

# Virtual Snow<sup>®</sup> Glossary

Watch the Virtual Snow Training DVDs to see each word defined.

- 90:** 1. ninety degrees or one fourth of a full circle which is 360 degrees. 2. a jump where skis or a board rotate by 90 degrees. *He did a jump 90 and raced down the mountain.*  
**Board DVD 4 Chapter 23**
- 180:** 1. one half of a complete rotation.  
**Board DVD 4 Chapter 23**  
2. switching the side a snowboarder has leading the way downhill.  
**Board DVD 4 Chapter 32**  
3. when a skier turns to traveling down a mountain backward or turns back to facing downhill.  
4. a jump where both skis or a board rotate by 180 degrees.  
**Board DVD 6 Chapter 56**
- 270:** 1. three fourths of one complete turn. 2. the amount of rotation a snowboarder's shoulders need to turn when doing a long 180 also called a backside 180.  
**Board DVD 4 Chapter 23**  
**Board DVD 6 Chapter 60**
- 360:** 1. every complete circle has 360 degrees. 2. a ground trick that involves a full rotation. 3. a jumping trick that involves a full rotation.  
**Board DVD 4 Chapter 23**
- 540:** 1. a ground trick that involves one and a half rotations. 2. a jumping trick that involves one and a half rotations.  
**Board DVD 4 Chapter 23**  
**Board DVD 6 Chapter 76**
- absorb:** 1. to take in or suck up an impact when landing. 2. to take in or suck up a rise in the terrain. 3. to handle the forces created by stopping 2 skis or a snowboard and avoid using the nose on your face.  
**Board DVD 1 Chapter 52**  
**Ski DVD 1 Chapter 40**
- active edge:** the edge that is being pressured. Only one edge can be active at a time.  
See leading edge.  
**Board DVD 1 Chapter 65**  
**Ski DVD 3 Chapter 5**
- aerials:** tricks performed in the air.  
See ground tricks and rail.  
**Board DVD 6 Chapter 1**  
**Board DVD 6 Chapter 42**

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- air:** 1. the time in-between leaving the ground and landing.  
2. time spent in the air. *I'm getting lots of air off that jump.* Also called getting air.  
**Board DVD 6 Chapter 55**  
**Ski DVD 4 Chapter 89**
- alpine:** 1. from the Alps. The Alps are a mountain range in Europe. In these mountains is where skiing was made into a sport of sliding downhill. 2. having to do with downhill skiing or snowboarding. 3. skiing or snowboarding at resorts as opposed to cross country.
- arc:** 1. a curved direction of movement. 2. the line cut by a ski or snowboard that is carving its way through snow.  
**Board DVD 1 Chapter 66**  
**Board DVD 2 Chapter 88**  
**Ski DVD 3 Chapter 5**
- arch:** the part of the foot that connects the ball to the heel. *The arch of a foot is usually raised off the footbed but can be supported by an arched footbed.*  
See ball, heel and instep.  
**Ski DVD 1 Chapter 31**
- back:** leaning toward the tail of skis or a board on purpose or by accident.  
See forward stance and perpendicular stance.  
**Board DVD 1 Chapter 4**  
**Ski DVD 1 Chapter 32**
- back bar:** the stainless bar that is behind a skier or snowboarder while on the simulator. *Students are attached to the back bar to keep them from sliding off the simulator.*  
**Board DVD 1 Chapter 3**  
**Ski DVD 1 Chapter 7**  
See front bar, front poles and back poles.
- back poles:** the two metal uprights behind a skier that holds the back bar. *Skiers and snowboarders should only stand up like the back poles while in a side slip.*  
See front bar, front poles and back poles.  
**Board DVD 1 Chapter 3**  
**Ski DVD 3 Chapter 74**

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- backside 180:** in snowboarding, switching which foot is forward by rotating in the direction that requires looking away from the direction of travel. In this type of switching the shoulders rotate 270 degrees. The board and the feet travel 180 degrees, but the hips travel more than this and the head rotates approximately 360 degrees. We also call this a “long” 180.  
See short 180 & heel edge 180.  
**Board DVD 4 Chapter 34**
- balance:**  
1. achieve a strong stance on skis or a snowboard.  
2. a constant readjustment back to a stable position.  
**Board DVD 2 Chapter 78**  
**Ski DVD 1 Chapter 37**
- ball:** the part of the foot that connects toes to the arch. *The ball and the heel are the two parts of a foot that people normally stand on.*  
See arch, heel and instep.  
**Board DVD 4 Chapter 62**  
**Ski DVD 3 Chapter 32**
- bar:**  
1. the wood bar that is across the front of a Virtual Snow simulator. *A simulator’s bars are horizontal but the simulator’s “poles” are sticking up in the air.*  
**Board DVD 1 Chapter 3**  
**Ski DVD 1 Chapter 7**  
2. the metal bar across the back of the simulator.  
**Board DVD 1 Chapter 3**  
**Ski DVD 1 Chapter 8**  
3. facilities available in base lodges which can increase any and all challenges in sliding down mountains.  
See simulator poles.
- barely edge:** pressuring an edge just enough that it does not raise off the skiing or snowboarding surface. The purpose of barely edging is to have the stability of an edged ski or board while going straight by switching from one edge to another and back again quickly.  
**Board DVD 1 Chapter 74**
- basket:** the cup above the point of a ski pole. It keeps the pole from sinking into some snow conditions.  
See ski pole.  
**Ski DVD 1 Chapter 92**

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- base:**
1. a stable support for a skier or snowboarder provided by efficient placement of one's foot pressures on skis or a snowboard. *Strengthen your base by adjusting your stance.*  
**Board DVD 1 Chapter 9**  
**Ski DVD 2 Chapter 6**  
**Ski DVD 2 Chapter 23**
  2. one foot providing stable support for a skier or snowboarder. *Pivot your board or ski by creating a one foot base.*  
**Board DVD 3 Chapter 68**
  3. the bottom of a snowsports resort where the lodge is.  
**Board DVD 4 Chapter 30**  
**Ski DVD 5 Chapter 29**
  4. the average depth of snow on a mountain. *When a resort advertises a 12" base you can be sure your board will get scratched by the rocks showing through.*
  5. the entire underside of a snowboard. *I gouged my base on that rail.*
- base lodge:** a building at the bottom of most resorts that houses a variety of comforts and services.  
**Board DVD 6 Chapter 18**  
**Ski DVD 5 Chapter 29**
- basics:**
1. the most important principles on which all skills of the sport are built. 2. stance, pressure, edging and steering are the **basics** of both skiing and snowboarding.  
**Board DVD 3 Chapter 2**  
**Ski DVD 1 Chapter 1**
- belt:** the padded ring around the snowboarder's waist that is attached to the back bar of the Virtual Snow simulator. *Lean into the belt throughout this drill.*  
**Board DVD 1 Chapter 4**  
**Ski DVD 1 Chapter 7**
- binding:** metal or plastic device that connects a snowboard boot to a board or ski boot to a ski. *Brush the snow off each binding before trying to put your foot in one.*  
**Board DVD 1 Chapter 11**  
**Ski DVD 1 Chapter 17**
- black diamond:**
1. a symbol that represents a very difficult route down a resort trail. 2. a difficult run for excellent skiers and snowboarders. See green circle, blue square and double black.  
**Board DVD 1 Chapter 93**  
**Ski DVD 1 Chapter 90**
- blind spot:** the area around a skier or snowboarder that cannot be viewed. *That skier was in my blind spot until I did a 180 and saw him.*  
**Board DVD 5 Chapter 42**

