Skateboard

From your first push to flip tricks, transition and rails. A structured skateboard progression across 6 levels.

by the Progresspedia community

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Beginner

CHAPTER 1

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- Regular or goofy
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Welcome to skateboarding!

CHAPTER 1 · BEGINNER

Skateboarding is a rewarding hobby, a professional sport and a culture with a rich history. Best of all, it's something anyone can get involved in, and everyone deserves to be celebrated for giving it a go!

This guide will take you from choosing your first board and learning to cruise with confidence, all the way through to landing your very first tricks and beyond.

The course is organised into beginner, intermediate, advanced and mastery stages. However, every skater's progression is different. Some tricks and styles will come more naturally than others. You might find yourself learning advanced ledge tricks before getting comfortable with some basic transition tricks, or the other way around. There's no single right way to progress, so take the time to develop your own style and enjoy the journey.

We'll cover the fundamental tricks across both street and transition skateboarding, gradually building up to more challenging skills. By working through the course, you'll develop the foundations to become a confident, versatile all-round skater.

Safety First!

Skateboarding is an extreme sport, and falls are an inevitable part of learning. Wearing a helmet and appropriate protective gear, including knee pads, elbow pads and wrist guards, is strongly recommended, especially when you're starting out or trying something new.

Even the most experienced skaters can take unexpected falls while attempting tricks they've landed hundreds of times before. Learning how to fall safely is an important skill in its own right, but it doesn't eliminate the risk of injury. Take your time, skate within your abilities and never feel pressured to attempt something you're not ready for. An injury can put you out of action for weeks or months, and sometimes have life-changing consequences.

Look after yourself, build your skills gradually and remember: there's no rush.

Getting Started

Take your time with each step in this guide and be patient with your progress. Many of the movements involved in skateboarding are completely unfamiliar at first, and it takes time to develop the balance, coordination and muscle memory needed to pull them off.

Then there's the mental side of it: overcoming the fear of trying something new on a plank of wood with wheels attached!

That's all part of the fun. Every skater starts somewhere, and no matter whether you're learning to push for the first time or finally landing a trick you've been working on for months, that feeling of achievement never gets old.

From absolute beginner to seasoned pro, there's always something worth celebrating. So take it one step at a time, enjoy the process, and let's skate!

Using This Guide

Work through the fundamentals before moving on to more difficult tricks.

Treat the levels as a guide rather than strict rules.

Revisit earlier lessons whenever you need to strengthen a skill.

Explore street and transition at your own pace.

Don't move on just because a lesson is complete; move on when you feel comfortable with the skill!

Should I start skating? Watch below!

■ Watch on YouTube

Source: Ricky Glaser ·

■ *Watch on YouTube*

Picking a skateboard

CHAPTER 1 · BEGINNER



Source: Skate IQ · How to Set Up a Skateboard - What I Ride and Why

Buying Your First Board

Buying your first skateboard can be overwhelming. There's so many decisions to make; wheel size, wheel hardness, trucks, bearings, deck size and shape and even grip tape.

As an absolute beginner, much of those things aren't going to matter at first. You can learn to balance, push, cruise, tictac and kickturn on pretty much anything (within reason!).

How to do it

1. **Go to a local skateshop** or reputable online skate retailer. Avoid buying at supermarkets, toy stores or major online retailers like Amazon.
2. **Look for completes** - These are pre built skateboards. These are fine to get you started, after a few months you can start to upgrade individual parts as you desire (eg you may decide you want softer wheels if frequently riding rough ground) until eventually your board is completely different to the one you started with!
3. **Choose your deck size** - This is the width of the board. As a general rule if you have big feet, get a wider deck (8.5"+) Smaller feet go around 7.75"-8.25". Childrens boards can be 7.5" or even less. Seek advice from your local skate shop or stand on some boards if unsure.
4. **Buy the board!**

Common mistakes

- Don't buy too cheap (eg under £50). Cheap completes will ruin your experience, hinder your progress and are often unskateable. These are mostly found in supermarkets or toy shops. You should be OK buying anything between £50 and £100 at a reputable skate shop.
- Rather than buying a complete (pre built) board, many people recommend choosing individual parts separately and building a custom board from scratch. This can be much more expensive and daunting if you don't know what you need, and the likelihood is you will spend £300+ and still get it wrong! It's better to spend less on a complete and upgrade parts one at a time when ready.

Learn more here!

■ Watch on YouTube

Source: Midnight Snack Skateboarding ·

■ *Watch on YouTube*

Regular or goofy

CHAPTER 1 · BEGINNER

Which stance are you?

Your skateboarding stance refers to which foot is at the front of the board, and which is at the back. Left foot forward is called **Regular**. Right foot forward is called **Goofy**.

Either stance is fine, and neither holds you back in any way. It's just what's comfortable to you. Which way do you prefer?

How to find out

Heres 3 methods you can use to figure out what stance you are.

1. **The step-up test** - Stand facing a step with your feet slightly apart. Step onto the step. If you lead with your left foot first you are probably **regular** stance, and right foot first would be **goofy**!
2. **The Fall Forward Test** - Stand on the ground with both feet together. Lean forward until one of your legs steps out to catch you. If it's your left foot then you are probably **regular**.
3. **The Run and Slide!** Imagine you are running and then sliding on ice. Which foot leads? If it's right foot you are probably **goofy**.

Other terms and stances

Fakie Riding backwards in either stance.

Switch Riding your non-dominant stance.

Mongo Pushing with your front foot in either stance.

Learn more here!

■ Watch on YouTube

Source: Skate Tutors ·

■ *Watch on YouTube*

Common mistakes

- Obsessing too much over which stance you are at the beginning. Just do what feels right at the time, your dominant side will take over eventually. Worst case, you get good at both sides!

How to know you've got it

Always favouring one stance. The other stance (switch) is really difficult compared to your preferred stance.

Pushing

CHAPTER 1 · BEGINNER

What this trick is

Pushing is how you generate speed on a skateboard: one foot stays on the board while the other pushes against the ground, then returns to the deck. You'll use it almost everywhere in skateboarding, from flatground and street spots to getting around a skatepark.

Before you try it

You should already feel comfortable standing on your skateboard and finding your balance. You don't need to be able to do any tricks yet.

If you're still getting used to your stance, practise standing on the board with your front foot over the front bolts and your shoulders relaxed before adding a push.

Try learning to balance confidently on the board with just your front foot

How to do it

1. **The setup** - Start with your front foot over or just behind the front bolts, pointing roughly to the front of the nose (slightly past 12 o'clock). Keep your knees slightly bent and your weight centred over the board.
2. **Shift most of your weight** onto your front foot and take your back foot off the board. Reach it down to the ground on the side of the board and push back against the ground (parallel to the board). As the board moves forward, bring your pushing foot back onto the deck.
3. **Once you're comfortable**, use several smooth pushes before returning your back foot rather than trying to make one huge push.
4. **The Roll Away** - Put your pushing foot back on the board between the rear bolts and tail, then reposition the front foot to a comfortable riding position (usually pointing around 1 or 2 o'clock). Bend your knees slightly and let the board roll underneath you. A clean push should flow straight into riding without a wobble or sudden change of direction.

Learn more here!

■ Watch on YouTube

Source: VLSkate ·

■ *Watch on YouTube*

Common mistakes

Putting too much weight on the pushing foot - If you feel like you're stepping off rather than pushing, you're probably taking too much weight away from your front foot. Keep your front foot planted and think "push the ground back"

Standing too upright - Locked knees make the board feel unstable and make it harder to control your weight. Keep a small bend in both knees and stay relaxed.

How to know you've got it

You've got a clean push when you can push several times in a row without wobbling, looking down, or having to step off. Your front foot stays stable, your pushes feel smooth rather than forced, and you can return your back foot to the board while continuing to roll in a straight line.

You can go for an enjoyable 'cruise', riding your skateboard around with ease!

Before ticking it off, aim to be able to push comfortably on both smooth flat ground and slightly rougher surfaces, start and stop under control, and maintain your balance while changing speed.

Foot braking

CHAPTER 1 · BEGINNER

What this trick is

Foot Braking is a way of stopping from a low speed or slowing down from high speed by dragging the sole of your shoe on the ground.

Before you try it

You should be comfortable pushing and riding on your skateboard, and balancing just on your front foot with your pushing foot off to the side.

How to do it

1. The setup - Usual riding position (front foot on or near bolts, back foot tail)
2. When rolling, lift your back foot off the board and apply light pressure to the ground with your sole flat.
3. With most of your weight over your front foot and the board, keep dragging the sole of your shoe until you reach the desired speed or come to a stop.

Learn more here!

■ Watch on YouTube

Source: Sk8Daddies ·

■ *Watch on YouTube*

Common mistakes

- Applying too much pressure when travelling at speed can cause you to stop too suddenly or throw you off balance.
- Twisting ankle or knee - Keep your foot facing completely forwards to avoid injury
- Wearing incorrect footwear - Wear flat soled skate shoes rather than running shoes

How to know you've got it

Easily and smoothly control speed by dragging sole of shoe on the ground.

Carving (Turn by leaning)

CHAPTER 1 · BEGINNER

What this trick is

Carving is the name given to turning on your skateboard by leaning. It uses the mechanism of the trucks to steer in the direction that pressure is applied.

Before you try it

Be comfortable riding forwards at a low to moderate speed.

