

## **Ski-Snowboard Technical Vocabulary**

(Ski/Snowboard in Black, Ski only Red, Snowboard only Blue)

- **Angulation:** Laterally tipping and flexing certain parts of the body, more than others, to form angles between body segments.
- **Apex:** A point in an arc where the skis/snowboard is pointing or matched with the fall line.
- **Athletic Stance:** A body position in which the skier/snowboarder is in balance without excessive leaning (laterally, fore or aft) and is aligned over their feet.
- **Balance:** A state of equilibrium that provides both a source for and an outcome of effective movement; when the skier/snowboarder's center of mass and base of support are aligned to counteract the forces generated by the snow.
- **Banking:** A form of inclination that describes a relatively straight body leaning toward the inside turn.
- **Base:** The bottom surface of skis or snowboards.
- **Base of Support (BOS):** BOS is where the person's weight is distributed on the snow. Move BOS. Shifting the position of the feet forward and backwards underneath the Center of Mass.
- **Blocking:** Using internal (muscles) or external (pole plants) forces to stop rotation of the upper body
- **Camber:** The arched shape of an unweighted ski or snowboard along its length, when viewed from the side; traditionally a slightly-bowed shape.
- **Carving:** Ski/snowboard passes on edge from tip to tail through the same curved arc with minimal slipping or skidding. Turn develops increases inclination and angulation. Arc is created by ski/snowboard design. Higher angles and greater degrees of inclination will be present with greater speeds and forces.
- **Center of Mass (CM):** Represents the point around which the body's mass is equally distributed or concentrated. CM is central balance point of body mass. Starts with athletic stance.
- **Counter Rotation:** Twisting the upper body in one direction and the lower body in another direction at the same time.
- **Dorsiflexion:** Ankle flexion of the foot upward toward the shin.
- **Dynamic balance:** The ability to effectively retain balance while in motion.
- **Dynamic parallel:** Turns are made with more carving than skidding.
- **Edging - Early Edge Engagement:** Skis/snowboard has come up onto a working edge before the apex of the turn.
- **Edge:** A metal strip inserted between the base and the core on the side of ski or snowboard; the edge can be sharpened, allowing the skier or snowboarder to slice through hard snow or ice.
- **Extension:** Any movement that increases (i.e. opens) the angle at the joint. At times, skiers or snowboarders extend the knee, hips and ankle joints simultaneously.
- **Fakie:** Riding backwards or with your non-dominant foot forward. Also referred to as "riding switch".

- **Fall line:** The path which a ball or water would take if you let it roll down the slope; line of least resistance.
- **Falling Leaf:** An exercise in which a skier or snowboarder carves or skids in a fore and aft movement on the same set of edges creating a “falling Leaf” pattern.
- **Flexion:** Any movement that decreases (i.e. closes) the angle at the joint. Often entails bending the spine, knee, hip and ankle joints simultaneously.
- **Fore Movement:** Moving towards the tip or skis or snowboard.
- **Heel Edge:** The edge of the snowboard where the heel hits.
- **Inclination:** The center of mass has moved inward towards the center of the turn resulting in the body having less distance to travel around the arc that the skis/snowboard, tipping.
- **Inside Half:** Hip and ski ahead and higher related to the outside ski.
- **Learning Styles:** Styles a learner uses to have meaningful changes for improvement. Learning styles may include auditory, visual, kinesthetic, and sensory, or any combination thereof.
- **Leash:** A retention device used to attach the snowboard to the front foot so it won't slide away while getting in or out of the bindings. A leash may be used on some telemark bindings as well.
- **Movement Analysis:** The process of observing a movement, evaluating the relevance and effect of that movement on other movements and the action of the skis/snowboard, and prescribing changes for enhanced efficiency, effectiveness and performance.
- **Open parallel:** Skis are parallel throughout the turn, but may be on a lower edge angle, allowing some drifting to occur.
- **Parallel:** The skis remain matched on corresponding edges through the entire arc of connected turns with simultaneous edge release and engagement.
- **Pivot:** Control the Ski's or snowboard's pivot through flexion/extension and rotation of the body. Skis/snowboard are flat and the skier's boarder's direction of travel does not change
- **Pole Plant:** In relation to a pole touch, a pole plant is harder, more deliberate snow contact used to stabilize the upper body, manage momentum and control rotation.
- **Pole Touch:** The light touch of the pole tip in the snow, which promotes the proper timing and rhythm of turns. Pole swing aids forward movement to maintain pressure toward the front of the skis at turn initiation.
- **Pressure Management:** Flexing and extending movements of legs and core, redistribution of weight from foot to foot, increase and decrease of edge angles, turn shape and size.
- **Q-Angle:** The angle between the extended axes of the femur and the tibia, measured at the mid-patella (kneecap). The angle is typically larger for women than men due to women often have a relatively wider pelvis.
- **Revert:** To switch from riding fakie to forward, or from forward to fake typically while the snowboard is still touching the ground.

- **Rocker:** The shape or design of a ski/snowboard with reverse camber throughout part or all its length. The three categories of rocker are: tip/rocker/early rise, tip and tail rocker and full rocker.
- **Rotary:** A twisting of the feet, legs, core and other body parts in an effective balanced manner.
- **Snowboard Stance:** “Regular” is left foot forward in the stance; “Goofy” is right foot forward in the stance.
- **Side cut:** The hourglass shape of the ski/snowboard
- **Slide slipping/Slipping:** Travel in a direction sideways to the length of the ski/snowboard.
- **Skidding:** The tails of the skis/snowboard travels a further distance through a turn than the tip with a combination of skidding and slipping (drifting). Blends forward and sideways action
- **Steering:** The skis are rotated and edged to follow a curved path
- **Switchstance (Switch):** Riding with your non-dominant foot forward. Also referred to as riding fakie.
- **Tilt:** The act of adjusting the angle between both edges (base of broad) or one edge and the sliding surface.
- **Tactics:** A blending of skills (balance, rotary, edging, pressure and magnitude) to meet an outcome.
- **Tasks:** An activity that develops a skill (balance, rotary, edging and pressure) to meet an outcome
- **Toe Edge:** The edge of the snowboard closest to the toes. Opposite of heel edge.
- **Traverse:** To ski or snowboard across the slope in a horizontal or diagonal path
- **Wedge:** The tips of the skis are closer than the tails and are converging/pointing inward toward each other.