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- blue square:** 1. a symbol that represents a route more difficult than a beginner run. 2. a trail for intermediate snowboarders and skier.  
See green circle, black diamond and double black.  
**Board DVD 1 Chapter 93**  
**Ski DVD 1 Chapter 90**
- blunt nose wheelie:** a wheelie while performing a sideslip on the nose of a board. *Can you stop when doing a blunt nose wheelie?*  
See blunt tail wheelie.  
**Board DVD 6 Chapter 94**
- blunt tail wheelie:** a sideslip wheelie on the tail of a board. *It's weird doing a blunt tail wheelie because of the blind spot.*  
See blunt nose wheelie.  
**Board DVD 6 Chapter 94**
- board,** noun: a composite of materials, shaped with two long arcing edges made of steel for cutting through ice and snow. Also called a snowboard.  
See carving board, freeride board and freestyle board.  
**Board DVD 1 Chapter 10**  
**Ski DVD 2 Chapter 76**
- Bob:** 1. Bob Salerno, founder of Virtual Snow.  
2. Bob Salerno, freestyle ski legend and 2 time world champion.  
3. Bad Bob, 2 time Mogul Enduro World Champion  
4. Dad Bob, father of only one who will claim him.  
5. but no one else will do it •••• Bob.  
**Board DVD 6 Chapter 88**  
**Ski DVDs 1-5 Chapter 1**
- boning out:** 1. to ski or snowboard with straight legs.  
**Board DVD 5 Chapter 6**  
2. to land with straight legs commonly causing injuries to the knees.
- bonk:** 1. to intentionally hit an object while snowboarding.  
2. an object placed on a slope for skiers and snowboarders to hit, or to jump over.  
**Board DVD 6 Chapter 30**
- bottoming out:** dragging a part of a boot in the snow. It is also called drag and it can be prevented by equipment adjustments and or replacements. *I was carving a huge turn when I bottomed out and it turned me around.*  
**Board DVD 5 Chapter 49**

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Watch the Virtual Snow Training DVDs to see each word defined.

- bowed stance:** positioning of a snowboarder's body by either bending forward or arching one's back.  
See stacked stance.  
**Board DVD 4 Chapter 2**  
**Board DVD 5 Chapter 31**
- box:** a flat or round topped structure placed in a terrain park for the purpose of sliding on.  
See stacked stance.  
**Board DVD 3 Chapter 73**
- building a base:** positioning of a snowboarder's body so as to be supported firmly by one or both feet.  
See stacked stance.  
**Board DVD 1 Chapter 9**  
**Ski DVD 1 Chapter 6**
- butt pad:** an article of underclothing that has built in cushions for the tail bone and muscles. They are usually available at local sports retailers, but labeled as equipment for hockey. They are helpful in preventing cushioning snowboard impacts.  
**Board DVD 1 Chapter 51**
- carve:** 1. to cleanly cut through snow with a long edge of a ski or snowboard. A carving edge is traveling exactly along the long edge that is digging into the snow. 2. a carving turn cuts, it does not skip or skid.  
See skid & slide.  
**Board DVD 2 Chapter 75**  
**Ski DVD 4 Chapter 76**
- carved turn:** 1. a turn that uses a ski or board's long arcing edge to slice its way through snow. A carved turn lasts from the moment an edge is set until the moment it is released. 2. a turn where the end of one long edge travels through the exact location as the beginning of the edge did.  
See edge, edge setting and edge releasing.  
**Board DVD 5 Chapter 79**  
**Ski DVD 4 Chapter 76**

# Virtual Snow<sup>®</sup> Glossary

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- carving:**
1. the action of your ski or snowboard when the back of an edge is cutting through the exact location that the front has just traveled through.  
**Board DVD 4 Chapter 79**  
**Ski DVD 4 Chapter 69**
  2. a style of skiing or snowboarding that involves extreme edge angles and leaning close to and often touching the snow.  
**Board DVD 5 Chapter 2**  
**Ski DVD 4 Chapter 4**
  3. the action of the edge biting into the snow for the purpose of standing or walking on a slope.  
*Carve your edge into the snow for every step up or down the slope.*  
**Board DVD 5 Chapter 88**  
**Ski DVD 2 Chapter 56**  
See skidding and sliding as well as carving board.
- carving board:**
1. a type of board made specifically for the sport of carving. It does not have a turned up tail. This feature increases the length of both edges. Carving boards usually have the arc of each edge customized to fit the differences in making a toe and heel edge carving turn.
  2. a board made for racing.
  3. any board that is carving for any moment in time.  
See carving, freestyle board and freeride board.  
**Board DVD 6 Chapter 66**
- carving ski:**
1. a type of ski made specifically for the sport of carving.
  2. a ski made for racing.
  3. any ski that is carving for any moment in time.  
See carving, freestyle ski and freeride ski.  
**Ski DVD 4 Chapter 4**
- catching an edge:** unintentionally getting an edge knocked around, or even out from underneath you. This happens when the leading edge is lowered into the snow when skidding.  
See leading edge and skidding.  
**Board DVD 3 Chapter 42**  
**Ski DVD 3 Chapter 33**
- chains:** plastic, rubber or metal devices applied to wheels of motor vehicles. They are used to improve traction in snow and to force a menacing highway patrolman into allow you to go skiing or snowboarding despite “bad” weather.  
**Board DVD 4 Chapter 29**  
**Ski DVD 5 Chapter 50**
- chair lift:** a series of chairs seating 2-6 people suspended from a cable that pulls skiers and snowboarders part of the way or all the way to the top of a mountain.  
**Board DVD 2 Chapter 22**  
**Ski DVD 1 Chapter 90**

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- clicker:** a style of binding that connects a pin on the bottom of a snowboard boot to a metal device on the top of a board. Called a clicker because of the sound that is made when the connection is achieved.  
See binding.  
**Board DVD 6 Chapter 68**
- collapse transfer:** by bringing knees and feet up quickly a weightlessness can be created in which an edge change occurs. A collapse transfer cannot also include a jumping motion before the collapse.  
See transfer, collapse, jump transfer & simple transfer.  
**Board DVD 4 Chapter 42**
- collapsing:** 1. bringing both knees and feet up quickly, thus creating a weightlessness during which edges can be changed.  
**Board DVD 6 Chapter 69**  
2. compressing a stance while in the air in order to not be blown around by wind or to perform a grab or complete a rotation.  
**Board DVD 4 Chapter 42**
- crossed skis:** two skis stuck by their tails in snow and crossed are a sign of an injury accident in progress. These areas should be avoided, so that injured persons are not further injured.  
See ski patrol.  
**Board DVD 3 Chapter 90**  
**Ski DVD 3 Chapter 63**
- directional sideslip:** pressuring the tip or tail of a board or ski in a sideslip in order to direct the board or ski toward the end that is being pressured. Also called a "falling leaf"  
See sideslip.  
**Board DVD 2 Chapters 59 & 65**
- double black:** 1. a symbol that represents an extremely difficult route down a resort trail. 2. a very difficult run for expert skiers and snowboarders.  
See green circle, blue square and black diamond.  
**Board DVD 1 Chapter 93**  
**Ski DVD 1 Chapter 90**
- drag:** when boots hang over the edge of a ski or snowboard creating friction when tilted into the snow. This condition can be prevented by equipment adjustments and or replacements. Also called bottoming out.  
**Board DVD 5 Chapter 49**
- duck walk:** a snowboard waddling on one edge, going back and forth from tip to tail and hopefully traveling forward without having to take a foot out of its binding.  
**Board DVD 6 Chapter 19**

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**early edge change:** 1. a transfer of edges while pointed away from the fall line.  
2. changing edges before a turn is pointed down the fall line.  
3. changing edges after a turn has passed the fall line.  
Important Note: An early edge change must be performed while carving and cannot be safely done while skidding.

