

Skateboarding Tricks: The Ultimate Guide to Mastering the Art



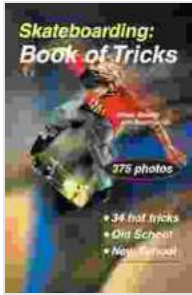
Skateboarding is a thrilling and exhilarating sport that has captured the imaginations of millions worldwide. With its endless possibilities for tricks and stunts, skateboarding offers a unique blend of creativity, athleticism, and freedom. In this comprehensive guide, we delve into the world of skateboarding tricks, providing step-by-step instructions, expert tips, and inspiring visuals to help you master the art.

Skateboarding: Book of Tricks (Start-Up Sports)

by Steve Badillo

★★★★☆ 4.3 out of 5

Language : English



File size	: 6693 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Print length	: 176 pages
Lending	: Enabled



Chapter 1: Basic Tricks

Begin your skateboarding journey with the fundamentals. This chapter covers essential tricks like the ollie, kickflip, and shuvit, laying the foundation for more advanced maneuvers.

Ollie

- Position your front foot slightly behind the front bolts and your back foot on the tail.
- Flick your back foot down while simultaneously jumping up and sliding your front foot forward.
- Level out the board in the air and land smoothly on both feet.

Kickflip

- Position your feet as in the ollie, but angle your front foot more towards the nose.
- Flick your back foot diagonally downwards and forwards, while sliding your front foot up the board.

- Catch the board with your front foot and flip it over, landing on both feet.

Shuvit

- Position your feet in the middle of the board, with your toes slightly hanging off the edges.
- Kick the board outwards with your back foot while rotating it 180 degrees.
- Land on the board with your feet in the same position.

Chapter 2: Intermediate Tricks

Once you've mastered the basics, it's time to elevate your skateboarding game with intermediate tricks.

Backside 180

- Start with the board moving forward, position your front foot in front of the front bolts.
- Turn your body 180 degrees while simultaneously popping the tail and sliding your front foot forward.
- Land on the board facing the opposite direction.

Frontside 360

- Similar to the backside 180, but turn your body 360 degrees while popping the tail.
- Land on the board in the same direction you started.

Pop Shove-it

- Position your feet in the middle of the board.
- Pop the tail of the board and slide your back foot forwards while simultaneously rotating the board 180 degrees.
- Catch the board with your back foot and land in the same position.

Chapter 3: Advanced Tricks

For the most experienced skaters, this chapter presents advanced tricks that will push your limits.

Kickflip Backside 360

- Combine the kickflip and backside 360.
- Start with a kickflip, then turn your body 360 degrees while the board is in the air.
- Land on the board facing the opposite direction.

Varial Kickflip

- Perform a kickflip while rotating the board 180 degrees in the opposite direction of your body.
- Land on the board in the same direction you started.

Switch Tre Flip

- Ride with your opposite stance, then perform a kickflip while rotating the board 360 degrees.
- Land on the board with your feet in the opposite stance.

Chapter 4: Safety and Progression

Skateboarding can be an inherently dangerous activity, so it's crucial to prioritize safety. This chapter covers essential protective gear, common injuries, and tips for safe progression.

Protective Gear

- Helmet
- Kneepads
- Elbow pads
- Wrist guards

Common Injuries

- Scrapes and cuts

- Bruises
- Sprains
- Broken bones

Progression Tips

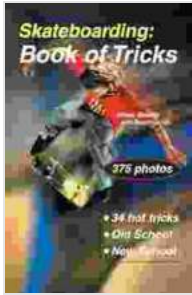
- Start small and gradually work your way up to more complex tricks.
- Practice consistently to improve your skills.
- Don't be afraid to fall and learn from your mistakes.
- Seek guidance from experienced skaters or instructors.

Skateboarding Tricks Start Up Sports is the ultimate guide to mastering the art of skateboarding. With detailed instructions, expert tips, and inspiring visuals, this comprehensive resource will empower you to explore the endless possibilities of this exhilarating sport. Whether you're a beginner looking to learn the basics or an experienced skater striving for new heights, this invaluable guide will provide you with the knowledge and tools you need to unlock your full skateboarding potential.

Embrace the spirit of skateboarding, push your limits, and create your own legacy on the board. Let Skateboarding Tricks Start Up Sports be your companion on this thrilling journey.

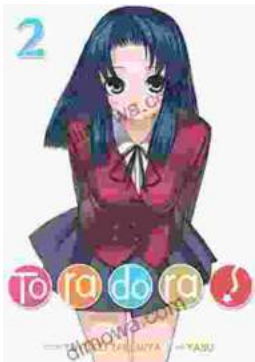
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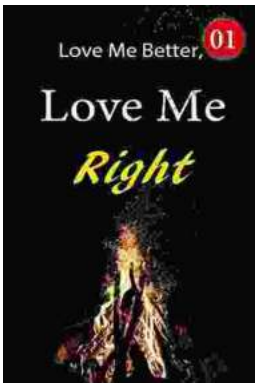
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