Jumping Manual
"How to hit jumps like a pro from 60ft table's to stomping 720's."

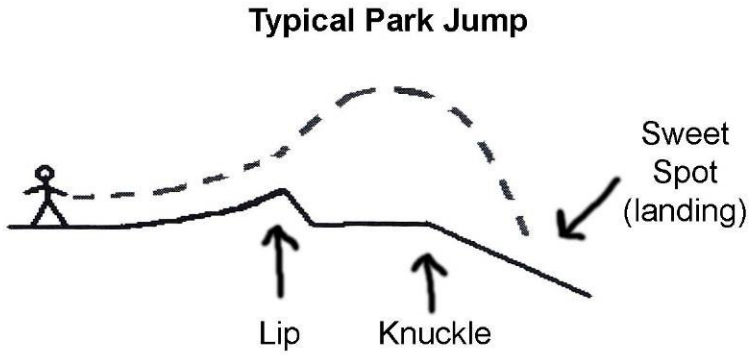
Table of contents:

How to dramatically decrease your chances of getting injured: 1
Freestyle body position: 3
Straight Airs: 4
  Coasting 4
  Popping 4
  Ollie 4
Big jumps: 5
Grabs: 5
  Tramp Training: 6
Spinning: 11
  Blueprint to spining backside: 12
  Blueprint to spining frontside: 15
Inverts: (Flips) 17
Powder landings: 20
Snowboard Addiction jump training program: 22
Wrap up: 24

Hitting Jumps is one of the sickest things you can learn in snowboarding. The feeling of launching off a huge jump is priceless. This manual is designed to increase your confidence, develop your skill base and expand your ability while becoming a phenomenal jumper.

How to dramatically decrease your chances of getting injured:

1) Always carry enough speed into the jump to safely make the downhill landing transition aka the "sweet spot." It's better to go a little too fast than a little too slow. Landing on the knuckle of a jump can really do a number on your knees and legs.



2) Wear safety equipment when pushing your limits! I have personally been through many injuries from broken ribs and wrists, to concussions and a separated shoulder. I still feel lucky compared to the many friends who I've seen get taken to the hospital with all sorts of horrible injuries. Snowboarding has progressed very rapidly over the past couple of years and the rails and jumps always increasing in size. Consequently the falls are much harder. If you want to ride the whole season every season be smart and wear as much protection as you can. The trick is to be well protected without anyone knowing what you're rocking. I always wear, impact shorts (butt pads), knee pads and shin pads. When I'm pushing my limits I also wear a helmet, back brace, and shoulder pads. This may surprise you because you'd never know that I have any of it on other than the helmet. In this photo below I am rocking all the protective gear listed.



Rider: Nev Lapwood
Photographer: Nick Vail, www.NickVail.com
Location: Blackcomb Black Park (Whistler)

3) Slowly progress your way into bigger jumps and bigger spins. Get comfortable with the motions, practice a lot and your confidence will increase.
4) Visualize yourself doing the trick in perfect detail before you do it. This may just be the most powerful and useful method of injury prevention, so please do not judge it's simplicity. Pro snowboarders do it, you should to. Imagine for a second Jeremy Jones is about to do a back 9 off a huge backcountry booter. Do you think he's going to think about the trick before he tries it? Yes, he will see, hear and feel every aspect in detail as if it's already done before he even drops in. That's what makes him one of the greatest. The better you get, the more you'll appreciate using this technique.

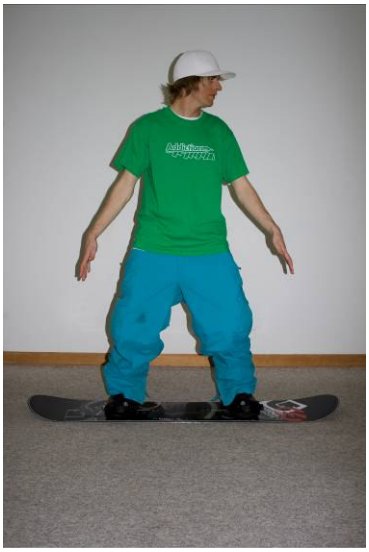
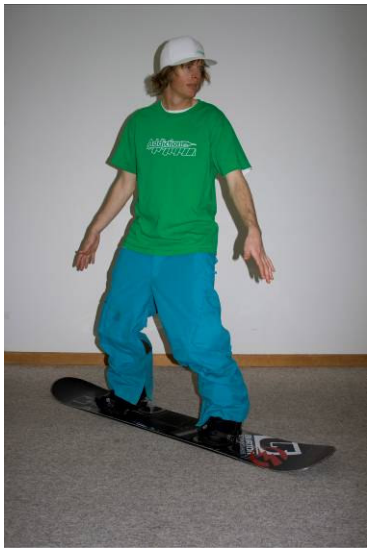
Hint: the more realistic you make your visualization the better. By visualizing the trick before you try it, you're programming your body. I dare you to use this simple technique and see what happens.

