FREEBORD

Learn 2 Ride

Riding safely:

Wear a helmet, wrist guards, knee pads and elbow pads. Check the pavement for cracks, manhole covers, water, oil, etc. will affect your riding. Keep your weight on your uphill edge. Check your board for loose parts before riding. Know your abilities and ride under control.

Finding the right location will help you learn faster. Look for:

Smooth pavement with no cracks, ridges or bumps. Wide streets with moderate incline just enough for momentum. No traffic.

Points to remember:

Never ride the board straight (on center wheels), it will be unstable. Always keep your weight on your uphill edge. If you weight your downhill edge you will "catch an edge" and stop abruptly.

Learning to carve:

Ride down mellow hill linking wide, sweeping turns. Turn up the hill to check your speed or stop. Stay committed to one edge at a time; don't wobble between them. Keep your weight on one edge as you turn then switch to other edge to initiate a new turn. Continue practicing until comfortable transitioning between toe and heel side carves.

Learning to slide:

On flat ground, weight your front foot and un-weight your back foot. Slide (toe or heel side) your back edge around. Get comfortable with both toe and heel sides before you start on a hill. Next, practice your slide while moving. You should initiate your first slide while carving your first turn so you don t pick up too much speed. As you lean into a turn, roll weight off of your back edge/leg and towards your center wheels. The lean of your turn will push the board outwards allowing it to slide.Learning the proper weighting takes practice so be patient. Practice this on separate toe and heel side turns before linking your slides (see below).

Learning to stop:

Once you get comfortable sliding the board on your toe and heel side turns, you should practice stopping. While sliding, balance your weight across both feet while making sure you are perpendicular to the fall line. Weight your uphill edge hard and come to a complete stop. Practice both toe and heel side stops.

Linking slides:

Start linking carves downhill.
While carving on each edge practice initiating both small and big slides to control speed.
Learning this step is critical to effective speed control.

You should be completely comfortable with all the above steps before you start hitting more difficult and steeper terrain.
For more detailed riding tips, check out the Learn 2 Ride section of the Freebord DVD. Or give us a call at 415-285-2673 and talk directly to a rider.

Freebords function differently from conventional skateboards and are dangerous. A Freebord can unexpectedly slide sideways or stop abruptly (catch an edge). Due to the extreme nature of Freebording, Freebord advises all riders to be responsible for their own safety and wear full protective gear. That includes a helmet, wrist guards, elbow pads, and knee pads.