

## Shu's Snowboarding Log

Total Hour Count: **105h**

Current Stance Statistics: **(21, 0), (54, 152)**

Maximum Tracked Speed: **59.8 km/h**

### Season 18/19

Total Hour Count: **75h**

First Ride: **24 Nov, 2018**

Last Ride: **7 April, 2019**

Boots: **K2 Raider, BOA**

Snowboard: **Ride Kink Black Magic 52, twin camber**

Binding: **Ride Kink Black Magic hard flex**

Clothing: **Superdry Snow Series + Salomon**

Goggle: **Oakley Flight Deck, dark-rose**

Stance: **Goofy with various angles**

Location	Party	Trail	Highlight	Stance	Time
Lake Louise, AB	Jing, Lv, Yifan, Yixuan	Green	Heel-side Slideslip	Both (9, -9)	2h
Blue Hills, MA	Simai, Ruolan, Qing, Zhen	Blue	Heel-side Falling Leaf	Both (9, -9)	4h
Blue Hills, MA	Simai	Blue	Toe-side Falling Leaf	Both (9, -9)	4h
Wachusetts, MA	Yue, Yi	Green	Basic C-shaped Turns	Both (9, -9)	4h
Pats Peek, NH	Zhen, Zhenyu	Blue	Linked S-shaped Turns	Both (9, -9)	3h
Wachusetts, MA	Jiayin, Rui, Yue	Blue	Closed Turns	Goofy (9, -9)	5h
Wachusetts, MA	Bolong, Mi, Jiayin, Jingjie	Blue	Closed Turns	Both (9, -9)	6h
Bretton Woods, NH	Mi	Green	Toe-side Carving Basics	Goofy (9, -9)	4h
Wachusetts, MA	Peishu, Zihao	Blue	Toe-side Carving Basics	Goofy (9, -9)	5h
Wachusetts, MA	Peishu, Yue, Yi, Zihao	Blue	Heel-side Carving Basics	Goofy (12, -12)	6h
Sunday River, ME	Yuan, Zhiyu	Blue	Heel-side Carving Basics	Goofy (12, -12)	5h
Killington, VT	Mi, Jiayin	Green	Cross-Through Basics	Goofy (12, -6)	5h
Sunapee, NH	Zihao	Blue	Cross-Through Basics	Goofy (15, 0)	5h
Pats Peek, NH	Mi, Zhanhao	Blue	Cross-Through Basics	Goofy (15, -6)	6h
Pats Peek, NH	Diqing, Zhen	Terrain	Kicker Jump Basics	Goofy (15, -6)	6h
Killington, VT	Mi	Blue	Mogul Basics	Goofy (15, -6)	5h

## Season 19/20

Total Hour Count: **30h**

First Ride: **29 Nov, 2019**

Last Ride: **N/A**

Boots: **same as 18/19**

Snowboard: **same as 18/19**

Binding: **Union Rosa hard flex**

Clothing: **same as 18/19**

Goggle: **same as 18/19**

Stance: **same as 18/19**

Location	Party	Trail	Highlight	Stance	Time
<i>Pats Peek, NH</i>	<i>Yue, Yuting</i>	<i>Green</i>	<i>New Season Warm-up</i>	<i>Goofy (15, -6)</i>	<b>2h</b>
<i>Killington, NH</i>	<i>Ying, Diqing, Weipeng</i>	<i>Green</i>	<i>Back Knee Active Rotation</i>	<i>Goofy (15, -6)</i>	<b>4h</b>
<i>Pats Peek, NH</i>	<i>Diqing, Jingwen, Lixing</i>	<i>Blue</i>	<i>Toe-side Active Upper Rotation</i>	<i>Goofy (15, -6)</i>	<b>4h</b>
<i>Stratton, VT</i>	<i>Ying, Yue</i>	<i>Blue</i>	<i>Toe-side Carving with Angulation</i>	<i>Goofy (18, -6)</i>	<b>10h</b>
<i>Sunday River, ME</i>	<i>Ying, Siqi</i>	<i>Green</i>	<i>Heel-side Active Upper Rotation</i>	<i>Goofy (18, -6)</i>	<b>4h</b>
<i>Pats Peek, NH</i>	<i>Lixing</i>	<i>Green</i>	<i>Heel-side Carving with Augulation</i>	<i>Goofy (21, 0)</i>	<b>6h</b>
<i>Pats Peek, NH</i>	<i>Ying</i>	<i>Green</i>	<i>General Enhancement</i>	<i>Goofy (21, 0)</i>	<b>?h</b>

## Binding Setups

- Adjust boot positions at the middle of the board
- Back support adjust to active stance
- ~45 degree shoulder active angle, both back board should hold tight

## TODOs

- Heel-side active rotation, inclination over angulation, always dorsiflexion
- Two body centrer bridge for turn links, ups and downs
- Drop body to initiate turns
- Arms movement and style