Freestyle body position:

To jump clean and in control every time, it's essential to master the body position fundamentals:

- ✓ Knees bent
- ✓ Back straight
- ✓ Head up and looking in the direction of travel
- ✓ Weight of your body in the exact centre of the board
- ✓ Shoulders, hips and knees are always aligned with the board

All of the above pointers are essential however the last one, keeping your body aligned with the board, is critical for your control. Try to always keep your front hand over the nose of your board and your back hand over the tail for proper alignment. The photo's below represent a stable and ready body position.




Rider: Nev Lapwood
Photographer: Simon Portner

Straight Airs:

There are 3 basic forms for doing straight Airs;
Coasting
Popping
Ollie's

Coasting

What: Coasting is the simplest way to get air where you ride off a feature (jump, roll, bump, etc) with enough speed that the terrain will provide some lift without any active body movement.
Why: Coasting is safe because it allows you to concentrate on keeping a stable and aligned body position while learning to jump.
How: Ride off a change in terrain with enough speed that your board will automatically leave the ground. Focus on keeping a balanced freestyle body position. Coast on features that you are unfamiliar with and are just getting used to. It's great for your first attempts on small park jumps.

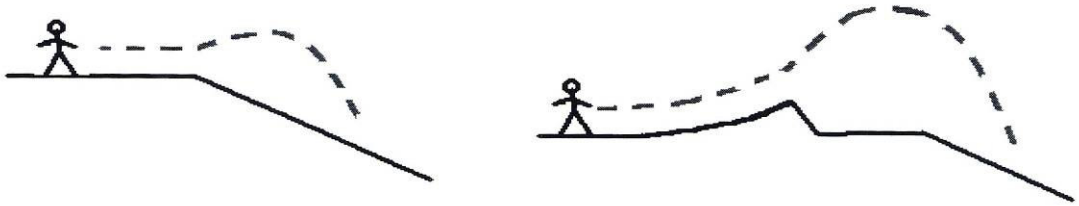
These two diagrams represent the approximate path of air when coasting:



Popping

What: Popping is one step up from coasting. Now you equally spring off both feet to help increase the amount of air attained when leaving a feature.
Why: You'll get significantly more air from when coasting.
How: Flex down with the knees and ankles, then quickly extend as you leave a feature. Be sure to pop off both feet to maintain balance and control. Once in the air bring your knees up and keep your body compact. This will create the feeling of even more air.

These two diagrams represent the approximate path of air when popping, notice how significantly more air is attained from when coasting.



Ollie

What: Using a snowboards energy to project us into the air. Ollie's are the most complicated of the three ways to get air.
Why: Ollie's give you the most air and look the radest. They become very easy once you've acquired the skill because you use the boards energy for height rather than your legs energy.
How: Start in your freestyle body position. Quickly shift all your body weight into the tail of your board while simultaneously pulling up with the front foot. This will bend your board to the point where it wants to snap back. Use this pressure you've created to Ollie into the air. Bring both legs

up to the chest together and try your best to land evenly on both feet. Absorb you landing smoothly by flexing at the knees as you touch the ground.

Ollie's are very difficult the first time you try them however they become easy with lots of practice. If you are having trouble getting off the ground then try to shift more of your upper body weight into the tail as you initiate the Ollie. Timing is key. Practice Ollie's over snowballs, twigs, gloves, rocks etc to improve the timing of the movements.

Once you get Ollie's on lock you can learn Nollie's (nose ollie's), which are the exact opposite. As you are moving forward you now quickly shift all your body weight to the nose of your board while pulling up with the back foot. You can then snap you board into the air off the nose and bring your legs back underneath you to land equally. Nollie's are a little harder than Ollie's, they look cool and add another degree in technicality of tricks. You can try Nollie's onto jib tricks, Nollie 180's or Nollie grabs. They combinations are unlimited.

Big jumps:

Straight airs can sometimes be pretty scary if you're hitting a big table. Don't try and hit the biggest table in the park your first day, work your way up from the bottom.

- ✓ See how much speed you need by watching other riders.
- ✓ Try to find a drop in point where you can head relatively straight for the jump, minimizing the amount of speed checks, this way you can focus all your attention on the straight air.
- ✓ Leave with equal weight on both feet and a flat base.
- ✓ Have your front hand over your nose and back hand over your tail to keep an aligned stance.
- ✓ Keep your body compact with your knees close to your chest.
- ✓ Learn to grab for stability and style (grabbing explained below).

As long as you're looking ahead and your body is in alignment with the direction of travel, you'll go straight.

As you start hitting bigger jumps, popping off both legs is much easier than ollieing. The popping process starts to become a smooth transition of flexing down with your knees as you set up and extending back up as you leave the lip of the jump. The first couple of times on each jump you can coast to get the feel of the size. As you get more comfortable progressively try using more active lower body extension (aka popping) off the lip. Always stay in control.