Ensure your trucks are loose enough that your deck leans and the wheels steer when intent pressure is applied, but not so loose that they wobble when riding or the deck touches the wheel (wheelbite) when trying to turn.

How to do it

for goofy stance reverse left and right!

1. The setup - Your usual riding position, travelling fast enough that you will roll for at least 5 seconds without pushing.
2. To turn **Left** lean backwards so your bodyweight is through your heels
3. To turn **Right** lean forwards so your bodyweight is though the balls of your feet.
4. Reset your weight to the neutral position to continue moving forwards

Learn more here!

■ Watch on YouTube

Source: SIKANA English ·

■ *Watch on YouTube*

Helpful tips!

Lean in a smooth, graduated way. Start with light pressure and increase the lean to turn harder

Common mistakes

- Moving too slowly and running out of momentum as you turn
- Leaning too hard too quickly. A sudden change of direction, when not used to it, can throw you off the board
- Trucks too tight, nothing happens when you lean

- Trucks too loose, board wobbles and turns unintentionally
- Cheap skateboard - trucks do not function correctly

How to know you've got it

Carving with confidence and style. Can navigate and cruise around with control and ease!

Tic Tacs

CHAPTER 1 · BEGINNER

What this trick is

The tic tac is a way of generaring forward momentum on flat ground without pushing. It depends on timing and feel to generate speed by moving your upper body and pushing down through the tail of the board as you pivot.

Before you try it

You should be able to stand on and ride your skateboard comfortably and already be able to generate forward momentum through pushing.

How to do it

1. **The setup** - Your foot placement should be the same as your usual stance when riding forwards, with your front foot on or near the front bolts and your back foot on the tail.
2. **Lift your front foot** to bring the front wheels up.
3. **Apply pressure to the tail** as you pivot slighly frontside (behind you) leading with your front arm and shoulder and set the wheels down again.
4. **Swing in the oppisite direction** (backside) leading with your front arm and shoulder.
5. **Lift your nose** by lifting your front foot.
6. **Apply pressure to the tail** as you pivot, generating forward momentum.
7. **Set your wheels down** swing your upper body frontside and repeat from step 2!

Learn more here!

■ Watch on YouTube

Source: Skate Tutors ·

■ *Watch on YouTube*

Common mistakes

- **Rolling backwards** - You are leaning too far back.
- **Not generating momentum** - You are not applying pressure to the tail as you pivot.

Helpful Tip!

This one is all about repetition and timing. After practice you will learn the feel and be able to generate speed easily without pushing!

How to know you've got it

You can generate and control speed easily using the tic-tac technique.

Kickturn

CHAPTER 1 · BEGINNER

What this trick is

A kickturn is a way of changing direction of your skateboard by lifting the front wheels and pivoting before setting them back down again.

Before you try it

Be comfortable pushing, riding your skateboard and carving to change direction.

How to do it

1. **The setup** - Be in your normal riding position with your front foot on the bolts and back foot on the tail.
2. **Lift your front foot** up whilst applying a little pressure down on the tail to lift the nose of the board, without the tail touching the ground.
3. **Pivot** on the back wheels, leading with your front arm and shoulder in the direction you want to turn
4. **Lean forwards** to set the front wheels back down in their new position.

Learn more here!

■ Watch on YouTube

Source: Skate Tutors ·

■ *Watch on YouTube*

Common mistakes

- Turning legs and not upper body
- Not being comfortable riding the board before attempting
- Pressing too hard on the tail and scraping it on the ground

How to know you've got it

Can confidently kickturn 180 degrees to travel back in the opposite direction.

Riding fakie

CHAPTER 1 · BEGINNER

What this trick is

Riding fakie is the name given to riding backwards on your skateboard!

Before you try it

Be comfortable pushing and riding forwards on your skateboard at a moderate speed. Have a preferred stance already (regular/goofy)

How to do it

1. In your usual riding position, ride forwards up a flat bank or quarter pipe (start small and mellow at first)
2. As you begin to roll backwards, keep your feet where they are on the board and turn your head *not* your shoulders to face the new direction of travel.
3. Ride it out!

Learn more here!

■ Watch on YouTube

Source: GRANTIHERO ·

■ *Watch on YouTube*

Common mistakes

- Leaning too far forwards when on the ramp - results in shooting the board behind you.
- Applying pressure or weight too far back - results in the nose lifting and throwing you off.

How to know you've got it

Easily move from regular to fakie on mini ramps, cruise and turn fakie to set up for a trick and can revert out, back to regular forwards riding.

Upper Beginner

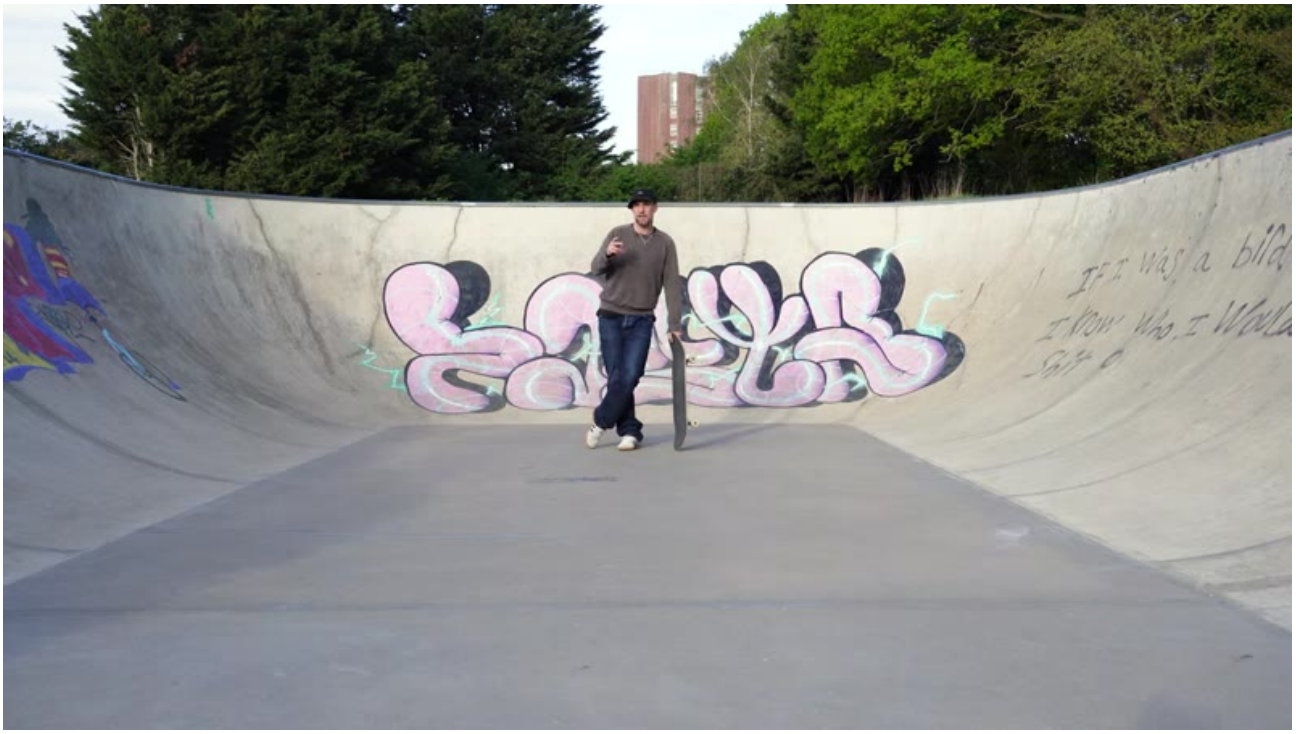
CHAPTER 2

7 articles

- Skatepark etiquette
- Manual
- Hippie jump
- Caveman
- Pumping
- Kickturn on transition
- Powerslide

Skatepark etiquette

CHAPTER 2 · UPPER BEGINNER



Source: Ungraceful Movement · Unwritten Rules At Crystal Palace Skatepark | Beginner Skateboarding Over 40

The Unwritten Rules (Written!)

Skateparks can be scary places at first, especially when busy with experienced riders. Once you understand the rules and learn how to respect the park and it's users you will be skating with confindence and feel accepted!

Before you try it

Get confident on your board before going to a skatepark. If possible, find a quiet car park or smooth area of flat ground and learn to roll around and balance. If your local park has a flatground area then that's a bonus!

The Rules

1. **Observe the flow of the skatepark** - When you arrive at the park, spend some time observing the other riders. What obstacles are they hitting? Where are people starting and finishing? Consider where you can join in taking similar routes through the park, or ways you can skate that doesn't cut in somebody elses line!

2. **Take turns** - When skating an obstacle or certain section of the park, take turns with the other park users. If it's a large group it can be hard to keep track, but at least be aware of how

regularly you have skated compared to the others. Be aware not to hog an obstacle or take too long if there are other people waiting.

3. **Snaking (don't do it)** - This is similar to the previous point but refers more to taking your turn as somebody is actively about to drop in, cutting somebody up that is already part-way through their turn or following closely behind somebody as they are about to hit a ramp or obstacle.

4. **Don't sit on the obstacles!** Ledges are not benches, they are there to be skated. Don't put your things on them either!

