

Right Foot Forward



Does It Really Matter Which Way You Stand?

According to Dr. David Anderson, our science bro and a professor at San Francisco State University, a rider might gravitate to a specific stance, but "either leg has the capacity to adapt to whatever demands are placed on it." Don't doubt the doctor—for proof, just watch a skilled rider rock things switch.

Whoa there, Hondo. Before throwing double corks, you need to know how to stand on that new deck. So are you regular (left foot forward) or goofy (right foot forward)? Luckily for you, there are plenty of tests to determine which foot leads. Here are a few methods for finding your favored stance:

01. RUN AND SLIDE

Build up some speed and slide sideways on a slick floor. The foot you lead with should be the same foot you put forward on your board. For best results, wear pink socks.

02. THE BIG PUSH

Strap on a helmet, place your feet together, and have a friend push you from behind. The foot that braces your fall should be your front foot for riding.

03. DROP-KICK SOMETHING

Duct-tape up your sister's doll collection, buy a watermelon, whatever you can find (soccer ball?), and drop-kick that mother. When setting up your stance, place your kicking foot in back.

04. THE FIRST STEP

Find a staircase, listen to the Rocky theme song, and then take a step. The foot you used on your first step should be your rear foot when riding.