See carving and skidding.

**Board DVD 5 Chapter 80**  
**Ski DVD 5 Chapter 47**

**early rotation:** a snowboarder's rotation of the upper body in advance of an edge change. The rotation is in the direction of the new edge. ie; While in the middle of a heel edge turn rotate toward the toe edge. When the toe edge becomes active the snowboarder's weight will be readily applied.

**Board DVD 4 Chapter 24**

**edge, noun:** the sharp steel band around the outside of a ski or snowboard. Extremely inexpensive skis and snowboards may not have steel edges. Nearly all skis and snowboards have edges along the sides and many along the tip and tail as well.

**Board DVD 1 Chapter 64**  
**Ski DVD 3 Chapter 4**

**edge, verb:** 1. to pressure one of a ski or snowboard's two long edges.  
2. to lift one edge in order to make the opposite edge bite into the snow.  
3. the action of a board when the front and back of an edge travel through the same path.  
The three methods of controlling a ski or snowboard are pressuring, edging and steering.

See edge (noun), pressure and steering.

**Board DVD 3 Chapter 33**  
**Ski DVD 4 Chapter 69**

**edge angle:** the tilt of an edge off a surface. *Increase your edge angle, lean more and take a ride on an edge.*

See edge, set an edge and release an edge.

**Board DVD 2 Chapter 93**  
**Ski DVD 3 Chapter 20**

**edge awareness:** knowing how much of an edge is in contact with the snowboarding surface, the angle of the edge, and whether or not your edge is skidding.

See edge angle, edge contact, carving & skidding.

**Board DVD 3 Chapter 25**  
**Ski DVD 3 Chapter 26**

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**edge balancing:** maintaining control while entirely supporting your body weight on one edge.

See edge (noun) and balance.

**Board DVD 2 Chapter 17**  
**Ski DVD 5 Chapter 20**

**edge change:** the transition from one edge to the other that happens in-between turns.

See transition and transfer.

**Board DVD 4 Chapter 36**  
**Ski DVD 5 Chapter 47**

**edge contact:** the length of an edge in contact with a surface and functioning. *Lift your back leg and make your edge contact shorter.*

See edge, noun.

**Board DVD 6 Chapter 77**  
**Ski DVD 3 Chapter 19**

**edge control:** the ability to precisely control edge angle and the amount of edge in contact with the snow.

See edge angle and edge contact.

**Board DVD 3 Chapter 52**  
**Board DVD 4 Chapter 80**  
**Ski DVD 3 Chapter 23**

**edge fall:** a fall caused by lowering a leading edge and having it be caught in the snow.

See leading edge and stance fall.

**Board DVD 2 Chapter 77**  
**Ski DVD 3 Chapter 33**

**edge release:** by decreasing the angle of an edge there is a moment when an edge will stop carving a clean arcing line through the snow and start skidding or sliding down a mountain. *Set your edge and then release it to start your skid. An edge can be released by a snowboarder or by terrain or snow conditions.*

See edge set.

**Board DVD 3 Chapter 50**  
**Ski DVD 2 Chapter 64**

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- edge set:**
1. the moment when an edge catches (by tilting a ski or board off the snow) and start carving a clean arcing line through the snow. *To set an edge in icy conditions is harder than in soft snow*  
**Board DVD 4 Chapter 81**  
**Ski DVD 2 Chapter 80**
  2. a quick increase of an edge angle to create a carving edge.  
**Board DVD 5 Chapter 80**  
**Ski DVD 4 Chapter 94**
  3. a quick increase of an edge angle to greatly increase the resistance of a skidding edge.  
See edge release.  
**Board DVD 5 Chapter 89**
- emergency stop:** quickly moving both skis or a board across a slope, digging its edge(s) into the snow. This creates friction which stops skis or a snowboard. Also called quick stopping.  
**Board DVD 4 Chapter 93**
- equal pressure:**
1. in snowboarding; the same amount of pressure on both feet. This is an indication of being perpendicular to a slope.  
**Board DVD 1 Chapter 5**  
See pressure and perpendicular.
  2. in skiing; the same amount of pressure on the ball and heel of one or both feet. This is an indication of being perpendicular.  
**Ski DVD 1 Chapter 31**  
See pressure and perpendicular.
- fakie:** riding with the foot that a snowboarder feels less comfortable or competent with leading the way down the mountain. Also called riding switch or switch stance.  
**Board DVD 5 Chapter 14**
- fall line:** the exact route a ball would take when let go on a mountain top. Since a ball has no edges to guide its direction the ball goes where gravity makes it go.  
**Board DVD 1 Chapter 79**  
**Ski DVD 3 Chapter 69**
- falling leaf:** pressuring the tip or tail of a board or ski in a sideslip in order to direct the board or ski toward the end that is being pressured. Also called a directional sideslip.  
See sideslip.  
**Board DVD 2 Chapter 59**
- feel your feet:** being aware of the pressures on the bottoms of your feet. *Each foot should be minimally divided into 4 zones of pressure, front and back and side to side, in order to feel your feet.*  
**Board DVD 6 Chapter 28**  
**Ski DVD 4 Chapter 15**

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- flat:** a board that is not pressuring an edge is a flat board. A flat ski or board slides where gravity takes it unless it is being steered. Also called a flat board.  
**Board DVD 1 Chapter 63**  
**Ski DVD 1 Chapter 69**
- flat board:** a board that is not pressuring an edge is a flat board. A flat ski or board slides where gravity takes it unless it is being steered.  
**Board DVD 1 Chapter 63**
- flats:**  
1. an area that is level ground, usually at the end of a run.  
**Board DVD 1 Chapter 68**  
2. level ground at the top of a lift for unloading skiers & snowboarders.  
**Board DVD 2 Chapter 32**  
**Ski DVD 1 Chapter 61**
- foot pressures:**  
1. the point of contact between a skier or snowboarder and his equipment and a mountain.  
**Board DVD 3 Chapter 6**  
2. the best gauge of the relationship between upper body weight and skis or a snowboard. 3. how a skier or snowboarder knows what is happening underneath while looking ahead instead of down.  
**Board DVD 3 Chapter 8**  
**Ski DVD 4 Chapter 29**
- foot rest:** a bar on a chair lift that can be lowered from above for a snowboarder to place the weight of skis or a snowboard onto. Not all lifts have them.  
**Board DVD 5 Chapter 66**  
**Ski DVD 4 Chapter 53**
- force:** energy with direction. This can be a skier's energy or the physical energies involved in snowboarding.  
See gravity, resistance and momentum  
**Board DVD 5 Chapter 58.**  
**Ski DVD 3 Chapter 69**
- forward:**  
1. leaning toward the tips of a board or skis.  
2. the part of a board or body that is leading the rest of a board or body down a mountain. *A snowboarder's forward leg works harder than the leg toward the tail.* 3. being in a forward stance. *Get forward to be able to steer the back of a board.*  
See forward stance.  
**Board DVD 1 Chapter 32**  
**Ski DVD 1 Chapter 32**