Grabs:

Grabs are pretty much the shiz, their most prominent benefits are:

1. They keep your body compact, which helps with stability and spin ability.
2. They'll give you rad style!

To keep maximum balance, try not to pre-empt a grab:

1. Approach the jump as if you were going to do a normal straight-air.
2. Once you're off the lip adjust your body position according to which grab you are doing.
3. Once you get used to a certain grab, try boning it out for extra style (explained below).
4. When you release the grab your body will automatically re-adjust back into the straight air position and you can stomp that landing.

If you are spinning with a grab the same strategy applies:

1. Approach the jump as if you're going to do a flat, non-grabbed spin.
2. Once you're in the air spinning, adjust your body position into the appropriate grab (bone it out for style)
3. Release your grab allowing your body to re-adjust back into the natural spin so you can spot that landing and stomp it.

The important thing is to not pre-empt your body position for the grab you wish to do because all grabs come from and release back into the straight aligned body position.

Boning out grabs:
Boning out grabs means to extend one of your legs while simultaneously pulling the opposite leg towards you. Boning out grabs makes them look sick. Make sure you can stomp all the 6 regular grabs before learning to bone them out. The flexing and extending of the opposite legs can throw off your balance a little as you're learning. Make sure all the boning movement is done while in the air (try not to pre-empt it), and once the grab and bone is released, your body will re-align itself with the regular straight-air or spin.

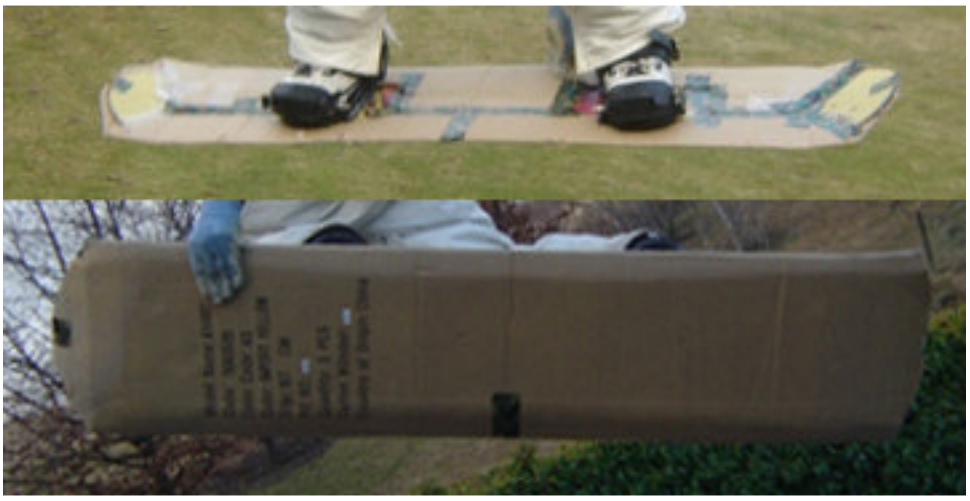
Tramp Training:

Grabs can be pretty hard to get the feel of at first, especially nose and tail grabs. One of the best things you can do to get the feeling on lock is hop on a trampoline and practice.

Here's what to do:

1. Get yourself an old board. You can pick up heaps of old boards for like $10. There is minimal impact on your board but I wouldn't recommend using your brand new $700 board.
2. Get a board box (or a fridge box or similar) and some packaging tape. Any local snowboard shop will probably have heaps of old cardboard boxes for snowboards and will probably give you one if you ask nicely.
3. Flatten the box, put the board inside it, cut wholes for the bindings and cut off any excess cardboard.
4. Screw your bindings on.
5. Add designs and custom graphics to make it look cool.

It should end up looking something like this:



You now have a completely safe tramp board that won't eat your trampoline alive. Parents still don't seem to like this but if you box your board properly then it won't damage the tramp at all. If you try to tramp board on a regular board with no cardboard, you will rip the tramp to shreds.

Basic Grabs:
There are 6 basic grabs that every snowboarder should master. These 6 basic grabs are displayed below. Note: I am a regular footed rider (left foot forward). You will notice in the photos I am always looking in his direction of travel. If you are a goofy footed rider (right foot forward), the grabs will be opposite to the one's displayed. Of the photo's displayed for each grab, the 3rd and 4th shot are always using the boned out position (Extending one leg while the other is pulled in close to the body).

Indy:
Back hand grabbing the toe edge between the legs.
The indy grab is one of the easiest grabs to learn but can also be one of the most stylish grabs when boned out fully. Once you've got them on lock, try boning out the front leg while pulling the back leg in close to your body. It's rad to bone out on frontside 360's.


(static indy)

(tramp indy)

(tramp boned Indy)

(boned indy)

Mute:
Front hand on toe edge between the legs.
Mute grabs will help you to stay compact while learning big backside spins. Try boning out the back leg opposite to an indy.


