

## **longboarding DITA Map**

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# Longboarding

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## Origins and general overview of longboarding

Longboarding is riding on a longboard. Longboards vary in shape and size. Compared to skateboards, longboards are more stable, and have more traction and durability due to larger wheel size and lower wheel durometers. Generally, a skateboard comes in between 28-34 inches long and 7-10 inches wide, while a longboard has a length of 35-60 inches and a width of 9-10 inches. Many longboards use trucks (axles) that have different geometric parameters than skateboards. There are a variety of longboard disciplines, and types of longboards. Longboarding has competitive races down hill where riders can reach speeds exceeding 97 km/h. The wider turning radius of longboards, as well as their ability to coast long distances make them more suitable for cruising and commuting on streets than regular skateboards.

## History

Longboarding started in the 1950s. The idea originated with surfers in Hawaii. They wanted to bring surfing to land when the waves were too small to surf. They made a new kind of skateboard of thick plywood shaped into a smaller version of a surfboard, with trucks and wheels screwed to the decks, and used their surfing moves on small hills.

In 1970s, a small group of longboarders honed their techniques, and some were profiled in a 1978 SkateBoarder magazine article, "Cult of the Longboard". These pioneers saw longboarding as a form of self-expression, and were influenced by surfing. Despite the advent of polyurethane wheels (referred to as "thane" by longboarders, longboarding did not become popular in the 1970s.

Longboarding lived on as an underground sport with home hobbyists continuing to make boards in their garages or strap trucks onto snowboard decks using old Kryptonite wheels from the 1970s or roller skating wheels.

In the early 1990s, Sector 9 started mass-producing and selling longboards. The 1990s new reverse kingpins in trucks made longboarding more stable.

The Internet has made it possible for small groups of skateboarders to communicate with each other and also gain an audience they might not have had locally, allowing the sport to grow further. Multiple subbranches of longboarding exist with relatively small but hardcore groups of adherents like slalom, LDP (long-distance pushing/pumping), downhill, dance, freeriding, technical hard wheel sliding and more.

While diversifying, longboarding has also come back around full circle to embrace more street-oriented tricks and crossover events using ramps while continuing its earlier beginnings in slalom, ditch skating, cornering, and seeking to reach greater speeds.

## Most popular brands

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This section presents most popular longboard brands available on the market

Top longboard brands

1. Sector 9.
2. Arbor.
3. Landyachtz.
4. Loaded.
5. Globe.
6. Dusters.
7. Santa Cruz.
8. Prism.

## Types of longboards

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This section shows what kind of longboards are on the market



**Figure 1: Types of longboards**

- **Downhill**

It is viewed as the dynamic type by most skaters as it allows you to go down a hill. Manufacturers see to it that it's composed of high quality and finest material so it can withstand any harsh terrain.

Though you're not on flat ground, you can have a ride that is exceptional and fascinating. Speed wobbling is one problem you need to face when you move downhill. So this is the reason why this longboard is made with the assurance that the rider can depend on it during the ride.

The front and rear are both well-defined, so you would know to go in the right direction. It assists you in moving down the hill with ease, and it doesn't go in a crooked way.

- **Drop through**

It is considered a relaxing longboard, and if it is what you're looking for, it has to be your choice. It gives you a ride that no other board can provide.

It looks stylish too. You can trust that it has remarkable stability, so you can be at ease.

You'll be able to feel secure riding this. But don't completely feel that way as it's still good to wear a helmet, knee pads, arm pads, and wrist pads.

- **Cruising**

It is designed so riders can reach nearby malls or shopping arcade in a nice ride. It's a true masterpiece as it can get through public, crowded places.

It has a wider deck and truck for exceptional stability and ease. You know you got the right cruising board as the balance doesn't get into your way of having a good ride.

It's advisable for beginners to use this board to start learning to ride a longboard. It's also suitable for kids.

## How to choose the right longboard

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This section will describe what pay attention to when choosing the right longboard

### 1. Choosing the right deck shape and style

- **Pintail** : classic surf shape. Pintails are typically topmount, making pushing a bit harder. A good pintails will turn well, though, making for comfortable and easy riding on the boardwalk.
- **Cruiser** : a more compact shaped, topmount deck, often with a kicktail, good for crowded city cruising.
- **Drop-through** : lower to the ground and easier to push. Typically symmetrical (or nearly) with big cutouts for wheel clearance. More stable for cruising than a pintail, but with a larger turning radius.