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- forward stance:** 1. a snowboarder positioning of the body such that there is a majority of body weight pressuring the front foot.  
**Board DVD 1 Chapter 32**  
2. a skier placing a majority of body weight on the balls of the feet. 3. perpendicular to your front foot.  
See back and perpendicular stance.  
**Board DVD 2 Chapter 7**
- free foot:** in snowboarding, the foot that is not in a binding.  
**Board DVD 2 Chapter 5**
- freeride board:** the most common type of snowboard. It is usually stiffer and slightly longer than a freestyle board.
- freeride skis:** an all mountain ski made for advanced and expert skiers, and for all types of skiing.
- freeriding:** 1. a popular type of skiing or snowboarding that stresses riding for fun. 2. riding all over the mountain.  
See freestyle and carving.
- freestyle:** 1. a popular type of snowboarding that stresses tricks. 2. tricks on skis. *Freestyle skiing includes moguls, aerials and ballet. It dates back to the 1960s.*
- freestyle board:** a snowboard that is made for performing tricks. It is usually more flexible and slightly shorter than a freeride board.
- freestyle ski:** a ski designed for doing aerial tricks, moguls or ballet skiing. They are shorter than normal.
- friction:** 1. that physical force that slows and stops a ski or snowboard when pressure is applied to an edge digging into snow and skidding across it.  
**Board DVD 2 Chapters 44 & 54**  
2. that physical force that slows down a board when traveling from cold icy snow to wet sloppy snow.  
See resistance  
**Board DVD 3 Chapter 11**  
**Ski DVD 4 Chapter 90**
- front bar:** the wooden bar that is in front of a skier or snowboarder while on the simulator. *The front bar is nice to hold onto.*  
See back bar, front poles and back poles.  
**Board DVD 1 Chapter 3**  
**Ski DVD 1 Chapter 7**

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- front poles:** the two aluminum poles that are in front of the simulator and perpendicular with the slope.  
See back poles, front bar and back bars.  
**Board DVD 1 Chapter 23**  
**Ski DVD 1 Chapter 34**
- frontside 180:** switching which foot is forward without looking away from the direction of travel. In this type of switching the shoulders rotate only about 90 degrees. The board and the feet rotate 180 degrees, but the hips on up rotate less than 180 degrees.  
See long 180 and short 180.  
**Board DVD 4 Chapter 32**  
**Board DVD 6 Chapter 59**
- gap:** a lowered section of terrain just following a ramp for launching jumps and just before a landing hill. *Dude, I wasn't going fast enough to clear the gap and I ate it!*  
See ramp and landing hill.  
**Board DVD 6 Chapter 43**
- getting air:** 1. the time in-between leaving the ground and landing.  
2. time spent in the air. *I'm getting lots of air off that jump.* Also called getting air.  
**Board DVD 4 Chapter 47**  
**Board DVD 6 Chapter 69**  
**Ski DVD 4 Chapter 89**
- glacier:** 1. a huge mass of ice formed from winter snow that has exceeded the summer melt down for many years. 2. the closest place to slide down mountains during the "off season."
- gondola:** an enclosed cab suspended on a cable that transports skiers and snowboarders, usually to the top of a mountain. A Gondola often carries more people than a chair lift and less people than a tram.  
See chair lift and tram  
**Board DVD 5 Chapter 77**  
**Ski DVD 4 Chapter 74**
- goofy:** a snowboarder that prefers the right foot leading the way down a mountain. This term was borrowed from the sport of surfing. Also called goofy foot. *Are you goofy or regular? I'm goofy.*  
See regular.  
**Board DVD 1 Chapter 29**  
**Board DVD 2 Chapter 4**

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- gravity:** 1. the physical force that attracts everything on earth toward the center of it. It makes skiers and snowboarders slide downhill. 2. that physical force that makes a skier or snowboarder fall to the ground when not properly placing body weight over a snowboard. 3. that physical force that makes a snowboarder crash when leaning into a turn before gaining enough speed.  
See momentum.  
**Board DVD 4 Chapter 58**  
**Ski DVD 3 Chapter 69**
- green circle:** 1. a symbol that represents the easiest route down a mountain. 2. an easy trail for beginners.  
See blue square, black diamond and double black.  
**Board DVD 1 Chapter 93**  
**Ski DVD 1 Chapter 90**
- groomed run:** a prepared trail at a resort that has had its snow conditioned and flattened by a special vehicle called a groomer.  
See groomer  
**Board DVD 3 Chapter 57**  
**Ski DVD 4 Chapter 20**
- groomer:** a special vehicle that can climb steep hills and flatten snow and make it more consistent.  
**Board DVD 3 Chapter 56**  
**Ski DVD 4 Chapter 20**
- ground tricks:** tricks performed on the snow.  
**Board DVD 6 Chapter 89**  
See aerials and rail.
- half pipe:** a terrain feature that resembles a tube or pipe cut in half along the length. Many specialized ski and snowboard tricks can be performed in a half pipe. *I rode up the wall of the pipe and did a hand stand.*  
**Board DVD 6 Chapter 67**  
**Ski DVD 3 Chapter 87**
- hard shell boots:** 1. snowboard boots made of hard plastic. They are less comfortable, less forgiving and specifically made for the limited motions of carving and racing. These hard plastic shells protect carvers from the greater forces created by extreme edge angles and the forces that are created.  
**Board DVD 6 - Chapter 66**  
2. what skiers always wear.  
See carving, soft boots and hybrid boots.  
**Ski DVD 4 - Chapter 92**

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- heel:** the rounded part of the foot, that is under the foot, directly under the ankle. *The heel is round and small compared to the ball of the foot which is wider.*  
See arch, ball and instep.  
**Board DVD 1 Chapter 76**  
**Ski DVD 3 Chapter 31**
- heel edge:** 1. the long curved edge under a snowboarder's heels. 2. pressuring the edge under the heels.  
See toe edge.  
**Board DVD 1 Chapter 76**
- heel edge 180:** switching which side of a body is traveling first down a mountain while skidding only the heel edge. Also called heel edge switching.  
See toe edge 180, short 180 and long 180.  
**Board DVD 4 Chapter 32**
- heel edge sideslip:** skidding down a mountain on a heel edge with the board pointed across the slope.  
**Board DVD 2 Chapter 43**
- heel edge switching:** switching which side of a body is traveling first down a mountain while skidding only the heel edge. Also called heel edge 180.  
See toe edge 180, short 180 and long 180.  
**Board DVD 4 Chapter 32**
- helmet:** protective gear for heads. There are helmets manufactured especially for the radical weather conditions experienced on snow.  
**Board DVD 4 Chapter 14**
- high-back binding:** a binding that uses straps to hold a soft boot against a tall stiff piece of plastic at the back of a snowboard binding. The high back gives much needed support to the soft boots of snowboarding.  
See clicker.  
**Board DVD 6 Chapter 68**
- high-speed detachable:** a newer, more efficient type of chair lift that travels quickly from the bottom of a mountain to the top. Each chair detaches from its cable in order to load people slowly then reattaches for the trip up and then detaches again to unload its passengers at a comfortably slow speed.  
**Board DVD 5 Chapter 67**  
**Ski DVD 4 Chapter 54**

# Virtual Snow<sup>®</sup> Glossary

Watch the Virtual Snow Training DVDs to see each word defined.