(static mute)

(tramp mute)

(tramp boned mute)

(boned mute)

Melon:
Front hand grabbing the heel side edge between the legs.
Melon is my personal favorite grab. I find spinning with this grab easy in all different directions. You may develop your own comfort grab that is easy for you however always try to mix up your grabs as much as possible so you don't get stuck with just one.


(static melon)

(tramp melon)

(tramp boned melon)

(boned melon)

Stalefish:
Back hand grabbing the heel edge between the legs.
Stalefish grabs have a real nice feel when boosting out of the frontside halfpipe wall. I also find the position assists when spinning switch backside.


(static stale)

(tramp stale)

(tramp boned stale)

(boned stale)

Tail and Nose grabs:
Tail and nose grabs are by far the hardest of the 6 basic grabs. This is because the boning element has to be introduced automatically. You have to bone somewhat before you will even reach the nose or tail unless you have really long monkey arms.

Tail grab:
Back hand grabbing the tail of board.
After launching into the air, extend the front leg and flex in the back leg. This will bring the tail of the board within reaching distance of the back hand.



(static tail grab)



(tramp tail grab, notice boning occurs automatically)



(tail grab)

Nose grab:
Front hand grabbing the nose of board.
When in the air, pull in the front leg, while extending out the back let to bring the nose of the board within grabbing distance of the front hand.



(static nose grab)



(tramp nose grab, notice boning occurs automatically)



(nose grab)

There are 3 photos above for both the tail and nose grabs. On the left are the static photos where it appears that the upper body is reaching towards the nose or tail, this is incorrect. In the tramp and riding shot you will see that the upper body is kept upright while the nose and tail are boned up towards the upper body. This is a more realistic view of what the upper body position should look like when doing nose and tail grabs.

The above six grabs are all you need to master to have dope steeze while jumping and spinning. There are tons of other grabs although lots of them are not that cool and we all tend to do them for a joke mostly when mucking around. Get the six grabs on lock, then bone them out as much as possible. Remember, if you're goofy footed, the grabs are exactly the same but with the opposite hands.

One example of an old-school grab that is still cool from back in the early days of snowboarding is a tweaked method, it's essential for dropping cliffs with style:

Tweaked Method:
Front hand grabbing the heel edge between the legs with board shifted around into the direction of forwards travel and boning out the back leg (A regular method is just like a melon grab pulled up towards your back).
Tweaked is just another word for boning and to do sweet tweaked method you need to bone it real good. In these photos, I would be flying towards you in the shown position.




Have fun with grabs and play around. Try to get some of the following:


(double nose)

(cross rocket)


(seatbelt)

(japan)

Spinning:

Before you attempt any spin you need to understand what causes you to spin first. A firm grasp of the mechanics of what makes you and the board spin will allow you to spin easier and smoother than you ever thought possible.
You spin the exact same way you turn. First you look and turn your head, then rotate your upper body into the spin. This causes your hips, legs and board to follow suit. You will keep spinning as long as your complete body is turned in the appropriate direction. It's critical to spot your landing to stomp a clean spin. Where you spot the landing will vary depending on what spin you're trying.

I've singled out 4 key aspects to spinning:

1) Creating a platform to spin from

This is using the edge of your snowboard against the snow to create a solid base that you can pop off, into the direction of travel.
Use your toe edge to create a platform to spin backside
And use your heel edge to spin frontside
(Note: some people prefer to create a toe edge platform to spin frontside, either way is possible however most people find it a little easier to spin frontside of the heels)

2) Counter-rotate to wind up

This is where you wind up in the opposite direction so that as you leave the jump you can release a bunch of momentum into the desired spin direction. The amount of counter-rotation required will depend on the size of the jump and how much you want to spin. Small spins require a small amount of counter-rotation, the more you want to spin, the more you need to wind up.

3) Timing of the release

Simultaneously as you pop, release your wind-up, rotating your head, shoulders, hips and knees into the direction of the spin. The quicker you release, the faster you will spin. Try not to release the spin too early. Perfection of the timing comes with lots of practice

4) Spotting the landing

This is the trickiest part of stomping all spins that even many advanced riders do not fully understand.
50% of spins you spot the landing open while looking in the direction of travel like a front 1, back 3, front 5 and back7 both regular and switch.
The other 50% of spins you spot the landing by looking at the knuckle where you're about to land. This is called landing blind and means you spot your landing while usually looking in the opposite direction of travel. This happens with back 1's, front 3's, back 5's and front 7's both regular and switch.
Check out the spinning video lesson to get a clear visual of how this works.

Below is a more detailed blueprint so you can study both frontside and backside spins in depth.

Blueprint to spining backside:

1. Do several straight airs to find the right speed for the jump.



2. Find a good spot where you drop relatively straight for the jump with the perfect speed, avoid doing any speed-checks as they tend to throw off your concentration.



