

Mountainboard: 5 Must-Know Techniques for Intermediate Riders As an intermediate mountainboarder, you've already mastered the basics and are ready to take your skills to the next level. In this article, we'll explore five essential techniques that will help you improve your riding and take on more challenging terrain.

1. **Carving: The Key to Control** Carving is the foundation of mountainboarding. It's the technique that allows you to control your speed and direction, and it's essential for navigating tight turns and steep descents. To carve effectively, you need to shift your weight from one edge of the board to the other, using your toes and heels to initiate turns. Practice carving on gentle slopes before moving on to steeper terrain.
2. **Jumping: Taking Flight** Jumping is a thrilling aspect of mountainboarding, but it's also a crucial technique for clearing obstacles and navigating rough terrain. To jump, you need to compress your legs and then extend them explosively, using your arms to help lift the board off the ground. As you become more comfortable with jumping, you can start to experiment with different types of jumps, such as ollies and grabs.
3. **Sliding: Drifting with Style** Sliding is a technique that allows you to drift the board sideways, which is useful for controlling your speed and navigating tight turns. To slide, you need to shift your weight to the back of the board and then use your toes and heels to initiate the slide. As you slide, you can use your arms to help balance and control the board. Sliding takes practice, but it's a fun and stylish technique to master.
4. **Riding Switch: Expanding Your Repertoire** Riding switch means riding with your non-dominant foot forward, which can be challenging but also rewarding. Riding switch allows you to access new lines and approaches to terrain, and it can also improve your overall balance and control. To ride switch, start by practicing on flat ground, and then gradually work your way up to more challenging terrain.
5. **Dropping In: Conquering Steep Terrain** Dropping in is the technique of starting a descent from a standing position, which is essential for tackling steep terrain. To drop in, you need to shift your weight forward and then quickly transfer it to the back of the board as you start to descend. Dropping in takes confidence and practice, but it's a technique that will open up new possibilities for your riding.

In conclusion, these five essential techniques – carving, jumping, sliding, riding switch, and dropping in – will help you take your mountainboarding to the next level. Remember to practice each technique on its own before combining them, and always wear proper safety gear. With dedication and practice, you'll be shredding the mountain like a pro in no time.

Related Websites: - International Mountainboarding Association: <https://www.mountainboardworld.org/> - Mountainboarding UK: <https://www.mountainboarding.co.uk/> - Dirt Dawgs Mountainboard Park: <https://www.dirtdawgsmtb.com/>

References

- [mountainboard](#)