5. **Not everybody knows the rules**. Skateparks can often be filled with children and their parents who don't understand the skatepark etiquette. This is frustrating and can often ruin the flow of a session but they are allowed at the skatepark too! It's important to be aware that if you are about to drop in, there may be unpredictable behaviour ahead. Try to give younger park users a bit more space and understanding and when required adjust your speed and skating to minimise the risk of injury.

Find out more here:

■ Watch on YouTube

Source: Ungraceful Movement ·

■ *Watch on YouTube*

Common mistakes

- Feeling like you don't belong - everyone belongs at the skatepark, just take your turn and ease in gently!
- Expecting everyone to follow the rules - Everyone makes mistakes, try to forgive others for not knowing what they are doing. Respectfully educate others where appropriate.

How to know you've got it

Confidence in every session, you know where you belong and when it is your right to skate!

Manual

CHAPTER 2 · UPPER BEGINNER

What this trick is

A manual is riding forwards with only the back wheels touching the ground and the front wheels in the air.

Note - Try not to scrape the tail. A manual is holding the balance between riding with front wheels in the air and the tail not touching the ground.

Before you try it

Be comfortable riding forwards, and try to balance only on the back wheels in a stationary position before trying moving!

How to do it

1. **Foot Position** - Back foot around the pocket of the tail, front foot where feels comfortable, but avoid feet being too close together.
2. **Riding forwards**, bend your knees a little and apply a bit of pressure to the tail whilst lifting your front leg up to raise the front wheels.
3. **When holding the manual**, aim to make a C shape with your body whilst keeping your centre of gravity over the rear wheels and hold the manual for as long as possible!



Source: GRANTIHERO ·

■ *Watch on YouTube*

Bend your knees as your front wheels touch back down and ride it out!

Learn more here!

■ Watch on YouTube

Source: GRANTIHERO ·

■ *Watch on YouTube*

Common mistakes

- **Not going fast enough** - the faster you go, the easier it is to hold the manual
- **Not bending your knees** - bent knees help to absorb the wobbles and allow you to correct your balance
- **Stepping the tail too hard** too soon - ease into and feel the manual rather than throwing it straight back and risk dragging the tail

How to know you've got it

You can manual long distances, re-adjusting your weight distribution as you go. You can manual over long flat surfaces aiming between two points, eg. after an up ramp, accross the flat section and touching back down into the decline, or through a rough patch of ground between two smooth sections.

Hippie jump

Hippie Jump

Hippie jump is a simple beginner manouvre where both feet leave the board and then land back on it.

Before you try it

Try it stationary. Also try jumping from the ground onto the board to get use to landing on it.

How to do it

1. Place front foot over front bolts, back foot over back bolts. This stops the board kicking up when you jump.
2. Jump up off the board from the balls of your feet.
3. Land back on the board aiming for both feet on the bolts.
4. Roll away clean.

Progression

As you get more confident, try rolling faster and jumping higher. Tuck your knees up towards your chest.

Master timing and confidence by hippie jumping over obstacles. Start small at first, but it must be high enough for the board to easily roll under!

Learn more here!

■ Watch on YouTube

Source: Skate Tutors ·

■ *Watch on YouTube*

Common mistakes

- Having back foot on tail. This couses board to kick up when you jump.
- Fear and commitment - just practice, start small and roll slow at first!
- Jumping forwards can cause the board to shoot back, stay over the board and jump up!

How to know you've got it

Confidently hippie jumping over rails with the board rolling underneath!

Caveman

CHAPTER 2 · UPPER BEGINNER

What this trick is

Caveman is a way to get onto your board by jumping as you throw it down under your feet.

It can be progressed into a sylish trick when riding by popping the board into your hands first.

Before you try it

Be comfortable standing on the board and doing hippie jumps.

How to do it

1. Whilst standing stationary, hold the board by the tip of the tail with your leading hand (left if regular) with your thumb on the grip tape and the grip facing you.
2. Swing the board forwards and allow it to naturally swing back towards you.
3. As it swings back, jump up and aim for your front foot to make contact with the front bolts to level out the board in the air.
4. Land with both feet on the board!

Common mistakes

- Forcing the board down rather than following the natural swing
- Landing primo. Try to keep the board flat with your hand as it swings back.
- Landing your back foot on the ground. Repeat the motions and build up confidence to commit both feet onto the board!

Further progress

Try different ways of holding the board (indie/melon grabs), flipping the board with your hand or rotating your body 180/360 degrees before landing!

Learn more

■ Watch on YouTube

Source: Never Stop Improving ·

■ *Watch on YouTube*

Pumping

Pumping is how you generate speed in a mini ramp or halfpipe without pushing. It uses the 'transition' section of the ramp to gain a speed boost as the board moves from a vertical to horizontal position. It's the backbone of all transition skating: controling speed, developing a better feel for the ramp, and a base for every trick that comes after.

Before you try it

- Get comfortable rolling up and down a mini ramp or quarter pipe (pushing off from the flat bottom) without stalling or bailing.
- Wear a helmet and pads whilst you get used to the ramp.

How to do it

The speed comes from your **legs**, not your torso.

1. **Start at the flat bottom** of the mini ramp, facing towards the transition. Push off with your foot hard enough that you are easily past the transition (the curve at the bottom) and all wheels are in the upwards section of the ramp. Try to allow your knees to come up towards your torso as the board gets higher up the ramp.
2. **On the way down *fakie***, as you come back fakie, straighten your legs (focusing more on the front leg). Use the power from your bent knee to press the *front* of the board down through the curve as it travels backwards. This is where the real speed boost comes from.
3. **On the way up *fakie*.** Take your weight off the board by allowing your knees to bend as it travels back up through the transition.
4. **On the way down *regular*.** This time push more with your back leg, to help straighten the board as you travel forwards back down through the transition
5. **On the way up *regular*** take your weight off the board, again by allowing your knees to bend up towards your torso, ready to straighten and push on the way back down again!

Helpful tips

Your torso stays roughly level. It's the board and your legs doing the work.

Take the weight off on the way up and then push on the way down the transition.

Think of bouncing a basketball. You push it on the way down and then your hand is weightless as it meets and follows the ball on the way back up.

Please note (as with all tricks) there are slight nuances and weight shifts that come with repetition and feel and will become unique to *you*. This guide is to give you an overall understanding of how it's all about rhythm, feel, balance and it comes with practice!

Watch more here:

■ Watch on YouTube

Source: Man Vs Board ·

■ *Watch on YouTube*

Common mistakes

- **Bobbing the upper body.** It looks like pumping but gives no speed. If your shoulders are going up and down more than your knees, you're doing it wrong.
- **Pushing with both legs equally.** You'll lose the line through the curve. Weight the back leg into the transition, the front leg out.
- **Staying heavy on the way up.** That kills your speed. Unweight going up, push going down.

Kickturn on transition

CHAPTER 2 · UPPER BEGINNER

What this trick is

A transition kickturn is a quick 180° change of direction on a ramp or quarter pipe: you ride up the transition, lift the front wheels, rotate your body and board, then come back down. It’s one of the key building blocks for skating ramps confidently.

Before you try it

You should already be comfortable with:

Riding transition — being able to roll up and down a quarter pipe

Pumping — using your knees and body to gain/maintain speed.

Flatground kickturns — especially a backside/frontside 180 kickturn, so the rotation itself isn't completely new.

How to do it

The setup — In your usual riding position, start with enough speed to comfortably ride partway up the transition. Keep your knees bent and your shoulders roughly parallel with the board.

Just before you slow to the point where you are pulled back down the ramp, lift the front wheels by bringing your front foot up slightly. At the same time, turn your shoulders and head in the direction of the kickturn; your hips, legs and board will follow as you start to decend back towards the flat bottom. Keep your knees bent rather than standing up.

Let the front wheels come back down onto the transition after you've rotated roughly 180°. Look down the ramp in the direction you're now travelling and absorb the landing with your knees. Keep your weight forward through the trasition as if dropping in and let the ramp carry you back down.

Learn more here!

■ Watch on YouTube

Source: GRANTIHERO ·

■ *Watch on YouTube*

Common mistakes

Trying to turn too early — You'll feel like you're fighting the transition and the board wants to shoot away. The turn should be timed with the natural flow of gravity as it pulls you back in.

Turning only with your feet — If your shoulders stay facing forward, the board often won't rotate properly. Look and turn your shoulders first; let your lower body follow.

How to know you've got it

Keep working on kickturns on a quarter pipe until eventually you can add kicktuns to your pumping on a miniramp/half pipe whilst still maintaining speed. Work on Frontside and Backside until you have them both evenly!

Powerslide

CHAPTER 2 · UPPER BEGINNER

What this trick is

Powersides are a fundamental, useful and stylish technique used to slow down and manage your speed when travelling quickly.

Before you try it

Be comfortable travelling at speed on your skateboard. Find a smooth surface to practice on and ride hard wheels (99a or 101a). The harder the wheels, the easier they slide!

How to do it

1. Foot placement - Both feet on bolts, however usual riding position with foot on/closer to tail works too.
2. You must be travelling at speed for powerslides to work. However slippy indoor surfaces (wood) will slide easier at lower speeds than rough outdoor surfaces!
3. Bend your knees to lower your centre of gravity.
4. Use a 'hopping motion' to unweight the board, remaining contact with both feet whilst lifting your weight off.
5. Propell your back foot towards the front whilst trying to bring the front foot back a little.
6. Keep your weight behind the board as it slides infront of you.
7. Once you feel your speed decreasing, return your board to normal and roll away.