3. There is a point I like to call the setup point. This point is right between the downwards slope of the hill and the upwards slope of the kicker, or in other words, the point where the ground is flat. At this setup point you should just be completing a very slight heel-edge carve.



4. The heel-edge carve allows you to transfer your weight lightly onto your toe edge, performing a light toe edge carve up the entire wedge of the jump. This toe edge carve is what I call the “platform”, where you can create balance to pop and spin off. The more solid your toe-edge platform is, the better you will be able to spin off the lip.

5. After the setup point you also need begin to pre-wind your body in the opposite direction you wish to spin. For a backside spin you will open up your shoulders, hips and front knee towards the nose of the board. This wind up is also called counter-rotation. Try to avoid winding up too early for the spin, the setup point (flat point between the downwards transition and upwards wedge) is a good point to begin the pre-wind.



6. A large jump (example 30 feet plus) requires less wind-up, where as a small jump (example 10 feet) requires more. Initially more wind-up is better than less. As you gain experience in spinning you will naturally use more of your body together, (shoulders, hips and knees) and pre-wind will begin to feel more natural.

7. As you pass the setup point your legs should be slightly flexed, at the knees and ankles, which will allow you to extend your legs as you're about to leave the lip of the jump and create pop. Pop helps to spin better. Try to keep your back up straight.



8. Just before you pop off the lip of the jump is when you should release the wind-up into the backside direction. The shoulders, hips and front knee, which were opened towards the nose of the board are now released around the front of the body into the direction of the tail. Try to keep the body rotation on a flat horizontal axis.



9. This release of the wind up occurs simultaneously with the lower body extension creating pop and spin together. The hardest thing about spinning is to time these movements. Try not to release the spin too early. It should happen just before you leave the lip of the jump so you leave in a straight direction.



10. When you are in the air, there is really little you can do. It is possible to slow down and speed up your rotation which will come with practice. Grabbing your board will stabilize your spin and make it look sweet too.



11. It's now time to spot you landing. There are 2 ways to spot the landing, either open or blind and it depends on what spin you are doing. For example when doing a back 1, spot your landing blind, a back 3 is open, a back 5 is blind and a back 7 is open etc. When you spot the landing, release the grab (if you have one) and start to open up. Keep rotating the last 90 degrees as you get ready to stomp the trick.

12. Absorb your landing by flexing the lower body joints as you hit the ground. As you land, your upper body can keep rotating to avoid re-verting. Re-verting is where you land the trick then spin another 180 on the ground, it's not cool.
13. Once you've got basic backside spins on lock, try getting different grabs in conjunction with the spin and bone them out. Also try to create more pop off the lip of the jump by using a more active lower body extension.
14. When your friends comment on how dope your backside spins are, try not to brag, just let them know you learned it from Snowboard Addiction.



Rider: Nev Lapwood
Photographer: Fusaki Iida
Location: Camp of Champions

Backside spins summary:
Backside is where the back of your body will be facing down hill during the first 180 of the spin.
Pretty much always spin backside popping off your toe edge (there is the odd occasion eg: pipe or a hip where you may spin backside off your heels).

Back 1: A backside 180 is slightly more difficult than a frontside 180 because of the blind landing. Watch the spins Video and pay close attention to where I spot the landing of a back 1. There is very little wind-up needed for a 180.
Back 3: Uses a stronger toe edge platform than a 180 and slightly more wind up. Try to hold your wound up position until you pop off the lip. At 270 degrees through the spin your landing will come into view. It's nice and easy to stomp down as you're always looking ahead (see sequenced photo above).
Back 5: The backside 5 is easier than it looks. If you can already do back 3's it's just one step further, a little more wind-up, a slightly more solid platform to spin from and combine a back one onto the end of that back 3. The landing comes into view at the same spot as a back 3. Remember: this is another one of those blind landing tricks, watch in the vid as I spot my landing by looking down at the knuckle. You'll see that the counter-rotation or wind-up needed for a back 5 is substantially more than a back 1 or 3
Back 7: The transition from a back 5 to a back 7 is a difficult step. You'll need to first have your

back 5's on lock down over all sizes of jumps with different grabs. The real key in spinning 7's is the timing of your release off the lip. The release needs to be strong and quick. This kind of timing comes only with lots of practice. A strong pop will help you release quickly into the spin. Be sure to pop evenly off both feet to avoid unintentional corking. The landing comes into view after 630 degrees of rotation. The first few times you do a back 7, you may get disorientated and have trouble spotting the landing, however as you do more, the rotation will begin to slow down in your head and you'll be able to see where you are the whole way through the spin.

