

How To Determine Your Snowboarding Stance

To figure out which foot you should have in front, imagine you're sliding across a patch of ice in a parking lot, or across a freshly waxed floor in your socks. Which foot would be in front? Since these actions are similar to sliding sideways on a board, odds are this will be your front foot on a snowboard.

Another way to help determine which foot you should have in front is by the Push Test. To do the Push Test, a second person will need to be present. Follow the next few steps to conduct the Push Test and determine which foot will be your front foot.

- Stand with feet shoulder width apart and knees slightly bent. Make sure feet are placed even with each other and that hips and shoulders are square with your feet.
- Have the 2nd person give you a firm push with enough force to move you forward but not with enough force to cause injury.
- Note which foot you stepped forward with to stop your momentum.
- This foot is likely the foot you will place in front while snowboarding.

Right foot forward = Goofy stance

Left foot forward = Regular stance