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Book Descriptions:

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Read more and see a preview below. Instant Digital Download! quantity I want it to be an easy step up from learning the basic flatground tricks from the first SMS video. Manual Pads are easy to find at most skateboard parks or even right in front of your local super market. It requires significantly more skill to hit the edge of a ledge or rail than it does to ollie up onto a flat surface. That is why I say manuals are next in line after having learned your basic flatground tricks with "Skateboarding Made Simple Volume 1." Each trick is broken down into steps. After getting each step down, you will be able to learn and put together the whole trick. The tricks are set up in the proper learning order from easiest to hardest. The video is 1 hour and 6 minutes long and covers the following tricks They are extremely indepth video tutorials going over the exact steps you must learn in order to master your tricks. SMS 2 is 1 hour and 10 minutes long. By the end of it, you will master your manuals. It's not just another video that gives tips or tricks to land certain things, but is a full walkthrough, breaking down each step into separate parts allowing you to get the trick down smoothly and easily. Once you have the basic manual tricks down, you can progress into doing manual tricks that you've never even dreamed of. If you would like to get them onto a phone or eReader, download them onto a computer first and then sync with your device. Instant Digital Download!" Cancel reply Your email address will not be published. Instant Digital Download. With our free tutorials and our full skateboarding lesson plan, Skateboarding Made Simple, you can be a great skateboarder! The guide also navigates you through all of the different videos we have available to help you learn to skateboard. As you get further down the order becomes less important because your board control should already be fairly high by the time that you get to that level.http://www.aasa-net.org/uploaded/69130435f5b103e7df89.xml

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For the first several tricks I have found that this order is one of the fastest ways to learn the basic skateboarding tricks. We will be adding to it with each new tutorial video we make. We will also be making separate guides for each different obstacle such as manuals, ledges, rails, ramps, etc. So keep checking back for updates. This can take up to 15 minutes to arrive to your inbox. If you would like to get them onto a phone or eReader, download them onto a computer first and then sync with your device. You will still have your file once downloaded. Will I be able to view video if I buy here But i can't find it. Is still working et how can i find it I want to learn more tricks including the Kick Flip would you recommend me to get the volume 17 to help me continue my skating journey Some of the tricks are a little bit unclear but i got the hang of it. Or go in to skate shop and find a size board that feels comfortable to stand on and get that size board. Best for computers or laptops. Will I get all of the videos, too I believe it would be around 33 for SMS 17 On a volume that have 45 minutes we need to be searching for something that we want and thats boring With the Instant Download, we recommend you download them to your computer first, then sync it to your smart device. Thanks for commenting. Aaron Kyro breaks it down even further for you in Skateboarding Made Simple. Please use promo code THANK YOU to get 10% off your purchase. I responded to your email. Let's figure this out. However, we offer Volume 1 in Spanish and in Russian. We hope to be able to support more languages in the future, as that is a big project we hope to conguer! If you like to have more boar

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At the end of the day, we're here to help you learn and have fun on your skateboard. With the bottom of the board facing up, place the toes of both your feet underneath the board. Each foot should be placed near a set of bolts. Now, jump up and slightly forward. Lift your toes to flip the board over, and land on the grip tape with both feet. Congratulations, you just landed one of the simplest skate tricks out there! If you are goofy footed, you'll grab the nose of your skateboard with your right hand. If you are regular footed, you'll grab the nose of your skateboard with your left hand. The next step is to stand on flat ground and pick up your skateboard. Your thumb should be on the grip tape side of the board. Eventually, when you are comfortable with the "Cave Man", you can jump onto the board, catching it with your feet in midair before landing back on flat ground. While standing on flat ground, with the board in your hand, toss the board back onto the ground and simultaneously jump onto the grip tape, then bend your knees to land and roll away. This skate trick is often one of the first new skaters learn. To perform "The Vanilla Milkshake", start off by placing your board on the ground in primo position and stand beside or behind your board. Put your front foot directly in front of the tail of the board with your heel against the grip tape. Once the board has rotated backward about 90degrees, lift your front foot and use an outward scooping motion to wrap the board around your foot. This should spin the board around your foot, ending with the board back under your feet in your regular stance. Now imagine doing one on a skateboard. That, my friend, is a manual. It's also one of Aaron's specialty skate tricks! Now push down on the tail of your board, and slightly bend and lift your front leg. This will cause the two front wheels of your skateboard to lift off the ground.

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Don't let your toes or your tail scrape against the ground, hold this position for as long as possible. When you're done, bring your front foot down to roll away clean. This trick is easier to do while moving, but you can really get a good workout and improve your balance from doing a manual while

stationary. Slightly angle your front foot by pivoting your heel towards your back foot. With your toes barely curled over the edge of the tail, scoop your back foot behind you without popping to bring the board around 180degrees. When the board finishes rotating, stomp down onto the bolts and ride away clean. Remember, it's all in that back foot. Keep your front foot very close to the board and control the rotation. Once you do this one, you can move on to the pop shove it. To perform a "Boneless", ride your board as you normally would. While riding, bend over and grab the middle of your board on the toeside edge with your back hand, then plant your front foot on the ground and jump in the air while holding your board. When you are in the air, put your front foot back on the board, let go of the board with your back hand, then brace for landing. Bend your knees, and roll away clean. It's important to not have your back foot on the tail, or front foot on the nose while doing a "Body Varial". To perform this trick, simply jump in the air, turn your body around, and land in the opposite stance. You can Body Varial either frontside or backside, whichever is easiest. You should be able to do it both ways with a little bit of practice. Simply ride up to the obstacle with your front foot placed on the nose. Lift the nose of your board slightly to secure it against the curb or stair. Using the bottom or side of your front foot near the back trucks, push the board over into the "Primo" position. Now step up with your back foot and place that foot onto the other set of wheels. You should now be standing on the skateboard in the Primo position.