Blueprint to spining frontside:

(Note: this is almost identical to the blueprint to spinning backside except opposite)

1. Do several straight airs to find the right speed for the jump.
2. Find a good spot where you drop relatively straight for the jump with the perfect speed, avoid doing any speed-checks as they tend to throw off your concentration.
3. There is a point I like to call the setup point. This point is right between the downwards slope of the hill and the upwards slope of the kicker, or in other words, the point where the ground is flat. At this setup point you should just be completing a very slight toe-edge carve.
4. The toe-edge carve allows you to transfer your weight lightly onto your heel edge, performing a light heel edge carve up the entire wedge of the jump. This heel edge carve is what I call the "platform", where you can create balance to pop and spin off. The more solid your heel-edge platform is, the better you will be able to spin off the lip.
5. After the setup point you also need begin to pre-wind your body in the opposite direction you wish to spin. For a frontside spin you will close up your shoulders, hips and back knee towards the tail of the board. This wind up is also called counter-rotation. Try to avoid winding up too early for the spin, the setup point (flat point between the downwards transition and upwards wedge) is a good point to begin the pre-wind.
6. A large jump (example 30 feet plus) requires less wind-up, where as a small jump (example 10 feet) requires more. Initially more wind-up is better than less. As you gain experience in spinning you will naturally use more of your body together, (shoulders, hips and knees) and pre-wind will begin to feel more natural.
7. As you pass the setup point your legs should be slightly flexed, at the knees and ankles, which will allow you to extend your legs as you're about to leave the lip of the jump and create pop. Pop helps to spin better. Try to keep your back up straight.
8. Just before you pop off the lip of the jump is when you should release the wind-up into the frontside direction. The shoulders, hips and back knee, which were closed towards the tail of the board are now released around the front of the body into the direction of the nose. Try to keep the body rotation on a flat horizontal axis.
9. This release of the wind up occurs simultaneously with the lower body extension creating pop and spin together. The hardest thing about spinning is to time these movements. Try not to release the spin too early. It should happen just before you leave the lip of the jump so you leave in a straight direction.
10. When you are in the air, there is really little you can do. It is possible to slow down and speed up your rotation which will come with practice. Grabbing your board will stabilize your spin and make it look sweet too.
11. It's now time to spot you landing. There are 2 ways to spot the landing, either open or blind and it depends on what spin you are doing. For example when doing a front 1, your landing is open to see, a front 3 has a blind landing, a front 5 is open and a front 7 is blind etc. When you spot the landing, release the grab (if you have one) and start to open up. Keep rotating the last 90 degrees as you get ready to stomp the trick.
12. Absorb your landing by flexing the lower body joints as you hit the ground. As you land, your upper body can keep rotating to avoid re-verting. Re-verting is where you land the trick then spin another 180 on the ground, it's not cool.
13. Once you've got basic frontside spins on lock, try getting different grabs in conjunction with the spin and bone them out. Also try to create more pop off the lip of the jump by using a more active lower body extension.
14. When your friends comment on how dope your frontside spins are, try not to brag, just let

them know you learned it from Snowboard Addiction.



In this photo, the rider is spinning a frontside 360 off a heel edge platform. Pay close attention to how he is landing blind by looking down at the knuckle of where he's about to land.

(Note: you can also spin frontside off your toes. To do this, approach the jump with the same carve and pop technique of a backside spin combined with the pre-wind technique of a frontside spin. It's slightly more difficult for most people.)

Frontside spins summary:
Frontside is where the front of your body will be facing down hill during the first 180 of the spin.
It is possible to spin frontside off either a toe edge platform or a heel edge platform. Most people find it easier off the heels so I'd recommend trying that first.

Front 1: The easiest of all spins because the landing is visible all through the trick so learn it first. Pop off a slight heel side platform. Very little wind up is needed.
Front 3: It's a really nice feeling trick. The hardest part is understanding the landing. As I come around 270 degrees I'm spotting where to stomp by looking down at the knuckle of the landing. Then, just as I land I turn my head into the new direction of travel (see photo above). Think about combining a frontside 180 with a switch backside 180, it's very similar to the blind landing of a switch backside 180.
Front 5: Lots of pop helps for this trick. Make sure you have a super strong heel edge platform to pop from. The landing is very similar to a frontside 180, but try not to spot your landing until you're all the way around 450 degrees, otherwise it will stop your spin mid air. Again you'll see the amount of wind-up needed for a 5 is substantially more than a 1 or 3.
Front 7: Once you can really bang out mad front 5's every time, front 7's are just that little step up. Think of it as doing a huge front 5 then at the last minute you chuck in a switch back 1 with a blind landing. It's exactly the same as the blind landing of a front 3 except with twice the rotation. Make sure you release is strong and quick and your timing immaculate.

Inverts: (Flips)

Learning to get upside down is one of the scariest things you can do on a snowboard and the first time you do it can be one of the most memorable moments too. The good news is it's not actually that hard however in saying that, make sure you're well prepared.