- high stance:** a stance where the ankles and knees are bent less than half as much as they can bend.  
See low stance, neutral stance and boning out.  
**Board DVD 5 Chapter 5**  
**Board DVD 5 Chapter 43**
- hiking a jump:** walking up one section of hill and taking one jump over and over again in order to become familiar with it and master it.  
**Board DVD 6 Chapter 44**
- hopping:**  
1. a snowboarding skill made necessary by having both feet attached to a board. Hopping is used to maintain balance while stationary or when snowboarding.  
**Board DVD 2 Chapter 79**  
2. a method of getting somewhere, while attached to a snowboard, without taking one foot out of its binding.  
See jump out of it.  
**Board DVD 2 Chapter 87**
- hybrid boots:** a ski boot made out of straps of plastics surrounding a soft leather boot.  
See hard shell boots.
- inside edge:** the two edges facing in toward another ski.  
See outside edge.  
**Ski DVD 1 Chapter 59**
- inside ski:** when parallel skiing, the ski on the inside of an arc (turn).  
See outside ski.  
**Ski DVD 4 Chapter 11**
- instep:** the top part of the foot between the toes and the ankle. *Pressure on your instep is a sign that your heel is off the footbed.*  
See arch, ball & heel.
- jump, noun:** the specially prepared terrain feature that begins with a ramp, ends with a landing hill and sometimes has a gap in-between.  
See ramp, gap and landing hill.  
**Board DVD 6 Chapter 43**
- jump, verb:**  
1. a three step process starting with collapsing a stance, then expanding and finally landing.  
**Board DVD 6 Chapter 42**  
2. being thrown in the air by a ramp.  
See collapse.

# Virtual Snow<sup>®</sup> Glossary

Watch the Virtual Snow Training DVDs to see each word defined.

- jump out of it:** 1. recovering balance by pushing off a board, retracting knees and then placing the board down where it will support body weight. 2. the same as #1 above without pushing off. Although this method could be more accurately named “collapsing out of it” 3. definitions one and two above for skiers. *I leaned too far in a turn and successfully jumped out of it.*  
See hopping and collapsing.  
**Board DVD 3 Chapter 23**
- jump transfer:** 1. raising a stance, abruptly stopping the rise, changing the edges during this instance of weightlessness and then reaching the ground with the new edge. 2. changing edges after being thrown into the air by a ramp.  
See collapse & simple transfers.  
**Board DVD 4 Chapter 37**
- knee pads:** protective gear for the knees. They are usually labeled as being for skateboarding in a sports retail store.  
**Board DVD 1 Chapter 51**
- land:** 1. to absorb forces after being in the air. 2. to ski or snowboard away after being in the air.  
**Board DVD 3 Chapter 16**
- landing hill:** the specially prepared terrain feature that a snowboarder or skier lands a jump on. It is steeper than the run that it is created on top of.  
See ramp and gap.  
**Board DVD 6 Chapter 43**
- launch:** 1. a quick movement pushing against a ski or snowboard in order to jump or “get air”. 2. to get air after traveling over a ramp.  
See air and ramp.  
**Board DVD 6 Chapter 30**
- layering:** dressing with many pieces of clothing. Each layer can be removed one at a time as temperatures increase and then replaced as temperatures decrease.  
**Board DVD 3 Chapter 21**  
**Ski DVD 1 Chapter 49**
- lazy leg:** 1. in snowboarding, the back leg when the front leg is doing all of the work. 2. the drill created by Virtual Snow for developing this muscle memory.  
**Board DVD 4 Chapter 73**

# Virtual Snow<sup>®</sup> Glossary

Watch the Virtual Snow Training DVDs to see each word defined.

- leading edge:** the edge that is leading a ski or snowboard down a mountain. *The nose is safe, but when a long edge is leading, fast and brutal falls can happen.*  
See active edge.  
**Board DVD 1 Chapter 70**  
**Board DVD 2 Chapter 41**  
**Ski DVD 3 Chapter 7**
- leaning back:** having more pressure on the back of skis or a board.  
See perpendicular stance and forward stance.  
**Board DVD 1 Chapter 4**  
**Ski DVD 1 Chapter 32**
- leaning turn:** a turn that happens with the entire body leaning into the center of an arc. The lean is necessary because of the momentum that the snowboarder is having to resist. *I tried to lean into a turn before had enough speed and I fell.*  
See lower body turn and momentum.  
**Board DVD 5 Chapter 72**  
**Board DVD 5 Chapter 79**
- leaper:** a jump inbetween turns.  
**Board DVD 6 Chapter 92**
- leash:**  
1. a safety strap that connects a board to a rider in order to stop it from sliding away and becoming a danger to others on a slope.  
2. a safety strap that connects ski boards to the ski boarder.  
See ski boards  
**Board DVD 4 Chapter 15**  
**Ski DVD 5 Chapter 17**
- lift:** a chair lift, rope tow or T-bar tow.  
See chair lift, rope tow and T-bar tow.  
**Board DVD 4 Chapter 91**  
**Ski DVD 1 Chapter 76**
- lift line:** the accumulation of skiers and snowboarders trying to be next onto the chairlift. Some lift lines are more more orderly than others.  
See lift.  
**Board DVD 2 Chapter 22**
- lift ticket:**  
1. a piece of paper that is used to gain access to a lift. 2. a ticket that only allows limited access to lower mountain lifts.  
3. tickets that have many other limits including expiration after a few hours.  
See lift.  
**Board DVD 5 Chapter 92**  
**Ski DVD 2 Chapter 88**

# Virtual Snow<sup>®</sup> Glossary

Watch the Virtual Snow Training DVDs to see each word defined.

- load here sign:** a sign that tells skiers and snowboarders where to wait while next in line to get on a chair lift.  
**Board DVD 2 Chapter 22**  
**Ski DVD 1 Chapter 77**
- long 180:** in snowboarding, switching which foot is forward by rotating in the direction that requires looking away from the direction of travel. In this type of switching the shoulders rotate 270 degrees. The board and the feet travel 180 degrees, but the hips travel more than this and the head rotates approximately 360 degrees. This action is usually called a backside 180.  
See short 180 & heel edge 180.  
**Board DVD 4 Chapter 34**
- loose foot:** in snowboarding, the foot that is not in a binding.  
**Board DVD 2 Chapter 5**
- low stance:** a stance where the ankles and knees are bent more than half as much as they can bend.  
See high stance and neutral stance.  
**Board DVD 5 Chapter 16**
- lower body turn:** a turn that happens below a skier or snowboarder and without leaning.  
See leaning turn.  
**Board DVD 5 Chapter 86**
- moguls:** bumps cut into the snow by skiers taking the same path over and over again. They are usually in great numbers called mogul fields.  
**Board DVD 3 Chapter 58**  
**Ski DVD 4 Chapter 21**
- momentum:** 1. that physical force that causes a skier or snowboarder to pick up speed when not skidding edges. 2. that physical force that causes a skier or snowboarder speeding down a mountain to have to slow down before stopping. 3. that physical force that keeps a skier or snowboarder from falling over when leaning into a turn. 4. that physical force that makes a skier or snowboarder want to come back to the mountain again tomorrow.  
**Board DVD 5 Chapter 59**
- muscle memory:** the ability of the mind and body to remember physical skills much after having learned them.  
**Board DVD 1 Chapter 26**  
**Ski DVD 2 Chapter 13**

# Virtual Snow<sup>®</sup> Glossary

Watch the Virtual Snow Training DVDs to see each word defined.