Learn more here!

■ Watch on YouTube

Source: SKATE HACKS ·

■ *Watch on YouTube*

Common mistakes

- Wheels or ground too grippy - Try hard wheels and smooth concrete/wood!
- Travelling too slowly to initiate slide
- Not 'hopping' to unweight board before the slide

- leaning too far forwards/not far enough back and getting ahead of the board as it slides

How to know you've got it

You are confidently and stylishly powersliding to slow or control speed between tricks, after a ramp or when bombing a hill!

Intermediate

CHAPTER 3

8 articles

- Fakie shove-it
- Boneless
- Ollie
- Shuvit (Shove-it)
- Dropping In
- Rock to fakie
- Tail stall
- Pop Shuvit (shove-it)

Fakie shove-it

CHAPTER 3 · INTERMEDIATE

What this trick is

A fakie shuvit spins the board 180 degrees under your feet whilst travelling backwards (fakie). It's often regarded as the easiest shuvit variation but is dependant on being confident riding in fakie stance.

Before you try it

Be confident riding fakie and also performing fakie hippie jumps, as the difficulty is landing back on the board after it has rotated whilst moving fakie!

How to do it

1. The fakie shuv can be performed at low speeds, so start with a slow fakie roll at first. Have your back foot on the tail with toes near the toe side edge ready to scoop and your front foot in your usual riding position. Keep your shoulders parallel with the board and anticipate catching the board again once it has rotated.
2. Jump up and forwards around a decks width. As you jump, scoop gently behind you. The board will pivot easily over the back truck.
3. Be ready to return your back foot after the scoop to meet the nose of the board as it roates around to it's new postion.
4. Land both feet back on the board and continue rolling fakie!

Common mistakes

- Scooping too hard. The board spins effortlessly over the pivot point when travelling fakie, try not to over-spin it!
- Not landing the back foot back on the board after the scoop. This comes with confidence! Aim to land your toes closer to the board each time you try the trick until they start touching the deck. Eventually you will land fully on it!

Learn more here!

■ Watch on YouTube

Source: AM Skateboards ·

■ *Watch on YouTube*

Boneless

CHAPTER 3 · INTERMEDIATE

What this trick is

Boneless is a stylish way to jump into the air with your board without knowing how to ollie. You pick the board up with your hand as you jump off the ground with one foot!

Before you try it

Be comfortable with the 'Caveman' - Jumping onto the board whilst throwing it down under your feet with your hand.

Warming up is a good idea too, as bending down to pick up your board when first learning the technique can put strain on your back. Remember to bend with your knees!

How to do it

1. At first, have both feet on the bolts rather than your back foot on the tail. This stops the board shooting up too soon as you take your front foot off. Overhang your front heel slightly, ready to step off.
2. Bend your knees and grab the toeside edge of the board with your trailing arm (right arm if regular, left if goofy)
3. Step off to the side with your front foot. For speed and snap you can pivot over your overhanging heel but it's OK to lift and step at first.
4. As your foot touches the ground, start jumping up through that foot.
5. Keep you back foot on the board as you lift it into the air with your hand. Allow the tail to scrape the ground as the board comes up.
6. Jump high, giving enough time to bring your front foot up and back onto the front bolts whilst in the air.
7. Let go of the board with your hand and land the wheels back on the ground!

Helpful Hint!

For style points, let the tail of the board come out to the side as scrapes the ground and comes into the air!

As you progress, move the back foot closer to the tail and pivot the front foot off rather than stepping.

Common mistakes

- Not commiting to the jump, or not commiting to landing back on the board. The trick seems scary and unfamilar at first. Start small and slow and repeat the trick until it feels natural!

Learn more here!

■ Watch on YouTube

Source: Tactics Boardshop ·

■ *Watch on YouTube*

Ollie

CHAPTER 3 · INTERMEDIATE

The Ollie is the act of getting all 4 wheels of the skateboard off of the ground using just your feet! It is the basis for most street tricks and the first one most people try to learn!

Before you try it

Get comfortable riding on your board and doing hippie jumps.

How to do it

1. **Back foot on the tail** of the board, front foot just below the front bolts
2. **Jump up** from the balls of your feet
3. **Flick your back foot** down to bounce the tail of the board off of the ground as your body and legs move up out of the way
4. **Bring your back foot up** towards your body as the board rises up from underneath you

Lean more here:

■ Watch on YouTube

Source: AM Skateboards ·

■ *Watch on YouTube*

Common mistakes

- **Stomping the tail** - Do not trap the board between your back foot and tail as you try to jump. Flick the tail down with your back foot in a way that it is propelled towards the ground as you jump upwards!
- **Front foot too far back** - As a beginner, it is difficult to balance with your feet close together. You do not need to do this to ollie, but confident skaters experiment with foot positioning to get more height.

How to know you've got it

Consistently and confidently off of the ground when moving and board levels off in the air.

Shuvit (Shove-it)

CHAPTER 3 · INTERMEDIATE

Shuvit

The Shuvit is a foundational skateboarding trick where the board rotates 180 degrees horizontally under your feet while your body stays facing the same direction.

Before you try it

You should feel fully confident with:

Pushing and maintaining balance at moderate speed.

Tic-Tacs and Kickturns

The Ollie (Optional, but recommended): While a basic Shuvit (shove-it) can be done without popping off the tail, having a solid Ollie will help you feel confident jumping and landing with the board.

How to do it

Speed - Rolling at a slow to medium pace gives you better balance and momentum than standing still.

Foot placement: Place your front foot just below the front bolts, slightly angled or flat across the board. Position your back foot on the tail with the ball of your foot near the edge/pocket, ready to scoop.

Body position: Keep your shoulders completely parallel to the board and stay centered over your deck.

The Scoop: Bend your knees, then extend upward to unweight the board. As you lift off, use your back foot to scoop the tail backward behind you.

The Front Foot: Keep your front foot slightly above the board to guide the rotation and prevent the board from flipping. The front foot should help to *gently* nudge the board around as it moves out of the way. The back foot scoop does most of the work!

Catch the board with your front foot first, bring your back foot down on the tail/back bolts, and bend your knees to absorb the impact.

Roll away - Weight both feet evenly and roll away clean without tic-tacking.

Learn more here!

■ Watch on YouTube

Source: GoGo Skateboarding ·

■ *Watch on YouTube*

Common mistakes

Landing with one foot off the board (usually the back foot). Try to return the back foot to it's starting position as soon as the scoop is complete. Aim for the nose of the board as it completes it's rotation and becomes the tail!

The board flipping like a flip trick (Primo/Inward Flip) - Make sure your back foot scoops straight back rather than pushing down or flicking down the edge. Keep your front foot flat above the deck to keep the board level.

How to know you've got it

You’ve mastered the Shuvit when you can consistently scoop, rotate, catch the board mid-air with your front foot, and roll away cleanly on all four wheels at speed 8 times out of 10 without landing off-balance or needing to tic-tac.

Dropping In

CHAPTER 3 · INTERMEDIATE

"Dropping in" is the term used when entering a ramp from stationary (usually a quarter-pipe or half-pipe) from the top deck. Although it is one of the easiest things to do on a skateboard it can be one of the scariest to learn! The main danger is falling backwards by underestimating the speed increase through the bottom section of the ramp (the transition) where the board changes from a vertical position to horizontal.

Before you try it

- Wear a helmet. (Elbow pads, knee pads and wrist guards are a good idea too)
- Pick a small, mellow quarter pipe with plenty of runoff.

How to do it

1. Put the tail of the board on the deck of the ramp with the back wheels overhanging the coping.
2. Place your back foot on the tail of the board with the heel slightly overhanging, keeping you in contact with the deck of the ramp.
3. Lift your front foot and place over the front bolts.
4. Lean forward to initiate drop in. Aim to get your head over the nose of the board and look down.
5. As you tip into the ramp, keep leaning forwards and looking down!
6. Stay leaning forwards as you step your front foot down to help the front wheels meet the ramp - this should feel quite natural (the same way that your front foot automatically steps forward if you fall from standing)
7. As the board picks up speed through the transition, hold that forward lean.
8. Don't stop too soon! The drop in is only finished when you are rolling flat on the bottom, well past the ramp.

Helpful tips!

- Ask a friend or another skater to hold your hand for the first few attempts to get a feel for the ramp.
- Practice the 'fall forwards' without the board. Lean from standing and feel how your front foot automatically steps to catch you.

Common mistakes

- Not leaning forward far enough - Aim to get your head over the nose

- Stopping the forward lean too soon. This results in slipping out as the board accelerates ahead of you (even after the transition)
- Hesitating or backing out once the board starts to move. Commit fully, or step off before you start.

Learn more here:

■ Watch on YouTube

Source: Man Vs Board ·

■ *Watch on YouTube*

Rock to fakie

CHAPTER 3 · INTERMEDIATE

What this trick is

A rock to fakie is a transition trick where you ride up to the coping, put the middle of your board over it (overhanging the front wheels), then lift the front wheels back over the coping and roll back down the ramp fakie. It’s one of the fundamental coping tricks for mini ramps and quarter pipes.

Before you try it

You should already feel comfortable with:

Riding and pumping transition — you need enough speed to reach the coping without forcing the trick.

Riding fakie — especially being comfortable rolling backwards down a transition

As a beginner, start with a small, mellow mini ramp with shallow coping rather than a tall or steep quarter pipe.

