



# SKIING BASIC DICTIONARY

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## 1 CENTER OF BALANCE AND AXIS

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- **Centre of Balance:** Is located at the level of the navel, where the three axes intersect.
- **Vertical axis:** Runs from the head to the feet, through the balance point.
- **Horizontal axis:** Runs from front to back, through the balance point.
- **Lateral Axis:** Runs from front to back, through the balance point.

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## 2 POSITION OF THE FEET ON THE SKIS

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- **Normal/Forward:** The rider goes forward in his basic stance.
- **Fakie:** The rider goes backwards. The turn is around the tails (the nose of skis takes off before the tails).

The tricks performed in fakie/backwards are more difficult, and that must be included in the scores.

- **AlleyOop:** Tricks and spins uphill, in opposite direction of hill. All the grabs and number of spins can be done with AlleyOop.  
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## 3 PARTS OF THE PIPE

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- **LIP:** Top of the wall of the pipe.
- **TRANSITION:** Radius of the pipe.
- **RIDERS LEFT WALL**
- **RIDERS RIGHT WALL**

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## 4 TRICKS

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- **AIRS:** Tricks over the lip of the pipe.
- **HANDPLANTS:** Tricks in which the rider leans one or two hands on the lip.
- **LIPTRICKS:** Tricks on the lip, sliding or doing tricks on the lip.
- **ROTATIONS:** When a rider rotates in the horizontal axis.
- **FLIPS:** When a rider rotates over the vertical axis.
- **HYBRIDS:** When the rider uses mixes between Vertical and Horizontal axis.



## 5 AIRS

### 5.1 Non rotation tricks:

Name	Description
<b>Safety:</b>	Hand grabs on outside of ski/binding, left hand on left ski/binding, right hand on right ski/binding
<b>Mute:</b>	Hand grabs top of ski/binding and tweak as much as you can on your front Leg. Left hand on right ski/binding, right hand on left ski/binding. Hold on for 5 min
<b>Iron Cross:</b>	In air, put your skis on your back and cross the tips of skis.
<b>Dump Chute:</b>	Just like a Iron Cross but you are crossing the tails of skis.
<b>Japan:</b>	Stretch out one of your legs and tuck the other leg behind the front leg, grab your tucked leg under base of ski and bone the front leg out as much as you can. Left hand on right ski, right hand on left ski.
<b>Huntony:</b>	Like a mute but you are kicking the back leg backwards as much as you can. (the ski that is not grabbed)
<b>Tailgrab:</b>	Hand grabs the tail of ski/skis and holds it for five minutes.
<b>Geenie:</b>	Stretch out one leg and tuck the other in, grab the tucked ski/base behind the back and hold it for 5 minutes. Left hand on right ski, right hand on left ski. This is a close trick to Japan.
<b>Ollie:</b>	Air without grabs on skis.
<b>Shifty:</b>	Air with or without grab, pointing the nose of the skis out of the pipe.
<b>Airs to Fakie:</b>	Someone of the previous tricks landing fakie. No rotation at all. Mute or Tailgrab or Huntony to fakie...
<b>Illegal:</b>	This is like a tail grab but you will grab on the outside of the ski.
<b>Lui Kang:</b>	Kick your right ski out as far as possible then bend your left leg up to the knee and grab your natural side ski under the boot. Left hand on left ski, right hand on right ski.
<b>Critical:</b>	A critical is when you grab the inside edge of the ski opposed to your hand.
<b>Toxid:</b>	Grab the inside of your right tail with your right hand. Usually done with an iron cross.
<b>Zero Spin:</b>	Switch take off with no spin or rotation



**5.1.1 Other special airs:**

Name	Description
<b>Half Cabs:</b>	Fakie 180° to fakie in corners and jumps. Otherwise, it exist other special airs grabbing with one or two hands. Anyone of these airs can be landed normal or in the next cases:
<b>To Tails:</b>	Landing the Tails knocking the Lip.
<b>To Tips:</b>	Landing the Tips knocking the Lip.
<b>To Disaster:</b>	Landing with the skis over the Lip. Cracking the skis in the middle.

It's very important to know if the rider lands deliberately in this way or not, because the scores would be different.