- neutral position:** in the middle of a joint's travel. *All joints travel from one extreme another, a neutral position is in the middle of this travel.*  
See low stance and high stance.  
**Board DVD 5 Chapter 52**
- neutral stance:** 1. a stance where the ankles and knees are bent half as much as they can bend. 2. a stance that a skier or snowboarder can easily lower or raise to handle a variety of terrain conditions.  
See low stance and high stance.
- nose:** the turned up lip at the front of a ski or snowboard. The tip or nose is leading the ski or board down a mountain. The tail is following the ski or board down. *On most boards the nose and tail are made exactly the same, but ski tails are usually different.*  
See tip and tail.  
**Board DVD 1 Chapter 67**  
**Board DVD 1 Chapter 71**
- nose balancing:** sliding or edging on the nose of a board. Also called a nose wheelie.  
**Board DVD 6 Chapter 6**
- nose roll:** 1. in snowboarding, switching by using the front foot as a pivot point and bringing the back foot forward before switching pressure to the new front foot. 2. doing a 360 or greater rotation while pivoting on the nose of a board.  
See switching and tail roll.  
**Board DVD 6 Chapter 77**
- off ramp:** the slope at the top of a chair lift that gives skiers and snowboarders a ride out of the way of those on the chairs behind them. At the end of this slope is a flat area to help snowboarders to slow down.  
**Board DVD 2 Chapter 57**  
**Ski DVD 1 Chapter 61**
- ollie:** a trick that springs off of the tail of a board and launches a jump.  
**Board DVD 6 Chapter 2**
- one foot out:** one foot in the binding and one loose.  
See binding.  
**Board DVD 3 Chapter 80**
- outside edge:** the two edges facing out and away from the other ski.  
See outside ski.  
**Ski DVD 1 Chapter 59**
- outside ski:** when parallel skiing, the ski on the outside of an arc (turn).  
See inside ski.  
**Ski DVD 4 Chapter 11**

# Virtual Snow<sup>®</sup> Glossary

Watch the Virtual Snow Training DVDs to see each word defined.

- packed:** compressed snow conditions created by skiers and snowboarders, the wind or time and gravity. *Wind packed snow has a crusty layer on top of it.*  
See powder and groomed run.  
**Board DVD 3 Chapter 57**  
**Ski DVD 4 Chapter 20**
- parallel:** 1. pointed in the same direction like two railroad tracks. 2. advanced skiing done with both skis pointed in the same direction  
**Board DVD 1 Chapter 21**
- perpendicular:** straight up from a surface. In these drawings the short lines are perpendicular to the long lines.  
**Board DVD 1 Chapter 4**  
**Ski DVD 1 Chapter 5**
- perpendicular stance:** 1. standing on a board with equal pressure on the front and back feet no matter how steep the slope.  
**Board DVD 1 Chapter 4**  
2. standing on your skis with equal pressure on the balls and heels.  
See stance, leaning back and forward stance.  
**Ski DVD 1 Chapter 5**
- pivot point:** 1. a foot or part of one that is supporting all of a snowboarder's weight so that the other foot can swing around this point. 2. one foot that a skier is spinning on while the other foot is raised off the snow.  
**Board DVD 3 Chapter 68**
- poles:** 1. the four metal uprights of a Virtual Snow simulator. The two back poles are perpendicular to the floor. The two front poles are perpendicular to the simulator's slope.  
**Board DVD 1 Chapter 23 (front poles)**  
**Board DVD 2 Chapter 45 (back poles)**  
2. the metal and plastic sticks that skiers use for helping them to turn and maintain their balance.  
See bar.  
**Ski DVD 1 Chapter 92**
- powder:** 1. fresh snow of any quality. 2. light snow with a low water content. 3. snow that has not been packed, groomed or hardened by time and gravity yet.  
See packed and groomed run.  
**Board DVD 3 Chapter 57**  
**Ski DVD 4 Chapter 20**

# Virtual Snow<sup>®</sup> Glossary

Watch the Virtual Snow Training DVDs to see each word defined.

- pressure:** 1. weight applied to a small or large area, on an edge or a flat area of a ski or snowboard. The three methods of controlling a ski or snowboard are pressuring, edging and steering.  
**Board DVD 3 Chapter 6**  
**Ski DVD 1-5 Chapter 2**  
2. positive or negative indications of skiing or snowboarding positions. *Pressure on your calves is a bad sign is skiing but not in snowboarding.*  
See edging and steering.  
**Ski DVD 2 Chapter 32**
- quiet:** describes a body, or part of a body, when stable and free of unnecessary motion. *Quiet upper body, quiet arms help you to maintain balance.*  
**Board DVD 4 Chapter 4**  
**Board DVD 6 Chapter 87**  
**Ski DVD 4 Chapter 43**
- rail:** a length of heavy steel placed on a run for sliding across the top. Rails are manufactured in many different shapes.  
**Board DVD 6 Chapter 37**
- ramp:** 1. a mound of snow specially groomed for launching jumps.  
**Board DVD 6 Chapter 43**  
2. a slope away from area where skiers and snowboarders get off a chair lift. Also called off ramp.  
**Board DVD 3 Chapter 92**
- reach:** when in the air, to extend legs in order to land earlier  
**Board DVD 6 Chapter 57**
- regular:** a snowboarder that prefers their left foot leading the way down a mountain. This term was borrowed from the sport of surfing. Also called regular foot. *I ride regular. I'm regular.*  
See goofy.  
**Board DVD 1 Chapter 29**
- release an edge:** 1. lower an edge angle until it is no longer carving. *Release a carving edge and it can start skidding.*  
2. lower an edge until it is no longer skidding. *Release a skidding edge and it can start sliding.*  
See carve, skid, slide, edge angle and set an edge.  
**Board DVD 2 Chapter 50**  
**Ski DVD 2 Chapter 64**

# Virtual Snow<sup>®</sup> Glossary

Watch the Virtual Snow Training DVDs to see each word defined.

- resistance:** 1. that physical force that can control gravity and momentum. 2. that physical force that slows a ski or snowboard down when moving from ice to slush. 3. that physical force that edges utilize when skidding a skier or snowboarder to a stop. 4. that physical force that allows an edge of a ski or snowboard to cut a curved path through snow. 5. that emotion that you experience when the car you came in is trying to leave the mountain.  
See friction.  
**Board DVD 4 Chapter 49**  
**Ski DVD 2 Chapter 3**
- resort:** 1. a place people go to ski or snowboard. 2. a mountain village that supports skiers & snowboarders.  
See ski area.  
**Board DVD 6 Chapter 18**
- rider:** a snowboarder.  
**Board DVD 3 Chapter 45**
- riding switch:** snowboarding with the foot that is less preferred by a snowboarder leading the way down a mountain. Also called fakie or switch stance.  
**Board DVD 5 Chapter 14**
- rock:** 1. transfer of upper body weight over a snowboard's edges.  
*Rock from edge to edge.*  
**Board DVD 4 Chapter 20**  
2. a compliment when someone says that you do it.
- rolly polly:** in snowboarding, after falling or sitting down on a heel edge; the action of bringing both knees close to the chest and then rolling over to a toe edge where it is easier to stand up. Named after the bug that has a hard time turning itself over after some bored child has turned it upside-down to watch it struggle.  
**Board DVD 2 Chapter 86**
- rope tow:** a continuous loop of rope that pulls skiers and riders up a hill.  
See T-bar tow  
**Board DVD 5 Chapter 15**  
**Ski DVD 5 Chapter 64**
- rotation:** 1. twisting a part or all of the body. 2. the amount a skier or snowboarder revolves while doing a trick. ie: 180, 360, 540 degrees. 3. a turning motion like that of a clock. A skier or snowboarder can rotate either clockwise or counterclockwise.  
**Board DVD 4 Chapter 23**
- run:** 1. each trip down the mountain. 2. a trail down a mountain.  
**Ski DVD 2 Chapter 76**

# Virtual Snow<sup>®</sup> Glossary

Watch the Virtual Snow Training DVDs to see each word defined.