How to do it

In your usual stance, pump the transition a few times to get used to the ramp. When ready, ride straight up the transition with enough speed to comfortably reach the coping. Keep your knees bent and your shoulders square with the board.

Just before the front wheels reach the coping, lift the front truck until you are comfortably over it. Then press your front foot forward so the middle of the deck rocks onto the coping. At first you may just want to tap the coping with the deck rather than commit to a full rock. Your front truck should be past the coping while your back truck remains on the transition side.

Once you've rocked over the coping, shift your weight back toward the transition and lift the front truck back over the coping. This part is crucial: actively lift the front truck rather than simply letting the board roll backwards. Once it's clear, let the board drop into the transition and bend your knees as you roll away fakie.

Learn more here!

■ Watch on YouTube

Source: GRANTIHERO ·

■ *Watch on YouTube*

Helpful tip!

When initiating the rock, relieve a bit of weight from the tail and get ready to re-apply it as you come back in.

Common mistakes

Hanging up on the coping — This usually happens on the way back in. You'll feel the front truck catch and the board suddenly stop. The fix is to deliberately lift the front truck over the coping by shifting your weight onto the tail before rolling back in.

Not getting far enough over the coping — If your front truck barely clears it, the board can feel stuck or unstable. Get enough speed to comfortably put the middle of the board on the coping, rather than trying to scrape the truck over it.

Getting too far over the coping! - The better you get at this the further up the coping you can go, but being further up can feel scarier for beginners, and make you feel unbalanced before coming back in fakie. At first, start by clearing the coping with your trucks by a couple of inches, and build confidence from there until you can comfortably get a rock in the middle of the deck!

How to know you've got it

A confident and definite rock/see-saw motion pivoting around the centre of your deck. Rock to fakie becomes more of a set up trick than the main event!

Tail stall

CHAPTER 3 · INTERMEDIATE

What this trick is

A tail stall is a mini ramp trick where you ride fakie up the ramp then lift the front wheels, stalling the tail on the deck of the ramp before dropping back in again.

It can be deceptive, as it looks like you need to commit your weight backwards to lift the nose and stand on the tail, however it is a simple front knee raise whilst staying forwards, keeping your weight inside the ramp.

Before you try it

Learn to pump the mini ramp, then start to practice tapping the tail half way up. Build your speed with pumping to get closer and closer to the coping until you eventually tap it.

How to do it

1. In your usual riding position, set up with a rock to fakie on the opposite side of the mini ramp.
2. Ride fakie up the transition, look back and spot the coping.
3. As you reach the top, keep your hips inside the ramp and lift your front knee so that the tail touches the deck of the ramp.
4. Keep leaning forwards and drop back in.

Common mistakes

- Jumping backwards or committing too much weight back. Stay leaning forwards and lift the front foot!

Learn more here!

■ Watch on YouTube

Source: Old Broken Skater ·

■ *Watch on YouTube*

Pop Shuvit (shove-it)

CHAPTER 3 · INTERMEDIATE

What this trick is

Pop-shuvit is a progression from the standard shuvit, but with the tail hitting the ground and popping into the air as it initiates it's rotation.

Before you try it

You should be able to do a stadard shuvit without the tail hittitng the ground, and be confident at an ollie. Being good at hippie jumps helps too!

How to do it

1. **Foot position** - Similar an ollie: back foot centre of the tail, front foot just behind front bolts.
2. **Weight** - Keep your weight even over both feet.
3. **Jump** whilst flicking the tail down towards the ground.
4. **Scoop** just before the tail makes contact with the ground, and use your front foot to gently guide the rotation as it moves up and out of the way.
5. **Keep your feet above the board** as it rotates 180
6. **Catch the board** with both feet and land!

Common mistakes

- **Weight too far forwards** - board shoots back (and vice-versa). Keep your weight even over both feet.
- **Trying to use the front foot** to rotate the board. The front foot gently guides as the back foot does most of the work!

How to know you've got it

Consitently getting a strong pop that bounces the board high into the air. You can catch the board mid-air and land moving forwards without tic-tacking.

Learn more about this trick here:

■ Watch on YouTube

Source: Old Broken Skater ·

■ *Watch on YouTube*

Upper Intermediate

CHAPTER 4

8 articles

- No Comply Shove-it
- Fakie ollie
- Half cab
- Frontside 180
- Backside 180
- Kickflip
- Ollie to Manual on a pad
- Fifty-fifty grind (on a ledge)

No Comply Shove-it

CHAPTER 4 · UPPER INTERMEDIATE

The no comply shove-it is a super stylish flatground trick where you step off your board with your front foot, spin the board 180 degrees with your back foot, and jump back on.

How to learn

1. **Drill the scoop standing still.** Front foot on the ground, back foot scoops the board through a backside shuvit. Catch with your back foot. Repeat until it lands predictably and consistently.

2. **Jump onto it.** Same scoop, but jump whilst board is in the air and aim to land on it.

3. **Add the step-off.** Stand on the board with both your front foot and **back foot *on the bolts!*** Jump off with both feet and the moment your front foot touches the ground, scoop with the back foot as practiced in step 1. The contact with the ground and the scoop have to be synced. Whilst the board rotates, jump off the ground from your front foot and land back on the board!

4. **Do it rolling.** Slow at first. Back foot on the bolts, jump off and scoop, jump and land.

Common mistakes

- **Back foot on the tail.** This is a more advanced version of the trick, the above version is much easier but may be less stylish and less transferable to the other no-comply variations.
- **One foot land** Some people do this trick by landing just one foot on the board and then they step the front foot on only once the board has landed. This looks awkward and incomplete. Aim to land both feet on the board and roll away!

Watch more here:

■ Watch on YouTube

Source: Man Vs Board ·

■ *Watch on YouTube*

Fakie ollie

CHAPTER 4 · UPPER INTERMEDIATE

What this trick is

Fakie ollie is simply an ollie whilst travelling backwards.

Before you try it

Learn to ollie moving forwards and also stationary whilst visualising riding fakie.

How to do it

1. Roll fakie and in your usual ollie foot position, pop the board whilst nudging the tail slightly ahead of the direction of travel. This counteracts the board being left behind as the tail 'brakes' on the ground.
2. Slide your foot away from you whilst bringing your popping foot up to level out the ollie.
3. Land and roll away fakie.

Common mistakes

- The board being left behind or pushed backwards - As well as the 'braking' effect of the pop, the sliding foot does so opposing the direction of travel, meaning the board can be pushed away from you. This is another reason why the pop should aim to nudge the board in the right direction to counter this!

Learn more here;

■ Watch on YouTube

Source: Never Stop Improving ·

■ *Watch on YouTube*

Half cab

CHAPTER 4 · UPPER INTERMEDIATE

What this trick is

Half cab is a fakie ollie with a 180 degree turn (backside). It's arguably the easist 180 trick to learn, as your weight is over the pivot point as you ollie.

Before you try it

Get comfortable doing fakie ollies, backside kickturns and reverts.

How to do it

1. **Foot Position** - Your usual ollie position with your back foot on the centre of the tail and front foot just behind front bolts.
2. **Whilst rolling fakie**, bend your knees and turn your head to face the direction of travel. Open up your shoulders ready to turn
3. **Pop your ollie** whilst *slightly* swinging your arms backside to initiate the turn.
4. **Bring your knees up** to allow the board to come up into the air as you complete the rotation.
5. **Land** both feet on the board and roll away!

Learn more here!

■ Watch on YouTube

Source: AM Skateboards ·

■ *Watch on YouTube*

Common mistakes

- **Upper body facing too far backwards** before the ollie. This makes it difficult to pop! Try to turn only your head at first and open your soulders just a little.
- **Swinging arms too much** - The turn of the head and then shoulders in the air should be enough to do the majority of the work. A slight swing of the arms helps it complete the turn.

How to know you've got it

Consistently completing a full 180 turn at shin height and having enough confidence to start trying the trick on banks, hips and curbs!

Frontside 180

What this trick is

Frontside 180 is a 180 degree ollie rotating frontside (anti-clockwise if regular).

Before you try it

You should be able to ollie, and be comfortable riding fakie for the landing. Frontside reverts are useful but not essential. Body varials are a great way to practice rotating your body!

How to do it

Foot position - Usual ollie stance.

The trick - Pop the ollie and rotate your leading shoulder behind you. Keep looking at the nose of the board as you rotate around.

The landing - Aim to land front wheels first. Back wheels can pivot or revert the last few degrees if a full rotation is not achieved.

Common mistakes

Trying to turn with the legs rather than the upper body.

Learn more here!

■ Watch on YouTube

Source: AM Skateboards ·

■ *Watch on YouTube*

Backside 180

CHAPTER 4 · UPPER INTERMEDIATE

What this trick is

Backside 180 is a 180 degree ollie rotating in a backside direction (clockwise if regular).

Before you try it

You should have a confident ollie and also try backside reverts.

How to do it

1. **Foot position** - Back foot on the centre of the tail, front foot in kickflip position or just behind bolts with toes in the centre of the deck, at a 45 degree angle.
2. **Upper body** - Throw your weight backside by swinging your arms and rotating your shoulders.
3. **Pop the tail** - and as you rotate, aim to land front foot first, pivoting the back foot the rest of the way around.