## 5.2 Rotation over 360° (Around horizontal and vertical axis):

Anyone of the previous airs can be performed with a rotation: 360°, 540°, 720°, 900°, and 1080°, with or without grab:

Name	Description
<b>Caballerials (Cabs)</b>	Fakie 360° around the vertical axis.
<b>Mc Twist</b>	Front flip with a 180°. Is like a 540° inverted. The most usual is performed and grabbing Mute. Also there exist other combinations, with or without grabs, Mc Twist 720°...
<b>Backflip</b>	One rotation over the vertical axis, backwards.
<b>Frontflip</b>	One rotation over the vertical axis, forwards.
<b>Flair</b>	Back flip with an 180° horizontal rotation.
<b>Rodeo Flip 720°</b>	Back flip with a 360° rotation. The Rotation is diagonal over the shoulder in one movement.
<b>Rodeo Flip</b>	Back flip with 540° or higher inverted horizontal rotation.
<b>Cork screw</b>	Off-axis inverted virtually horizontal rotation, can be called off axis rotation
<b>Misty Flip</b>	Front flip with a horizontal rotation 180° or more
<b>Lincoln Loop</b>	Roll your upper back over the table and drop your shoulder at take off, sideways
<b>Sunrise</b>	Start the trick like a Lincoln loop, but make a cartwheel forward
<b>D-Spin</b>	180° rotation into a misty 540° or higher
<b>Flatspin</b>	Do this rotation completely horizontal but axis of rotation is vertical and in the centre of body mass
<b>Underflip</b>	90° rotation to a loop then 90° rotation into fakie landing



## 6 STYLE OF THE TRICK:

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### 6.1 HANDPLANTS

- **Invert:** Hand on Coping, and one hand may grab ski, body are upside down.

### 6.2 LIPTRICKS:

- **Slides:** Slide with some part of the ski on the lip, rails or some surface.
- **Tipslide**
- **Tailslide**
- **Lipslide** (Disaster Slide)

## 7 STENO SYSTEM

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The Steno system is built with the intense of using a specific order of writing.

**First:** the mechanic of trick,

**Second:** nr of rotations,

**Third:** different grabs and

**Forth:** if it is good or not.

If a rider preforms a non rotation, the trick would be written in capitals.

The notes to define if the trick is good or bad, hard or easy would be with – and +.

++ 2 plus is "very good"

+ 1 plus is "good"

Empty is "average"

- 1 minus is "bad"

-- 2 minus is "very bad"

### EX:

**Non Rotations:** M-- (Mutegrab with bad execution), T++ (Tailgrab with good execution), S+ (Safety with above average execution), etc..

**Rotations/Flips/off axis:** R7s- (Rodeo 720 with a safety grab and bad execution) Fc++ (Flair with a critical grab with very good execution)



## 8 GENERAL

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<b>Trick</b>	<b>Code</b>	<b>Trick</b>	<b>Code</b>
Switchstance:	<b>SS</b>	Alley Oop:	<b>AU</b>
Ollie:	<b>O</b>	Huntony:	<b>H</b>
Mute:	<b>M</b>	Iron Cross:	<b>IX</b>
Dump Chute:	<b>DC</b>	Tailgrab:	<b>T</b>
Safety:	<b>S</b>	Lui Kang:	<b>L</b>
Geenie:	<b>G</b>	Air to Fakie:	<b>AF</b>
Illegal:	<b>I</b>	Critical:	<b>C</b>
Japan:	<b>J</b>		

Speed checks etc. / Falls, mistakes Ø

## 9 ROTATIONS

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<b>Trick</b>	<b>Code</b>	<b>Trick</b>	<b>Code</b>
Mc Twist:	<b>McT</b>	Flair:	<b>F</b>
Backflip:	<b>BF</b>	Frontflip:	<b>FF</b>
Rodeo Flip:	<b>R</b>	Off Axis:	<b>OX</b>
Misty Flip	<b>MF</b>	Flatspin	<b>FL</b>
D-Spin	<b>DS</b>	Lincoln Loop	<b>LL</b>
Unnatural	<b>U</b>		
180 °:	<b>1</b>	360°:	<b>3</b>
540°:	<b>5</b>	720°:	<b>7</b>
900°:	<b>9</b>	1080°:	<b>1080</b>
1260°:	<b>1260</b>	1440°:	<b>1440</b>