The first place to learn is into a swimming pool off a small diving board. Do some frontflips, do some backflips and add some spins to your flips by rotating with your head, arms, shoulders, hips and knees as you flip. It's pretty hard to hurt yourself when landing in water. If it's working out for you in the pool, you're feeling the correct movements and landing on your feet, then the second place to try is the trampoline. Jumping on a tramp is just like snowboarding because the timing is very similar. When I first learnt to flip on a tramp I had 2 buddies holding each side of me and they physically flipped me through the movements until I was feeling comfortable. An even better option would be to join a gymnastics class and get a professional's to teach you in a safe environment. If you're flipping on a trampoline and landing on your feet, then you have the skills to do it on a board. The movements are exactly the same.
The safest way is obviously to wait for a big powder day. If there's 30 – 40 cm (12 – 16 inchs) of fresh on the ground and you already understand the movements from pools and tramps, then the chance of success is high. Build yourself a comfortable jump with enough height that you know you'll make the full rotation.
Let loose and get inverted!
You may over rotate the first couple of times because you want to ensure you make the rotation. After you've done a couple and are over the initial fear, adjust your release and stomp your flips down on both feet.

Backflip:

There are 3 different ways to do a back flip:

1) Wild Cat
2) Old skool laid out backflip
3) 90 roll

Wild Cat:
A "Wild Cat" is a straight up and over, cart-wheel style back flip. It's the coolest way to backflip. The most important thing for a wild cat is to hold the alignment of your freestyle body position. You shoulders, hips and knees need to remain dead inline with your board throughout the whole invert otherwise rotation will be added to the flip.

1) Find the required speed by doing a few straight airs.
2) Visualize the movements in detail as if you've already done it. You need to be confident mentally to get inverted.
3) As your passing through the setup point, get low so as you approach the lip you have a strong extension to pop from.
4) Keep you base flat and pop off your back foot.
5) Rotate your upper body toward the tail of your board while keeping everything in line.
6) When your are 3 quarters of the way through the wild cat your landing will come into view.
7) Stomp down evenly on both feet and absorb your landing.



In this photo notice how his body is inline with his board the whole way through the flip and there is no spinning involved.

Old skool laid out back flip:
This is the original feel good trick of snowboarding. It's the most similar to doing a straight backflip on a tramp or into a pool. Pop slightly off a heel edge platform and rotate back using your head arms, shoulder and hips. As you leave the lip you body rotates very slightly frontside allowing you to lay out a huge backy up and over your head. When you're three quarters the way through the flip, you'll be able to spot your landing and rotate your board back into the straight direction so you can stomp.



90 Roll: (learn this before rodeo's)
A 90 roll is where you pop off both feet using either your toe or heel edge. As you pop, rotate a straight backflip using your head, arms and hips to initiate the flip. With this flip, the nose of your board continues to point forward in the direction of travel throughout the whole flip. Keep your shoulders hips and knees aligned with the board at all times. You will begin to spot the landing when you're 3 quarters of the way through.

Backside Rodeo:
A backside rodeo is basically a 90 roll with a little backside spin added on the end. Pop the 90 role off your toes. This toe platform initiation will make it easy to slap a bit of backside rotation on the end. If you do a 90 roll with a back one, that's called a Backside Rodeo 540 because the flip is counted as a 360. If you pop a little back 3 on the end it's a back rodeo 7.

Frontside Rodeo:
A frontside rodeo is a 90 roll with a frontside spin added on the end. This time pop the 90 role off your heels which will make it easy to slap a bit of frontside rotation on the end. If you do a 90 roll with a front one, that's called a frontside Rodeo 540 because the flip is counted as a 360. If you pop a little front 3 on the end it's a front rodeo 7.

Tame dog: (front flip)
A "Tame Dog" (cart-wheel style front flip) is the exact opposite to a "Wild Cat" (cart-wheel style back flip). They work best off flat platforms of snow that quickly drop away afterwards. Two appropriate places for Tame Dog's are off cat tracks and off the knuckles of park jumps. Wait for either a powder day or a super slushy day to learn these. Make sure you've practiced cart-wheel flips either on the trampoline or into a swimming pool first. Preferably both because the more practice you've had at this angled rotation, the easier it will be.

1) Pop a strong nollie (yes a tame dog is off your front foot)
2) Keep your shoulders hips and knees aligned with your board and rotate down towards the nose of your board.
3) Keep compact until your rotation is complete.

The trickiest thing about a tame dog is that you cannot see your landing until the rotation is pretty much complete. It's most important to keep the alignment of your body otherwise you will begin to spin.

Invert's summary:
You will most likely find these inverted tricks are easier to execute than you expected. The hard part is stomping them. The most important thing to remember is to learn them where there is no or little consequence so that you can take the tricks to bigger jumps once you feel more confident. You can follow this process for any inverted trick you want to learn. Build a mellow jump, understand the mechanics of the trick, have a soft landing and try to spot the landing as early as possible.

Powder landings:

Have you ever wondered why magazines and videos use mainly backcountry shots over park ones? It's because jumping into powder is a whole different ball game, it's what the big boys do!