Common mistakes

- Back foot detatches from board. Make sure front foot is in a 45 degress angle.

Learn more here!

■ Watch on YouTube

Source: Webz ·

■ *Watch on YouTube*

Kickflip

CHAPTER 4 · UPPER INTERMEDIATE

What this trick is

A kickflip is where the board rotates one full turn along its long axis (frontside) beneath you while you jump, then you catch it with your feet and land riding away. It’s primarily a flatground trick, but once you have it consistent, you can take it to curbs, stairs, gaps and other street spots. You can also do it in and out of tricks on transition!

Before you try it

You should be comfortable with:

Ollies — you need enough pop and control to get both feet clear of the board.

Riding and stopping comfortably — you don't want to be thinking about balance while learning the flip.

Pop shuvits — can help you get comfortable with the board rotating beneath you.

How to do it

The setup — Start with a comfortable amount of rolling speed. Foot position varies from skater to skater but as a starting point put your back foot on the tail as you would for an ollie. Place your front foot just behind the front bolts, at a slight angle. Keep your shoulders roughly parallel with the board and stay centred over it.

The trick — Pop the tail down and jump just like an ollie. As your front foot comes up, slide it toward the nose, but instead of simply sliding straight forward, let the front edge of your shoe flick up and off the corner of the nose. Think slide, then flick. Keep your back foot lifted so the board has room to rotate underneath you. The board should flip from the flick of your front foot rather than being kicked aggressively sideways.

The landing — Keep your eyes on the board as it rotates. Once you see the grip tape come back around, bring both feet back over the bolts and catch the board. Absorb the landing with your knees and keep your shoulders over the board so you can roll away rather than stepping off.

Learn more here!

■ Watch on YouTube

Source: The Beefy Skater ·

■ *Watch on YouTube*

Common mistakes

- **Trying Kickflips too soon**. This is an advanced trick, you ideally should be confident in knee height ollies before attempting.
- **Kicking Down** - Aim your flick where the board is going to be as the nose comes up (around knee height), not where it is when you start your pop!
- **The board shoots away** from you — You're probably flicking too far forward or opening your shoulders. Keep your upper body centred over the board and think about flicking up and out rather than kicking the board away.
- **The board flips halfway** or not at all — Your flick is probably too weak or you're stopping your front foot before it reaches the nose. Get your front foot up and through the ollie motion, then flick the ankle off the corner.
- **You land with only your front foot** — You're likely leaving your back foot behind. Jump with both feet and actively lift your back knee; don't try to catch the board with the front foot alone.
- **You can flip it but can't land it** — Practice catching the board with your front foot first, then work toward catching it with both feet. The goal is to stay above the board rather than jumping away from it.

How to know you've got it

You've got a kickflip when you can pop, flip, catch and land with both feet over the bolts, then roll away without needing to run out or put a foot down. Before ticking it off, aim for several clean kickflips in a row from normal rolling speed.

Ollie to Manual on a pad

CHAPTER 4 · UPPER INTERMEDIATE

What this trick is

This trick starts with an ollie, rides out in a manual position (usually accross a raised platform) and lands back on all 4 wheels.

How to do it

1. **Foot Placement** - Similar to an ollie, but with your front foot slightly more towards the nose to help with control and balance.
2. **Weight** - Keep your weight over your back truck, using the back wheels as your pivot point.
3. **Pop your ollie** focusing more on gaining height from popping your tail rather than levelling out the nose.
4. **When landing** on the platform, keep your front foot elevated as you hold your head and centre of gravity over the back truck.
5. **Balance** and make controlled adjustments as you ride out your manual, aiming to hold it to the end of the platform.
6. **As you reach the end of the platform**, step the front wheels down so that they hit the ground at the same time as the back wheels, not before!

Helpful Hint

Try to get comortable doing ollie to manual on flat, then add a thin piece of ply, aiming to ollie on and manual the length of it. Eventually start trying curb height obstacles! This is all about practicing the balance of holding the manual after an ollie!

Learn more here!

■ Watch on YouTube

Source: Old Broken Skater ·

■ *Watch on YouTube*

Common mistakes

- Leaning too far either way - keep your weight centred over the back truck
- Trying before you are ready. Try on flat first until you have the motion of ollie into the balanced position.

How to know you've got it

Can ollie into manual for around 3 seconds accross a curb height platform.

Fifty-fifty grind (on a ledge)

CHAPTER 4 · UPPER INTERMEDIATE

What this trick is

A 5050 grind is sliding on a ledge or rail with the wheels either side of the coping, rail or edge you are grinding. This tutorial focuses on the ledge variation.

Before you try it

Be good at ollies, curb stalls and balancing on your board.

How to do it

1. Approach the ledge at a slight angle.
2. Pop an ollie, aiming to get up above the ledge.
3. Open your shoulders to become parallel with the ledge and aim to land down on the ledge from above with the heelside wheels slightly overhanging.
4. Hold your balance as you slide
5. Turn your leading shoudler behind you to turn out of the grind and land.

Common mistakes

- Not landing fully on the ledge, the board falls off and into your shins: Aim to land deeper into the ledge so that the back wheels lock into the edge of the ledge.
- Sticking/stopping on the ledge when you land. Check the grinding surface for defects and wax as required. Increase speed.

Learn more here!

■ Watch on YouTube

Video by SKATE HACKS

Advanced

CHAPTER 5

8 articles

- Rock and roll
- Slappy Boardslide
- Heelflip
- Axle stall
- Nose manual
- Fakie kickflip
- Frontside pop-shuvit
- Lipslide

Rock and roll

CHAPTER 5 · ADVANCED

What this trick is

A rock and roll is a combination of a rock to fakie and a kickturn.

Before you try it

Practice them on a bank and learn to get a full 180 kickturn before trying on transition.

How to do it

1. Roll up the ramp and lift your front wheels over the coping.
2. Press down on the front of the board to initiate the rock. As you make contact with the coping, use it as a platform to push yourself away into the kickturn.
3. Look down towards your tail and rotate your front shoulder to kickturn the board a full 180 back in to the ramp!

Common mistakes

- Turning early - Don't try to get ahead and turn before the rock. Rock straight, turn after.

Helpful hint! Use the rhythm of the rock and allow gravity to dictate when you come back in, rather than forcing the turn too soon.

Learn more here!

■ Watch on YouTube

Source: GRANTIHERO ·

■ *Watch on YouTube*

Slappy Boardslide

CHAPTER 5 · ADVANCED

What this trick is

Slappy boardslide is a boardslide variation executed on an obstacle low enough to not require an ollie (usually a double sided curb). As you approach the curb, you lift your front wheels and pivot the board 90 degrees before setting the centre of the deck over the curb/rail. You then slide along it with the underside of the deck, before turning back out and riding away.

Before you try it

Be comfortable riding the board and performing tricks at speed. Practice approaching the obstacle slowly from 90 degrees and balancing on it in the boardslide position, without sliding.

How to do it

1. **Foot Placement** - Front foot on the pocket of the nose at a slight angle, back foot over the pocket of the tail.
2. **Approach side on** with the curb with knees bent
3. **Initiate the turn** with your leading arm/elbow. Shoulders and hip will follow
4. **Step your front leg** over the curb and push down, bringing your arms up for balance, and straighten legs slightly (not fully)
5. **Balance** as you ride the boardslide out. Lean forwards to avoid slipping out.
6. **Turn out** of the trick by intiating the turn with your arm/elbow again (in the direction you came from)
7. **Lift your leg** back over the curb and press the wheels back down onto the ground

Learn more here!

■ Watch on YouTube

Source: The Hypothetical Skater ·

■ *Watch on YouTube*

Common mistakes

Approaching at the wrong angle

Approaching too sideways makes it harder to lock into the slide.

Fix: Approach at a slight diagonal and gradually turn your board parallel to the ledge.

Not getting enough speed

Too little speed makes you stick or stop as soon as your board hits the curb.

Fix: Build up comfortable rolling speed. Start on a low, smooth curb. Wax if needed.

Not committing to the slide

Hesitating halfway into the trick often leaves the board stuck against the curb or makes you step off.

Fix: Look along the ledge, commit to the turn, and keep your momentum moving forward.

Forgetting the exit

You might get onto the curb successfully but fall when the board comes off because your weight is too far back or your shoulders are twisted.

Fix: Keep your knees bent, turn your shoulders toward the direction of travel, and let the board roll away naturally.

Heelflip

CHAPTER 5 · ADVANCED

What this trick is

A heelflip is an ollie whilst flipping the board beneath your feet in the opposite direction to a kickflip. Heelflips flip over as if they are rolling out infront of you and kickflips flip over as if they will roll behind you.

Before you try it

Be comfortable rolling around and popping ollies. Having shuvits down is useful for getting comfortable landing on the board after it has done something beneath you!

How to do it

1. **Foot position**: Very similar to the ollie but with front foot moved closer to the toe side edge.
2. **Pop and pre-flick** - Pop the tail like an ollie, bend your front ankle inwards and lift the front foot up to allow the board to pop.
3. **Flick** after the pop. Kick your foot outward off of the nose at an angle to flip to board. Intiate the flick with the pinky toe and follow through with the heel.
4. **Hang time and landing** - After the flick, pull your feet back up above the board. The temptation is to step down but once you have a consistent flip of the board try to focus on hanging your feet up in the air as the board rotates.

