

## From Snowboarding Zero To Hero: Basic Pointers To Learn

There is much debate as to where snowboarding originated. But whether snowboarding descended from skiing or skateboarding, snowboarding is a legitimate sport that requires a descent on a snowy slope using a snowboard. It is difficult to really point out who started this fun-filled sport, but one thing is for sure: somebody will always have the idea of sliding down a snowy slope on a board or sled.

The growing recognition of snowboarding around the world is evidenced by its establishment as a sports discipline in 1995. As such, snowboarding has been included in events in Winter Olympics and Winter X-games. It even has a US Open tournament of its own. The growth of snowboarding as a sport is undeniable as more and more people get hooked on it.

Now that you are among the countless ones who want to try out the fun and excitement that only snowboarding can give, it is high time that you learn the basics of making your very first downhill ride on a snowboard. So how do you begin?

First, you need to procure the necessary snowboarding equipment. You need to have the right snowboarding gear, clothing, boots, and of course, snowboard. Make sure that your snowboard is the right size for you; not too expansive or narrow.

If you already have the necessary equipment, you can start learning the basics of riding your snowboard. Here are a few important things to remember as you start to find your destiny in snowboarding.

Keep in mind that snowboarding is similar to snow skiing. The body movements that enable you to control and stabilize your snowboard are the same as the movements in skiing. Therefore, if you are already a skilled skier, there will be fewer problems for you ahead. A skier will have easier time than a skateboard thrasher to learn snowboarding.

Always be in a relaxed position. Like any sport, snowboarding requires a calm and hang-loose mindset. Most accidents and injuries in snowboarding happen when one is in tensed position. As you mount your snowboard, keep your knees bent; a stiff stance will only make you absorb impacts between your snowboard and snow.

Do not start learning how to snowboard by immediately riding down the snowy slope during the first time. Instead, begin with snowboarding across a small patch of snow. Get a feel for the sport. Be conscious of your snowboard and your

movement. Are you comfortable in your getup and equipment?

Try steering the snowboard over the small area you are in. Practice making turns, learn the finer points of toe-side turns, which means turning by lifting your heels up while pressing your toes to the snowboard; or heel-side turns, which make use of your heels for your turning. Once you have mastered the basics of balancing and steering your snowboard, you can move to a bigger patch of snow, but do not try a long and steep slope just yet.

Now that you have actually moved on your snowboard, you have to learn how to stop your snowboard. Stopping a snowboard basically requires making more turns until you find your self going for an uphill position. An uphill direction will certainly slow your snowboard down until you are in a complete stop.

After learning all the basic riding movements, you can now try a full-scale ride down a longer and steeper snow slope. Good luck!