The good stuff!
Rider: Nev Lapwood
Photographer: Simon Portner
Location: Rainbow Mountain (Whistler Backcountry)

The impact of landing in powder pushes your board under the soft snow, slowing it down, while your body's momentum continues to travel forward, sending your weight over the nose. If you let the nose go under, then you've just ruined the landing, and 15 minute hikes in waist deep sow are pretty draining. If you don't stop your spins and stomp straight, your board will turn sideways and catch. Even a subtle weight shift or turn of the head after touchdown can send you into a hyper extending tomahawk down the landing.
The difficulty of landing and riding out in powder is something a lot of us don't understand, because not too many of us get a chance to ride powder, let alone build jumps into it. The skill is honed and perfected over years of powder freeriding and backcountry jumping. It's the difference between the freshest kid off the plane from Finland, and the riders like Travis Rice and Devon Walsh. It separates the good riders from the best.

Here's a few helpful steps incorporated with pro quotes:

4) Ride powder as much as possible so you know the feeling of how it rides. "You've just gotta ride powder heaps, and a lot of switch." Nick Brown, Burton pro rider.
5) You've definitely got to have your trick on lock in the park before you take it to a powder booter." Anthony Leffelaar, Sapient pro rider.

6) “You have to be thinking of how you want to land throughout the whole spin.” Nick Hyne, Ride pro rider.
7) Throughout the trick your weight and body position should be exactly the same as if you were in the park. As your approaching the landing you weight should be evenly spread over both feet then:
8) “Just before you land, push the board forward under you so that all your weight is over the back foot.” Travis Rice.
9) Keep your body upright with the weight over the back foot until you’re riding away casually in the pow.



Rider: Nev Lapwood
Trick: Corked front 5 to Powder
Photographer: Nick Vail, www.NickVail.com
Location: Blackcomb.

Your board and where you’re standing on it plays a big part. A bigger or wider board helps for sure. The more surface area in front of your front foot, the easier it is, and likewise a small tail will sink easier. Some people prefer a board with a softer nose to pull up. But before you set your bindings way back or buy a super directional board, what about landing tricks switch? Some tricks are much tougher to land in powder than others, switch landings being harder, and landing where the last 180 is blind, super difficult. That’s why you see a ton of Cab 5’s and frontside 5’s. Backside 5’s are pretty mellow in the park, but real tech once you’re in the deep stuff.
It’s not uncommon for a backcountry kicker session to end with no tricks ridden out, even for the “big dogs.” Landings also don’t last very long, depending on the type of jump, and number of crew hitting it – you may only get a handful of hits before you’re dropping into a spa pool like crater. There’s also the often sketchy run in and shovel-built kicker transition to deal with too, however landing into freshies is about the best feeling you can get snowboarding so just tighten your goggle strap and go for it!

Snowboard Addiction jump training program:

Training is a hugely neglected part in snowboarding today. To be the best, you need to train for snowboarding just like any other sport. What you'll find is that you'll probably be the only one doing it but as you continue to train you'll see incredible gains in your riding very quickly. When you do these exercises and begin training, snowboarding couldn't be easier to learn. Every exercise is specifically designed to help skyrocket your ability.

1. Dry-land spins: Simply imagine that you are snowboarding, crouch down and feel what it would be like to go off the jump as you go through the motions. Make sure you rotate your whole body including the head, shoulders, core, hips and knees. Practice jumping and spinning 180's, 360's, 540's, even 720's if you can. Practice Jumping into spins frontside and backside. This drill will triple its effectiveness instantly when you visualize and pretend you're actually on your board when you spin. Practice initiating the spin in slow motion, feel every part of your body and what it needs to do to help you spin. Jump into spins 100 times if you need to. Imagine where to spot the landing. The point is to fully understand how to generate the spin and realizing what every body part has to do.

Note: spinning on a trampoline is a fantastic training tool because it's like timing the pop and release as you leave a jump.

Backside 360 practice (regular rider)



Notice how I initiate the spin by looking in my direction of travel as if I was really riding. I also pay close attention to spotting my landing.

Frontside 360 practice (regular rider)



2. Practice on a balance board (round or square board with ball in middle) practice spinning on these boards it's a pretty good simulation. Practice keeping the board balanced. This will work your core strength which is very important in snowboarding. You can find these balance boards in most gyms.

3. Workout your legs with various cardio and leg exercises. Even just doing 50 squats a day with no weight will greatly increase your leg strength. Also jump ups are a very good exercise, just stand in one spot, jump and bring your knees up to your chest. Do this exercise for 30 seconds or more as fast as you can.

Jump ups / High knees exercise



Wrap up:

You now have the tools necessary to become a great jumper. When you begin practicing these techniques and applying them you'll be amazed at the results you get in a short period of time. Remember the harder you train and practice the better you'll get, so go out there and have fun!

Rip it up!
www.SnowboardAddiction.com

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