Common mistakes

- Trying to pop and flick at the same time. Pop, then flick.
- Flipping with just the heel. Use your toes to flick and follow through with the heel.
- Not landing on the board. Make sure you jump as you pop, high enough that the rotation happens beneath you and you are able to land back on the board.

Helpful tip:

Try flippling the board with your hands and jumping on it to get used to landing on the board after it has rotated.

Learn more

■ Watch on YouTube

Source: Skiddy Skates ·

■ *Watch on YouTube*

Axle stall

CHAPTER 5 · ADVANCED

What this trick is

Axel Stall is a trasition trick where both trucks straddle the coping with 2 wheels either side (in a 5050 position) whilst balancing on the deck of the ramp. The standard variation is executed backside (covered here), and frontside is considered the more difficult of the two.

Before you try it

You should be comfortable with pumping a mini ramp or half pipe, axle drop-in and backside kickturns.

How to do it

On the way up!

1. In your usual riding position, approach the ramp with just enough speed to ride up and out onto the deck. Approach the coping head on rather than at an angle.
2. As you ride up the ramp, lift your front wheels to clear the coping.
3. As your back wheels get close to the coping, turn your back to the ramp, throwing your weight back slightly to stand tall on the deck.
4. Your toe side wheels should lock in on the coping as you balance on top of the ramp.

Dropping Back in!

1. Slide your back foot towards the coping so that the heel side wheel rests against it.
2. Kickturn 90 degrees into the ramp and lean forwards into the drop-in.
3. Keep leaning forwards as you roll back down the transition!

Learn more here!

■ Watch on YouTube

Source: Joe Rides Again ·

■ *Watch on YouTube*

Common mistakes

- **Going too slow**. You need to be going fast enough that you naturally ride up and onto the deck without forcing it.
- **Turning too soon**. Pick a point around a boards width past the coping and aim for that when you turn. Aiming for the coping will keep you too far inside the ramp.

How to know you've got it

You can axle stall and hold your position for as long as you like before dropping back in. You can excecute this on ramps of differing heights and mellowness.

Nose manual

CHAPTER 5 · ADVANCED

What this trick is

A nose manual is riding on your skateboard with the back wheels in the air.

Before you try it

Practice on flat ground, between two cracks or markers. Lift the front wheels first before rocking forwards into the nose manual. This simulates an ollie into the trick rather than going straight into the manual. Practice getting into the manual and holding it as long as possible.

How to do it

1. **Foot Position** Start in the ollie position and get ready to shift the front foot onto the nose as you land.
2. **Pop your ollie**, shift your front foot and land.
3. With your back foot raised, keep your weight over the front truck and look ahead (not down) with your leading shoulder pointing in the direction of travel.

Helpful Hint!

Tighten trucks to increase stability

Common mistakes

- Leaning too far forwards and rocketing out - Practice the rock into nose manual first to get comfortable with balancing.

Learn more here!

■ Watch on YouTube

Source: Spencer Nuzzi ·

■ *Watch on YouTube*

Fakie kickflip

CHAPTER 5 · ADVANCED

What this trick is

A fakie kickflip is a kickflip whilst moving backwards.

Before you try it

You need to know how to regular kickflip! You need to be confident popping tricks fakie, so maybe practice fakie ollies and shuvits first too.

How to do it

This trick is exectuted the same as a regular kickflip. Take a glance the way you are headed before you pop the trick but return your head to face the nose as you pop. Start slow at first and build up the trust and timing of the trick.

Common mistakes

- Weight distribution: Practice fakie ollies to get used to popping tricks when rolling backwards.

Helpful hint

Try stationary kickflips but imagine you are travelling fakie!

Learn more here!

■ Watch on YouTube

Source: SKATE HACKS ·

■ *Watch on YouTube*

Frontside pop-shuvit

CHAPTER 5 · ADVANCED

What this trick is

A frontside pop-shuvit is scooping your board in a frontside motion 180 degrees without turning your body.

Before you try it

Be confident riding your board, learn backside shuvits and be good at ollies. Front shuvs are difficult to do witout a pop!

How to do it

1. **Foot position** - Similar to an ollie with some small adjustments. **Back foot** - slightly closer to the heel-side edge of the tail. **Front foot** - toes hanging off the toe-side edge.
2. Keep your shoulders locked over the bolts of the board.
3. Pop straight down and scoop forwards enough to rotate the board 180 degrees. Don't forget to lift you back foot after the scoop and pull your front foot straight up so it doesn't get in the way of the rotation of the board.
4. Catch the board with your front foot at the highest point of the trick and land

Common mistakes

- The board flips - Focus on keeping your front foot flat and let the board come up to you rather than pushing your front foot down to meet it.

Learn more here!

■ Watch on YouTube

Video by Skiddy Skates

Lipslide

CHAPTER 5 · ADVANCED

What this trick is

A lipslide is similar to a boardslide, except instead of the front turck lifting over the bar to slide on the deck, it's the back truck that goes over. This provides extra difficulty as you need to ollie more than the height of the bar to get the back truck over, rather than lifting the front truck over and using the bar to pivot the rest of the board up.

Before you try it

You should be good at ollies, front 180 and boardslides. You should be able to ollie over the bar that you will be sliding!

Practice a front 90 over a line on the ground, starting parallel to the line, getting your back truck over and landing with the line in the centre of the deck.

How to do it

1. **Front foot**: Similar to an ollie, maybe slightly further back. **Back foot** at the back of the tail
2. Approach the bar at around a 45 degree angle
3. Pop aimping to get your back truck over the bar as you turn
4. Land on the bar and aim the keep the board flat as is slides to avoid slipping out.
5. Turn out and land back on the ground!

Common mistakes

- Catching back truck on the bar: Try ollying higher or a lower bar.
- Slipping out: Keep your weight over the board as you slide.

Learn more

■ Watch on YouTube

Video by Zakery Clubb

Mastery

CHAPTER 6

9 articles

- Nollie
- Varial kickflip
- Varial heelflip
- 5-0 grind (on a ledge)
- Noseslide (On a ledge)
- Smith grind (on a ledge)
- Tailslide
- Backside Disaster
- Tre Flip (360 flip)

Nollie

CHAPTER 6 · MASTERY

What this trick is

A nollie is an ollie off the nose of the board whilst travelling forwards, popping the nose with your front foot.

Before you try it

Be comfortable riding in nollie stance, with your front foot on the nose and back foot just below rear bolts.

Try pressing down the nose to the ground whilst stationary to get used to the balance.

How to do it

1. Foot Position: **Front foot** deep in the pocket of the nose. **Back foot** just behind back bolts.
2. When travelling forwards, pop the board at a forwards angle with the direction of travel.
3. Let your back foot catch the board as it comes up and level the board before landing.

Common mistakes

- Popping straight down - This acts as a brake, try to kick the board forwards ahead of you as you pop!

Learn more here:

■ Watch on YouTube

Source: The Beefy Skater ·

■ *Watch on YouTube*

Varial kickflip

CHAPTER 6 · MASTERY

What this trick is

Vairal kickflip is a combination of a pop shuvit and a kickflip, where the board completes a full flip and a 180 rotation under your feet at the same time!

Before you try it

Get good at pop shuvits and kickflips!

How to do it

1. **Front Foot**: Kickflip position, but you can experiment with bringing the front foot further back. **Back Foot**: Shuvit position **Body Weight**: Forwards and over the board.
2. Do a pop shuvit whilst flicking the front foot directly forwards (or even slightly inwards) rather than off to the side as you would with a kickflip.
3. Lift your feet up and allow the board to rotate beneath you.
4. Catch with both feet and land!

Common mistakes

- Only flipping half-way. Try flicking more inwards.
- Not shuving a full 180. Scoop harder. Practice shuvits again and then go back to the varials.

Learn more

■ Watch on YouTube

Source: Jonny Giger ·

■ *Watch on YouTube*

Varial heelflip

CHAPTER 6 · MASTERY

What this trick is

Varial Heelflip is the combination of a front shuv and a heelflip where the board rotates frontside under your feet whilst flipping like a heelflip!

Before you try it

You should already be able to do a front shuv and a heelflip. A good ollie and front 180 helps too!

How to do it

1. **Back foot**: Toes on the heelside edge of the tail and heel overhanging, angled slightly backwards. **Front foot**: In the exact centre of the board (equidistant between the nose and tail), toes overhanging the edge of the deck.
2. The trick - Pop like a front shuv whilst sliding your front foot straight forwards. Lean backwards slightly as you pop to prevent it rotating too far behind you whilst you yourself move backwards with the board. **This takes practice!**
3. Bring your feet up so the board can rotate underneath you.
4. Catch the board and land!

Common mistakes

- Giving up! This one takes practice to figure out exactly how to pop the board, how to flick and how to land.

Learn more here!

■ Watch on YouTube

Source: Jonny Giger ·

■ *Watch on YouTube*

5-0 grind (on a ledge)

CHAPTER 6 · MASTERY

What this trick is

A 5-0 grind is where the back truck slides along a ledge/coping whilst the front truck and wheels are in the air. Think a 5050 grind but with a manual!

Before you try it

Be comfortable ollying onto a ledge into 5050 and also ollie to manual on a ledge!

Start with a low ledge or waxed curb!