### 2. Choosing the right trucks

- **reverse kingpin** trucks for your cruising or carving longboard : more space for bigger wheels, more turning.
- a 150mm truck with a small city cruiser deck (width < 8.5"), 180mm for a bigger board. For cruising and carving, a **standard 50°** baseplate angle works fine

### 3. Choosing the right deck flex

- A deck with a bit of flex will help **absorb shocks** and vibrations, providing a better cruising experience. Also, less stress on your ankles and knees than a super stiff deck.
- Medium flex is good for carving as you get more energy **return** from your impulses during turns, helping you gain more speed through carves. A slight **cambered** profile also adds feedback and helps with carving.

## Styles\_of\_riding

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This section describes styles you can choose to ride

The most popular style of riding are:

- cruising
- downhill
- freeride
- freestyle



**Figure 2: cruising**

Whether you plan on carving down sloped streets, cruising through the campus on your way to lectures, or just traveling long, flat stretches visiting your significant other living one county over, you need stability and comfort.

As far as the length goes, anything between 28 and 46 inches is OK, with the shorter boards being better for quick turns and sharp angles, and longer ones for carving at higher speeds due to greater stability. Moreover, longboards between 28 and 32 inches are ideal if you're looking for the baby's first, or if you're a short rider, but tall boarders can also opt for these if they're seasoned and confident enough.

Speaking of beginners, the most recommended size would be between 32 and 42 inches, irrespective of your height. So, if you're tired of borrowing your friend's board for short cruises (or they are), you might want to go for something in this range. On the other hand, if you need something for a longer, more relaxed ride, don't be afraid to go over 40 inches. Keep in mind, though, that the weight grows with the length.



**Figure 3: Downhill**

Downhill longboarding is the most competitive aspect of the whole activity, and counts as a sport in its own right, with boarders developing speeds of about 50mph. If you like bombing hills as fast as you can while maintaining some degree of control, then you need the right board to help you. What you need is a longer board, 36 inches and above, with a drop through the deck, w-concave and square-lip wheels. If you're just getting started with downhill boarding, you might consider 40-inch long board or longer, just to be on the safe side. A word of warning, though – don't begin longboarding with downhill; for your own safety, practice a good long while before even thinking of this.



Freeriding implies riding hills at a decent speed, spicing it up with some slides and curbs, so it requires some skill and comfort with high speeds. Naturally, this also requires a stable board, so anything between 38 and 42 inches is ok. Don't go below 38 inches, so you don't compromise the stability, but also don't go above 42, so you keep the maneuverability keep it from becoming too cumbersome.



**Figure 4: Freestyle**

Freestyle really doesn't have any requirements, as the title might suggest. It's open to both newbies and pros, the only limiting factor being your proficiency. Freestyle is all about creativity, so your board needs to be the right combo of stability and nimbleness, and the biggest decision would actually be choosing the design and color pattern.

## How to ride a longboard

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This section shows in steps how to learn longboarding

### 1. Find your stance

Each person has a natural riding stance for board sports (for some people it can even vary from one sport to another). When you step on a longboard, if you naturally stand with your left foot forward and right foot back, you're "**regular**", if you put your right foot forward then you're "**goofy**".

This is the very first thing to find out as you begin. A classic way is to stand on the ground with your feet together and have someone push you from the back. You'll see which foot you naturally put forward to keep yourself from stumbling.



## 2. Find your balance in static mode

Step on your still longboard and get into your natural stance, your feet about shoulder-width apart or slightly wider – depending on your board length, your feet will be close to, or on top of, the bolts of the trucks.

Your back foot (right if you're regular, left otherwise) should be about perpendicular to the deck, while your front foot is slightly angled with the deck, say about 45°. Bend your knees a little and lean forward slightly so as to feel nice and stable.

## 3. Practice your turning stance

Still standing on your longboard in the grass, your wheels are not rolling but the deck will **lean to the sides** as you shift your bodyweight around.