- safety bar:** a bar on a chair lift that can be lowered for a skier or snowboarder to hold onto and feel safe while riding up a mountain. Not all lifts have them.  
**Board DVD 5 Chapter 66**  
**Ski DVD 4 Chapter 53**
- season pass:** 1. a lift ticket that expires after the season ends, but otherwise has no limits to their access to the issuing resort. 2. a season long lift ticket that has some holidays when the ticket is not valid.
- set an edge:** 1. a quick increase of an edge angle to create a carving edge.  
2. a quick increase of an edge angle to greatly increase the resistance of a skidding edge.  
See edge angle, carve, skid and release an edge.  
**Board DVD 4 Chapter 81**  
**Ski DVD 4 Chapter 76**
- shock absorb:** to successfully maintain balance while landing or hitting a bump or mound by resisting forces driving the knees to the chest.  
**Board DVD 1 Chapter 52**  
**Ski DVD 1 Chapter 40**
- short 180:** switching which foot is forward without looking away from the direction of travel. In this type of switching the shoulders rotate only about 90 degrees. The board and the feet rotate 180 degrees, but the hips on up rotate less than 180 degrees.  
See long 180.  
This move is usually called a Frontside 180.  
**Board DVD 4 Chapter 32**  
**Board DVD 6 Chapter 59**
- sideslip:** skidding and slipping down a mountain with skis or a board pointed across a slope. Also called slipping.  
See skid.  
**Board DVD 2 Chapter 40**  
**Ski DVD 4 Chapter 50**
- simple transfer:** a transfer of body weight from one edge to the other by simply moving upper body weight over the new edge. In this type of transfer a skier or snowboarder's head remains at the same distance from the board.  
See collapse and jump transfers.  
**Board DVD 4 Chapter 49**
- sink and rise:** the action of lowering and raising a stance. It is used when the terrain requires it or for adjusting one's stance. *Sink and rise to see what feels like the strongest position.*  
**Board DVD 1 Chapter 52**

# Virtual Snow<sup>®</sup> Glossary

Watch the Virtual Snow Training DVDs to see each word defined.

- ski area:** an area intended for skiing and or snowboarding. Before snowboarding was invented every resort was called a ski area. Even though many resorts today have more snowboarders than skiers the name ski resort has stuck and you seldom hear a resort called a “snowboard resort.”  
See resort.  
**Board DVD 3 Chapter 73**  
**Board DVD 6 Chapter 17**  
**Ski DVD 2 Chapter 76**
- ski boards:** specially made short skis with twin tips. They come with bindings that are not made to release when a ski boarder falls.  
**Ski DVD 5 Chapter 16**
- ski corral:** a fenced off area attended by a clerk that will accept skis and boards for storage during breaks in skiing or snowboarding.  
**Board DVD 5 Chapter 93**  
**Ski DVD 2 Chapter 89**
- ski patrol:** the professional skiers and snowboarders employed by a resort that roam a mountain overseeing safety issues and injuries.  
**Board DVD 1 Chapter 94**  
**Ski DVD 1 Chapter 91**
- ski poles:** the metal and plastic sticks that skiers use for helping them to turn and maintain their balance.  
See basket.  
**Ski DVD 1 Chapter 92**
- ski school:** 1. the group of professionals that teach skiing and snowboarding at resorts to beginners, intermediates and experts. 2. the best baby sitters while you’re snowboarding. 3. the best place to learn the sport after your child becomes better than you are from being left in ski school.  
**Board DVD 4 Chapter 30**  
**Ski DVD 5 Chapter 51**
- skid:** 1. to skip a long edge in a direction that it is not pointing. An edge in a skid is pointed slightly or greatly away from the arc of its long edge.  
**Board DVD 2 Chapter 75**  
**Ski DVD 1 Chapter 59**  
2. to create additional skidding by steering a board across the snowboarding surface.  
See carve and slide.  
**Board DVD 2 Chapter 88**

# Virtual Snow<sup>®</sup> Glossary

Watch the Virtual Snow Training DVDs to see each word defined.

- skiing:** 1. sliding on snow with two sticks. 2. a sport that is more difficult to master than snowboarding. 3. that sport abandoned by Sherman Poppen and Tom Sims when they became bored and invented snowboarding.  
**Board DVD 3 Chapter 57**  
**Board DVD 5 Chapter 37**  
**Ski DVD 1 Chapter 2**
- slide:** the action of a ski or snowboard traveling down slope uninfluenced by its edges.  
See skid & carve.  
**Board DVD 1 Chapter 4**  
**Board DVD 1 Chapter 67**  
**Ski DVD 1 Chapter 69**
- slipping:** 1. the action of a ski or board traveling down a slope while pointed across a slope. The active edge (uphill) is skidding while the flat part of the board is flattening and compressing snow allowing the ski(s) or board to travel down a mountain.  
See sideslip, skidding and active edge.  
**Board DVD 2 Chapter 40**  
**Ski DVD 4 Chapter 50**
- slope:** 1. the amount of tilt away from level that a run has. *This slope increases as you ride down it.*  
**Board DVD 1 Chapter 4**  
**Ski DVD 1 Chapter 4**  
2. a snowboard “run” or trail. *That expert slope is way steep.*  
See run and trail.  
**Ski DVD 5 Chapter 3**
- snowboard,** noun: a composite of materials, shaped with two long arcing edges made of steel for cutting through ice and snow.  
See carving board, freeride board and freestyle board.  
**Board DVD 1 Chapter 11**  
**Ski DVD 2 Chapter 76**
- snowboard,** verb: the physical skill and aesthetic art of sliding on snow with one plank attached to both feet.  
See ski.  
**Board DVD 5 Chapter 36**
- snowmaking:** machines that spray water into the air that instantly turns to snow. These fan like mechanisms can be extremely efficient, especially when controlled by computers that sense the quality of the air, and control the quality of the snow being made.

# Virtual Snow<sup>®</sup> Glossary

Watch the Virtual Snow Training DVDs to see each word defined.

- snow report:** 1. an update on snow conditions on a resort. 2. the wet dream of a ski area's VP of Promotions broadcasts as scientific truths.  
See resort and ski area.  
**Board DVD 4 Chapter 48**  
**Ski DVD 4 Chapter 18**
- soft boots:** snowboard boots made of soft materials. Soft boots are the most popular because they are the most comfortable and made for the more popular styles of snowboarding; freestyle and freeriding.  
See hard shell boots.  
**Board DVD 4 Chapter 15**
- spotting:** watching a landing hill and signaling a jumper when it is clear and safe to approach a ramp and jump. *I was positioning myself to spot for you when I noticed you had already jumped, you moron.*
- stacked stance:** a position of a snowboarder's body where the head, shoulders, hips, knees and ankles are balanced in one line over the snowboard.  
**Board DVD 5 Chapter 30**
- stance:** 1. an athletic position that aids in the maintenance of balance. 2. the adjustment of the ankles, knees, waist, arms and neck in order to be in a balanced position that will control a snowboard or skis.  
See forward stance and perpendicular stance.  
**Board DVD 1 Chapter 18**  
**Ski DVD 1 Chapter 37**
- stance fall:** a fall caused by bad positioning of the upper body over skis or a board.  
**Board DVD 2 Chapter 77**  
**Ski DVD 3 Chapter 33**  
See edge fall.
- steering:** 1. skid a board into a different direction by rotating the back foot around the front foot which is being used as a pivot point. 2. Rotating a board in the air. *The three methods of controlling a snowboard are; pressuring, edging and steering.* 3. pushing your tails across snow or in the air.  
See pivot point, edging and pressure.  
**Board DVD 3 Chapter 5**  
**Ski DVD 1 Chapter 2**  
**Ski DVD 2 Chapter 50**
- stomp pad:** a piece of plastic, rubber or metal that is fastened on top of a snowboard next to the back binding. It is there to provide grip to the loose foot when placed on the board.  
**Board DVD 2 Chapter 4**

# Virtual Snow<sup>®</sup> Glossary

Watch the Virtual Snow Training DVDs to see each word defined.