How to do it

1. Approach the ledge as you would for a 5050 grind
2. Pop an ollie and turn your shoulders and hips slightly so your back truck lands on top of the ledge. Keep your weight over the back truck and your front foot raised to hold the 5-0 position. Stay balanced as you ride out the grind.
3. As you approach the end of the grind, guide your front truck down, turning your shoulders to let the board come off the ledge. Absorb the landing before rolling away smoothly.

Common mistakes

- **Leaning too far back** - It feels like you're about to fall backwards or the board slips out behind you. Keep your shoulders over the board and your weight centred above the back truck, rather than hanging your upper body behind it.
- **Not lifting the front truck enough** - Your front wheels catch the ledge, or you accidentally turn the trick into a 50-50. Practise holding the nose up during the grind; think back truck locked in, front truck lifted.

Helpful hints

Try 5-0 stalls from a 90 degree angle first without a slide to practice getting into position. Slowly decrease the angle and increase speed until you start to grind.

Don't worry about scraping the tail. Unlike a manual it's quite common to 5-0 grind with the tail sliding too!

Learn more here!

■ Watch on YouTube

Source: SKATE HACKS ·

■ *Watch on YouTube*

Noseslide (On a ledge)

CHAPTER 6 · MASTERY

What this trick is

A noseslide is sliding on the nose of your board at a 90 degree angle to the ledge.

Before you try it

Be familiar with front 180 and front boardslides so that you are used to turning that way. This isn't essential, you may learn noseslide first and then the other two tricks later!

Practice Ollie into Nose stall, approaching the ledge from 90 degrees and slowly decrease the angle.

How to do it

1. Approach parallel to the ledge at a medium to fast pace around half a boards length away.
2. Pop your ollie and turn 90 degrees, aiming to land your nose on the ledge and moving your front foot right to the tip of the nose.
3. Keep your weight over the front truck and your body open slightly as you slide to avoid the leading wheel catching on the ledge.
4. Ride the slide out, adjusting your balance as you go.
5. Turn your body out of the slide and land all 4 wheels back on the ground.

Common mistakes

- Not moving your foot high enough up the nose - the board tips back down towards the ground rather than locking in
- Sticking on the ledge - not enough speed or not enough wax on the ledge

Learn more

■ Watch on YouTube

Source: SKATE HACKS ·

■ *Watch on YouTube*

Smith grind (on a ledge)

CHAPTER 6 · MASTERY

What this trick is

A Smith grind is similar to a 5-0 as only the back truck is in contact with the ledge/coping but rather than the front wheels being in the air, they dip down on the heel-side of the ledge at an angle.

Before you try it

Be used to 5050 and 5-0 grinds on a ledge.

Wax the whole ledge, particularly the top platform where the back toe-side wheel is in contact.

How to do it

1. **The setup** – Place your back foot on the tail and your front foot just behind the front bolts so you can pop and guide the board into position.
2. **The trick** – Pop an ollie and turn your board into the ledge, aiming to lock your back truck onto the top edge while your front truck hangs over the heel-side. Turn your shoulders slightly into the grind and keep your weight centered over the back truck, trying not to hang too much weight on the wheel itself. Stay low, keep your eyes looking ahead along the ledge, and let the board slide rather than forcing it.
3. **The landing** – As you approach the end of the ledge, gently lift and guide the board out, turning your shoulders and hips back into your normal riding stance. Keep your knees bent and look toward your rollout path rather than down at your feet. Absorb the landing with both feet over the bolts and roll away smoothly.

Common mistakes

- **Front wheelbite** - Don't let the front toe-side wheel touch the ledge. Try to keep it away to avoid snagging.
- **Weight distribution** - Try not to keep too much weight up ontop of the ledge, try to lean out slightly to unweight the wheel on the ledge and help it to slide on the top surface as well as roll

Learn more

■ Watch on YouTube

Source: SKATE HACKS ·

■ *Watch on YouTube*

Tailslide

CHAPTER 6 · MASTERY

What this trick is

Tailslide is sliding on the tail of your board on a ledge or rail.

Before you try it

Find an unwaxed ledge to practice getting into tailslide position without risk of slipping out.

Practice ollies into a 5-0 stall and then turning into a tail stall until eventually you feel confident to land to tail.

On a waxed ledge, do some drills with your foot and the tail already in the slide position and your front foot on the ground. Push off and return your front foot to the board and practice sliding.

How to do it

1. Set your feel like you would for a front 180.
2. Approach either parallel or at a slight angle to the ledge.
3. Pop as if doing a front 180 and turn 90 degrees to get the tail onto the ledge.
4. Lock your back wheels and base plate into the ledge and keep your weight over the tail as it slides.
5. Turn your shoulders to exit the slide, land back on the ground and roll out.

Common mistakes

- **Hitting the side of the ledge** instead of locking in. You pop and turn, but the tail bangs into the edge or the board bounces away. You might be too close to the ledge, popping too late, or not getting enough height to clear the edge. Give yourself enough room to pop up and turn onto the ledge.
- **The board stops immediately** and doesnt slide. The tail sticks and you stall instead of sliding. You could be pressing too hard down through your back foot, or the ledge may be too rough or insufficiently prepared.
- **You slip out** as soon as you lock in. The board slides away from you, or you fall backwards or sideways as soon as the tail touches down. Stay low, keep your hips over your tail and back truck and look along the ledge.

Learn more

■ Watch on YouTube

Source: Spencer Nuzzi ·

■ *Watch on YouTube*

Backside Disaster

Backside Disaster

A backside disaster is a transition trick where you approach the coping, revert the board over it 180 degress backside (landing in a fakie rock position) and then bring the back wheels back over the coping and into the ramp.

Before you try it

You should already be comfortable with:

Backside kickturns — you need to be comfortable turning backside on transition.

Backside Revert - how to initiate the trick once past the trasition

Fakie Rock — helps you understand getting the back wheels over the coping and bringing it back in.

Rolling in — you need to be comfortable committing your weight into the transition with the back wheels rolling over the coping.

How to do it

1. Approach the coping with controlled speed in your normal stance. Keep your knees bent, stay centred over the board. Keep your shoulders ready to rotate backside with the board.
2. As you ride up the transition, perfrom a revert to get the back wheels over the coping, rotating your shoulders backside. Get the back wheels over the deck of the ramp with the middle of the board touching the coping.
3. As soon as you've landed the disaster, look back into the transition and lean forward to bring the board back over the coping.

Learn more here!

■ Watch on YouTube

Source: GoGo Skateboarding ·

■ *Watch on YouTube*

Common mistakes

Not rotating enough backside — The board gets over the coping but your body stays facing the ramp. Start the rotation with your shoulders and let your hips and board follow.

Turning too early — If you rotate before you've reached the coping, you can lose your line and miss the deck. Ride up the transition first, then initiate the backside rotation.

Hesitating on the re-entry — Once you've landed on the deck, don't stay there. Look into the transition, commit your weight back over the coping and let the board drop back in.

How to know you've got it

A clean backside disaster should feel like one continuous movement: controlled approach, backside revert and rotation, solid board contact on the deck, then an immediate commitment back into the transition. You should be able to repeat it without touching a foot down or having to stop on the deck.

Tre Flip (360 flip)

CHAPTER 6 · MASTERY

What this trick is

The Tre Flip (or 360 Flip) is a combination of a kickflip and a 360 shuvit, where the board flips beneath you length ways whilst also spinning a full rotation.

Before you try it

Get good at hippie jumps and 360 shuvits. Kickfips are not essential, as the flicking motion is more similar to a shuvit.

How to do it

1. **Foot position** - Back foot on the tail, anywhere between the very back of the tail and the pocket, with toes up to the edge of the deck. Front foot between the middle of the board and front bolts, toes in the centre of the board and heel overhanging the edge.
2. **Weight Distribution** - Load weight more on the back foot than the front.
3. **Jump** - Jump off of your back foot and scoop the tail, aiming to land on back foot again 3 feet in front of you.
4. **Flick your front foot** as the board rotates, as if you are doing a 'light kickflip' that would usually flip the board upside down. This just guides the flip, rather than relying on the front foot to do the work.
5. **Catch the board and land!** As the board completes is rotation, focus on landing the back foot, to bring it back after the scoop.

Common mistakes

- Pushing tail into the ground and forcing the rotation - Try to 'bounce' the tail off of the ground as your feet are on the way up. Think pop-shuvit!
- Trying to do too much in the air - Tre flip technique happens mostly at the pop/scoop with the front foot just guiding.

Learn more

■ Watch on YouTube

Source: Skate IQ ·

■ *Watch on YouTube*

Appendix

About this book

This book was compiled from Progresspedia, an open learning platform where anyone can contribute. Every article here was written, edited, and voted on by the community - the content lives as open markdown, free to read, share, and improve. Spotted a mistake or want to add something? Open the course online and suggest an edit.

by the Progresspedia community

Index of articles

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3. Regular or goofy - tell you my preferred stance
4. Pushing - confidently push on a skateboard to generate forward momentum and speed
5. Foot braking - slow or stop my board by dragging my back foot along the ground
6. Carving (Turn by leaning) - turn by leaning my weight forwards or backwards
7. Tic Tacs - generate and control speed easily using the tic-tac technique.
8. Kickturn - turn my skateboard by lifting the nose, pivoting and setting the wheels down
9. Riding fakie - ride fakie back down a ramp and across flat ground
10. Skatepark etiquette
11. Manual - ride my skateboard on the back wheels, with the front wheels in the air
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