Practice rolling back and forth with your ankles to make your deck lean on each edge – that's how you'll turn when riding. Next step, lock your ankles and make the deck lean just by **shifting your body weight** forward (toes) and backward (heels).

## 4. Practice your push and brake stance

A key skill you absolutely need to master for any longboarding you're going to do is **balancing on one leg** while your other leg pushes or brakes.

While standing on your longboard in the grass or on a carpet, rotate your front foot so that your toes point forward toward the nose. At the same time turn your shoulders and hips to also face forward.

As you do that, lift your back foot off the deck, balancing on your front leg. Your front foot being turned forward helps you stabilize. Shifting your weight onto your front leg, bend your front knee to lower your back foot to the ground without moving your hips.

Just touch the ground with your back foot for a few seconds as you squat on your front leg. Then, start bringing your foot back up onto the deck to its initial position, turning back your shoulders, hips and front foot to their initial angle.

# Protective gear

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This section shows what equipment you can buy to protect yourself while longboarding



Figure 5: Protective gear

- Helmet

I am sure you will also agree the helmet is the most important and must have protective gear for you. No matter how expert you are, without a helmet you just can't use your board. Just no. Why am I so serious? Because a head injury can be a reason to spot dead and you never know when you are going to fall and get a head injury. So when you are going to start longboarding don't take choosing the right fit and highest quality helmet lightly. You will find different colors, sizes, quality, designs of helmets manufactured by different companies, and choosing the right helmet before riding on the longboard is as important as drinking water while you are thirsty for saving the life. If you are a regular downhill rider or freeriding geek, I recommend you to use full face helmet to safeguard you from all angle.

- Knee pads

If you don't want to break your knee then use a knee pad while riding a longboard. Like helmet knee pads vary in sizes too like small, medium, large, x-large etc. It is obvious that you will try to buy the perfect size for you. Knee pads usually have foam inside for your comfort and extra protection and replaceable hard cap outside. Nowadays you will find low profile knee pads as well instead of the bulky pads. G-form technology is one that produces this kind of softshell pads. These will give you protection without affecting the movement.

## Longboard events and tournaments

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This section shows where around the world longboard events are planned

### September

Sep 10 - 11

#### Longboard Pro Espinho

Praia de Baia, Espinho, Portugal

Sep 10 - 17

#### New York Longboard Classic

Long Beach, Long Island, New York, United States of America

Sep 24 - 26

#### Surf Ranch Classic

Surf Ranch, Lemoore, California, United States of America

### October

Oct 1 - 10

#### Malibu Classic

Malibu, California, United States of America

**Figure 6: Longboard events**

## Girls on longboards

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This section shows how girls are doing on longboards



**Figure 7: Girls on longboards**

**Everyone knows that you can do tricks on a skateboard, but did you know you can dance on a skateboard?**

That's exactly what four fearless women prove, as they defy the laws of gravity in their latest short film collaboration, "The Girls of Guanabara."

The film was made in collaboration between the UK-Brazilian skateboard collective and longboard school Guanabara Boards and Los Angeles filmmaker Brett Novak.

It was supported by Nike and shot amongst the breathtaking landscapes of Rio de Janeiro, Brazil.

The six-minute project takes us on a journey by longboard to experience the true Brazilian spirit and color of carnival while leaving viewers in a sense of awe at the technical and artistic abilities of the four female skate longboarders.

Longboard dancing is the latest skateboard trend taking the world by storm, and the movie shows us exactly why as the girls step and spin on their skateboards with a sense of freedom, grace, and style that forgets they are actually balancing on a moving piece of wood.

"The Girls of Guanabara" sets out to prove that women can be the subjects and creators of beauty.

Its mission is to inspire worldwide women to get out, be daring, fearless, and creative, whether that means in skateboarding, extreme sports, or in anything that they choose to do.

# Longboard\_vs\_skateboard

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This section shows comparison of longboard and skateboard

**Table 1: Longboard vs skateboard**

Ability	Longboard	Skateboard
Riding	long distance	short distance
Wheels	big, soft	small, hard
Trucks	wide and more stable	shorter and more agile
Initial costs	expensive	cheaper
Tricks	limited	sky is the limit
Durability	high	moderate
Shape	various	popsicle
Weight	bulky and heavy	lighweight and portable