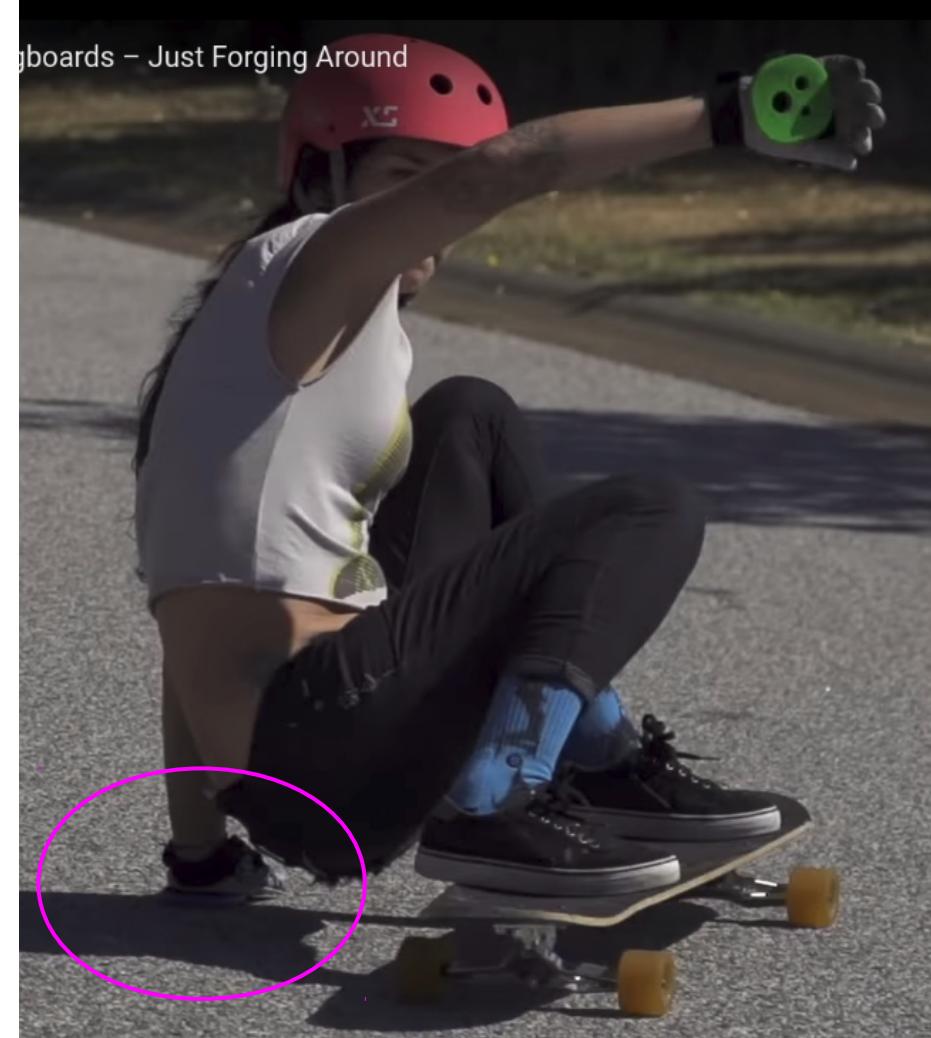
Sitting on 'virtual
chair' position to
create PUSH sliding

Both feet 'in-parallel'
with the ground!!



Sitting on ‘virtual ground (behind the board)’ position to create PUSH sliding





Coleman style back-end touching the ground in freeride (Note that Coleman style is not commonly seen in high-speed downhill-racing – see Racing Style in few pages down)



isa Nunez and Rayne Longboards – Just Forging Around



Marisa Nunez and Rayne Longboards – Just Forging Around



Marisa Nunez and Rayne Longboards – Just Forging Around



Marisa Nunez and Rayne Longboards – Just Forging Around





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

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





Sitting on ‘virtual chair’ position to create PUSH sliding

Marisa Nunez and Rayne Longboards – Just Forging Around



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

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



Josh Newman







Alpine Descents || Part 3



Alpine Descents || Part 3



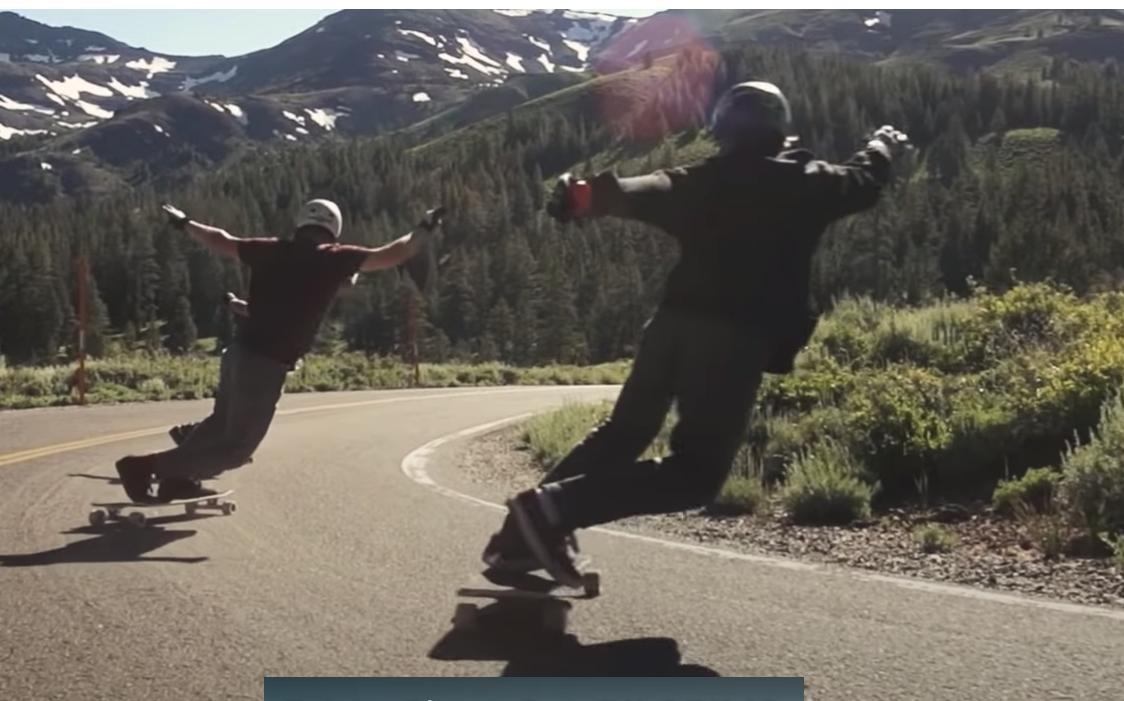


1. approaching corner – Palm down the side you want to turn.



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



▶ ▶ 🔊 1:18 / 2:27

▶ ▶ 🔊 1:19 / 2:27



Jasper Ohlson

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





Racing Style

fore-hand (right photo) vs back-hand (left photo)

Palm-down





Racing Style
fore-hand Palm-down





Racing Style Backhand Palm-down



For Downhill Racing, Standing-turning style is mostly not common. Most downhill racers use squat-down to push center-of-gravity lowest to achieve maximum turning-stability.



Kozakov Challenge 2018

