# Oversigt over Snowboard videoer. Snowboard Addiction

**0. Intro shred\_den\_bonus**

**Intro med udstyr og teknik indendørs**

0.55: Getting there

1.20: Clothing

2.10: Accessoires

2.35: Board

3.15: Boots

4.05: Bindings

5.35: Falling

6.45: Videogame

8.10: Ranges of motion

8.50: Rotation

9.50: Foot to foot

11.30: Low and tall

13.10: Toe to heel

14.35: Summary

**1. Learn-Board Setup-Reg**

1.05: Board

2.05: Boots

3.55: Bindings

4.35: Gear overview

6.55: Bindings setup.

7.17: Gas Pedal

8.23: Channel

10.20: Regular or Goofy

10.50: Stance width

13.55: Centre Boot

14.45: Lock Down

15.35: Toe Strap

16.45: Heel Strap

17.55: High Back Angles

19.45: Forward Lean

20.50: Bindings summary

23.15: Play around

**2. Learn-Learn To Ride**

2.25: **Section 1. Inside Movements**

2.55: Up and down

4.25: Toes to Heels

6.40: Nose to tail

7.55: Rotation

8.55: Regular or Goofy

9.50: 1 foot exercices

11.00: **Section 2. On Snow Movement**

11.15: Strapping in

11.50: 1 foot exercises

13.10: Skating

14.20: Chairlifts

15.25: Edge steps

16.35: Standing up

17.35: Waddle

18.05: 180s

18.40: Ollies and Nollies

19.45: Tripod.

20.40: **Section 3: Downhill Riding**

21.15: Riding the fall line

22.15: Jumping into the fall line

23.10: Seeking the fall line

24.25: Engaging the edge

25.55: Extra exercises

27.40: **Section 4: Across the slope**

28.00: Traverse

28.40: Stopping

30.50: Traversing movements

32.30: **Section 5: Turns**

32.45: Heel side turn

34.15: Toe side turn

35.30: Linking turns

37.15: Flowing turns

38.05: Carving

39.00: **Section 6: Switch**

40.15: Ribbon turn

41.30: Switch turns

42.35: **Section 7: Challenge**

42.50: Nose and tail presses

43.10: Ollies and nollies

43.35: 180s

44.20: Hand drags

45.05: Spinning on snow

46.15: Summary

**3.1: Kongsberg: Jump2-Intro to Jumping**

1.10: Body position

2.00: Coast

2.35: Pop

3.20: Ollie

5.25: Nollie

6.25: Park Jumps

**3.2: Kongsberg: straight\_airs\_and\_5050s**

**Grundlæggende hop**

1.15: Straight airs

2.15: Stance

2.45: Speed

3.05: Pop

3.45: Landing

4.30: 50-50’s

6.35: Stance

7.00: Speed

7.30: Pop

8.05: Landing

10.20: Summary

**3.3: Kongsberg Jump2-Advanced Spinning**

**Ankomst til hop og landing**

1.10: Intro

2.35: Speed

3.25: Platform

9.00: Set-up

11.05: Release

15.40: Landing

**3.4: Kongsberg -180s**

2.05: Jumping on flat ground

3.05: Frontside 180

7.35: Backside 180

10.35: Shifty 180s

12.15: Summary

**3.5: Kongsberg 360s**

2.10: Jumping 360

3.15: Frontside

3.30: Sliding 360s

4.15: Jumping 270

5.15: Side Hits

6.00: Back Side

7.50: Frontside

9.15: Park jumps

11.10: Landing

12.40: Summary

**4. Kongsberg: Buttery Stuff-Intro to Buttering**

1.25: Pressed position

3.35: Moving presses

4.50: Ollies and nollies

6.25: Flat areas

6.50: Regular vs. Reverse camber

8.05: Spinning on the ground

10.15: Adding direction

11.20: Nose rolls

12.15: Summary

**4.1: Kongsberg: Buttery Stuff-Advanced Buttering**

1.20: Nose and tail spins

3.35: Tail slide 270 and front blunt 270

5.20: Blunt slides

6.40: Spinning in and out

7.45: Park or natural features

8.15: MFM butter

9.05: Bonks/Taps

10.00: Block stalls

11.30: Summary

**5.1: Riding Pow-Backcountry Safety**

1.15: Why go backcountry

2.15: How to go backcountry

3.30: Equipment

5.40: Awareness

7.40: Summary

**5. 2: Riding Pow-Riding Pow**

1.10: Stance

1.55: Set-up.

2.40: Starting out

3.30: Turning

4.30: Speed

5.10: Getting up

5.30: Trees and obstacles

6.05: Slashes

7.05: Powder landings

**6: Kongsberg: Jib2-Intro to Jibbing-Reg**

**Køre box**

1.00: Intro + grundlæggende

3.23. 50-50S

4.55: Backside boardslide

8.30: Frontside boardslide

11.05: Boardslide tail/nose

13.40: Frontboard tail/nose

14.55: Nose/tail presses

**6.1: Kongsberg: Jib2-Advanced Jibbing**

**Køre box - rail**

01.30: 180s Out

05.15: Change ups

08.25: 270s Out

10.30: Pretzels + summary

**Advance Getting Upside Down-Backflips**

1.35: First flip

3.10: Wildcat

6.30: Backflip

7.30: Summary

**Advance: Getting Upside Down-Tamedogs**

**Frontflip**

1.40: Nollie

2.10: Tripod

2.55: Roll

4.00: Pool and trampolin

4.50: Putting it together

6.30: Alignment

7.05: Landing

7.45: Summary

**Advance: street\_style\_rails\_and\_hips**

1.10: FS and BS 50-50’s

3.50: Rails

4.30: Hips

4.50: Pipe

5.15: Frontside hip

6.40: Backside hip

8.45: Summary

**Getting Upside Down-Trampoline**

**Træning gym og svømmehal**

1.05: Basics

2.00: Tramp board

2.35: Spins

3.20: Diving board flips

5.15: Trampoline flips

6.45: Advance tricks

**Jump2-Intermediate Jumping**

1.15: Shifties

5.10: Grabs

**Park: intermediate jibbing**

**Box og rail**

1.15: 50-50 FS 180 out

3.05: Backside boardslide

5.15: Boardslide to fakie

6.20: Naming tricks

7.45: Frontside lipslide

8.10: Boardslide FS 50-50

9.30: 50-50 backslide 180

10.30: Frontside boardslide

12.30: Backside lipslide

14.10: Summary

**Pipe and Plants-Handplants**

**Træning af håndisæt i ¼ pipe**

1.30: The Squirt – fladlands øvelser

2.50: Backside handplants

5.00: Frontside handplants

6.35: Summary

**Pipe and Plants-Riding Pipe**

**Kørsel i ½ pipe**

1.51: First timers

6.00: Body position

7.30: Edging

8.45: Pumping

9.40: Speed by angel

10.25: Deropping in.

12.20: Edge Release

14.20: Heel Edge Run

15.10: Toe Edge Run

16.05: Toe/Heel Runs, Reason 1.

16.30: Toe/Heel Runs, Reason 2.

16.50: Toe/Heel Runs, Reason 3.

18.00: Basic Pipe Tricks.

18.20: Basic Pipe Tricks – grabs

18.42: Basic Pipe Tricks – Air to Fakie.

19.05: Basic Pipe Tricks – Ally Oops

19.30: Basic Pipe Tricks – Frontside 360.

20.30: Basic Pipe Tricks – Backside 360.

20.55: Basic Pipe Tric –Spinning in the Pipe

21.55: Summary

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