- straight down:** directly down the fall line. *A flat board will go straight down the mountain.*  
See fall line.  
**Board DVD 1 Chapter 67**  
**Ski DVD 1 Chapter 69**
- straight-legged stance:** standing straight without ankles and knees being bent. Also called boning out.  
See neutral stance.  
**Board DVD 1 Chapter 52**  
**Board DVD 5 Chapter 8**
- switch stance:** 1. in snowboarding, to change a back foot to being the new front foot. 2. in snowboarding, to ride with a less favorite foot leading the way down a mountain, also called fakie.  
See nose roll, tail roll and fakie.  
**Board DVD 1 - Chapter 60**
- T-bar tow:** a rope tow with a T shaped attachment that can help tow a skier or snowboarder up a slope. T-bars used to be more prevalent. Today they are only widely used for half pipes.  
See rope tow and half pipe.  
**Board DVD 5 Chapter 15**  
**Ski DVD 5 Chapter 64**
- tail:** 1. the turned up lip at the back of a snowboard. The tail is following a board down a mountain. *When you switch your front foot the tail becomes the tip.* 2. the back ends of skis. *Ski tips are bent up like the tips on some models.*  
**Board DVD 1 Chapter 67**  
**Board DVD 1 Chapter 71**  
**Board DVD 2 Chapter 42**  
**Ski DVD 1 Chapter 70**
- tail balancing:** sliding or edging on the tail of a board. Also called a tail wheelie.  
**Board DVD 6 Chapter 11**
- tail wheelies:** bringing the nose of a board up off the snow while traveling down a slope. Also called tail balancing.  
**Board DVD 6 Chapter 11**
- terrain:** 1. the natural contours of a mountain. 2. the features specially created for skiers and snowboarders to perform tricks on.  
See rail and Jump (the noun).  
**Board DVD 3 Chapter 91**  
**Ski DVD 3 Chapter 65**

# Virtual Snow<sup>®</sup> Glossary

Watch the Virtual Snow Training DVDs to see each word defined.

- tip:** the turned up nose that is leading the rest of a ski or board down or up a slope. Snowboards usually have two ends that are identical. Each is called a tip or a tail depending on which end is pointed downhill.  
See nose and tail.  
**Board DVD 1 Chapter 71**  
**Board DVD 2 Chapter 42**  
**Ski DVD 2 Chapter 3**
- toe edge:** 1. the long curved edge under a snowboarder's toes.  
2. pressuring the edge under the toe edge.  
See heel edge.  
**Board DVD 1 Chapter 76**
- toe edge 180:** switching which side of a body is traveling first down a mountain while skidding the heel edge only. Also called heel edge switching.  
See heel edge 180, short 180 and long 180.  
**Board DVD 4 Chapter 32**
- toe edge sideslip:** slipping down a mountain on a toe edge with the board pointed across a slope.  
See slipping and heel edge slipping  
**Board DVD 2 Chapter 50**
- toe edge switching:** switching which side of a body that is traveling first down a mountain while skidding only the toe edge. Also called toe edge 180.  
See heel edge 180, short 180 and long 180.  
**Board DVD 4 Chapter 32**
- tongue:** the flap inside the front of a ski or snowboard boot behind the boot's laces or buckles.  
**Board DVD 4 Chapter 17**  
**Ski DVD 1 Chapter 20**
- tool bench:** a table with tools chained to it for the purpose of adjusting and repairing bindings. They can be found at the bottom of most mountains and some resorts have them on the top as well.  
**Board DVD 6 Chapter 65**
- trail:** 1. a route down a mountain at a resort that has been prepared by the clearing of trees and often the creation or terrain features.  
2. a natural route down a mountain attractive to skiers and snowboarders.  
See terrain features, trail ratings and run.  
**Board DVD 4 Chapter 67**  
**Ski DVD 2 Chapter 76**

# Virtual Snow<sup>®</sup> Glossary

Watch the Virtual Snow Training DVDs to see each word defined.

- trail map:** a map of a mountain that includes all lifts and trails and their difficulty ratings. Large ones can be found at most base lodges and every resort has fold up, carry with you maps.  
**Board DVD 1 Chapter 93**  
**Ski DVD 1 Chapter 90**
- trail ratings:** 1. a system of letting skiers and snowboarders know how difficult a run is before starting down it.  
See green circle, blue square, black diamond and double black  
**Board DVD 1 Chapter 93**  
**Ski DVD 1 Chapter 90**
- tram:** an enclosed cab suspended by a cable that transports skiers and snowboarders, usually to the top of a mountain. A tram is normally the largest and fastest vehicle on the mountain.  
See gondola and chair lift.  
**Board DVD 5 Chapter 78**  
**Ski DVD 4 Chapter 74**
- transfer:** changing body weight from being supported by one edge to the other. Turns are connected by transfers also called transitions. Also called transition.  
See simple transfer, collapse transfer and jump transfer.  
**Board DVD 4 Chapter 36**  
**Ski DVD 3 Chapter 58**
- transition:** changing from one edge to another. Turns are connected by transitions also called transfers.  
See simple transfer, collapse transfer and jump transfer.  
**Board DVD 4 Chapter 36**  
**Ski DVD 3 Chapter 58**
- traverse:** traveling across a mountain to the other side of a run.
- twistable:** a snowboard's ability to be warped along an edge's length.  
*Some snowboards are more twistable than others.*  
**Board DVD 4 Chapter 60**
- twisting a board:** the action of warping a boards long edge.  
**Board DVD 4 Chapter 61**
- unload here sign:** a sign at the top of a chair lift that tells skiers and snowboarders exactly when to stand up and start sliding.  
*Standing up within about one foot of the unload here sign is necessary in order to not get a free ride down the mountain.*  
**Board DVD 2 Chapter 58**  
**Ski DVD 1 Chapter 62**

# Virtual Snow<sup>®</sup> Glossary

Watch the Virtual Snow Training DVDs to see each word defined.

- unloading zone:** 1. the area in front of where a chair lift unloads skiers and snowboarders. 2. an area that must remain clear of obstructions to skiers and snowboarders getting off a chair lift.  
**Board DVD 2 Chapter 32**  
**Ski DVD 1 Chapter 62**
- unweighting:** 1. moving weight from one ski to another. 2. removing weight from one location on a board in order to place it onto another. 3. moving weight from one ski to another.  
See collapse transfer and jump transfer.  
**Board DVD 4 Chapter 36**
- Virtual Snow:** 1. the system of training skiers and snowboarders through the use of simulators and video instruction. 2. the legally registered trademarks; "Virtual Snow"  
See Bob Salerno
- visualize:** using imagination to become mentally prepared for future runs and tricks. Visualization can be done with or without eyes being closed.  
**Board DVD 5 Chapter 73**
- walkie talkies:** personal radios that send and receive radio waves. They work at mountain resorts.  
**Board DVD 4 Chapter 31**  
**Ski DVD 5 Chapter 53**
- wheelies:** bringing the nose or tail of a board up off the snow while traveling down a slope. Also called a tail wheelie or tail balancing.  
See tail balancing, nose balancing, blunt nose wheelie and blunt tail wheelie.  
**Board DVD 5 Chapter 29**
- wrist guards:** 1. protective splint like wraps for the wrists that fit under oversized gloves. 2. gloves made especially for snowboarding that have built in protection.  
**Board DVD 4 Chapter 14**
- zone of balance:** 1. the range of physical motion a skier or snowboarder can accomplish while staying in balance and control. 2. the physical limitations that cause a "physical zone of balance". 3. the psychological limitations cause a "psychological zone of balance." Skiers and snowboarders can always increase their zone of balance.  
**Board DVD 5 Chapter 2**