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Bend your knees slightly to help you balance. This will flip the board forwards and you'll land on it with both feet. This trick requires a lot of balance, so be prepared for that. Your shoulders should be parallel with the bolts and your back should be straight. Bend your knees and pop the tail of the board down to the ground. As the tail makes contact with the ground, drag the side of your front foot up the grip tape and jump in the air. Bend your knees and roll away clean. For a more detailed tutorial on the ollie, check out this blog post. The board will rotate 180 degrees frontside, and you will roll away riding switch riding with the opposite foot position. Bend your knees once you land, and roll away switch. Once again, you can find more detailed Frontside 180 tutorials right here. Pop your ollie as you normally would, only this time instead of sliding your front foot up the grip tape and leveling the board out in midair, you'll be sliding your front foot up the grip tape and kicking off the board before bringing your front foot back onto the board to land. Harness your inner Ninja and kungfu kick your way to Ollie North Enlightenment. In order to do this, you'll need to be hunched forward slightly and ready to grab the board before you ollie. Nose Grab off of a ramp for some extra points then roll away clean. This is one of those simple skate tricks that you can often learn very easily, and add some style points. This is called riding "Fakie". Essentially, this trick is a Fakie backside 180 with a Shove It added in. Don't worry, you won't need to pop this trick to land it. Ride fakie with your feet in Shove It position, then as you turn backside, do a Shove It. Once the board has completed the spin, stomp on the bolts and roll away clean. That's because it's the trick that everyone wants to do. While this isn't one of the easiest skate tricks on this list, you can still totally learn it.

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Make sure you have a good amount of these tricks under your belt before your get to the kickflip. It'll make it so much easier to learn! Place your front foot on the board just below the front bolts. Angle your front foot slightly so that the heel of your front foot is pointed slightly toward your back foot. Your back foot should be placed on the tail with the ball of the foot in the middle of the tail near the edge of the board. Your front foot should flick up and then hover over the board as it flips. Brace for the landing, bend your knees and roll away clean. For more on the Kickflip, check out our blog post. Get out there, have fun, and show us what you learned. Let us know which piece of advice helped you the most so we can highlight that and we can get more people skateboarding. And by having access to our ebooks online or by storing it on your computer, you have convenient answers

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Learn more Facebook Email or phone Password Forgotten account. Sign Up Related videos 1821 THE BEST SECRET HOW TO SHOVE IT ON A SKATEBOARD.Oh, its the back 180 baby. Yeah. Yeah youre you. youre gonna gonna have have to to go go to to self.Oh, its okay. Thats part of it. Alright. Alright. the tides have turned. Im here today to to do do do. a a Pers. persistence. persistence on on that. House, I I should should do do a a half half. Im so tired go for it. Yeah. What if I do this first try send it. Im gonna try it first try. First try every time Im just gonna manually first. There you go now you take a breather cuz that was literally every ounce of energy. I had yeah, I think pacing yourself is the key. Yeah. Well, you know my problem is I get here in the morning 10 AM and I just skated my heart out for like 45 minutes and then Im dead youd be like that. Okay, you got that. I ran into one issue already what. You got a text message. What is that what is that I dont know if youre shopping for dresses, I just opened my phone and Amazon was open in Prime Wardrobe, saying you gotta have a Prime Wardrobe to do this trick, but you got a Prime wardrobe. I think. You got it. fidget spin a little bit more. Damn it. One Oh, you got it now. You think you think you could back 180 out. Do I think I could yes, Is it scary Yeah. Oh, I think you I think you got that. Oh, alright. Alright. Oh, Shes

gonna land it right here. 00. Im just gonna have to see if I can get back on 80 if I can do that. Okay. Youre going, you probably cant go slower on top. Rather be prepared for being too fat and too slow, you know. yeah. Oh, you got it that is. Hell offa so fast. Yes. Its beginning to believe let the belief flow through you. Yes there, he is. hes. hes greeted the back 180. Theyre becoming friends now I think I got it maybe more than acquaintances more more like. like. Sorry, its okay. you just need a little run just need a little practice. Yes. Oh big spin. You got that.

Youre gonna have to go to self checkout cuz you got that one in the bag. Hes got it. Oh, its right there. Its right there for the taking.Oh, there it is. Oh, its okay. Thats part of it that helps you now vouve met the ground. Youre not scared of it. I think if you took off the mask, you would land at first try. Its okay, its okay. Dont get mad. Youve got this. Let yourself focus. Yes I dont know why Im Im channeling some awesome powers right now. Its a 180 baby. Yeah. You know what you should do you should just ride down from there and back 180 off like three times and then do it and I feel like youll do it first try. There you go. Oh, Oh, Give him another one Nigel there you. Breathe when I was getting there there in in the the content content think thing I dont know how how crazy crazy the the crown of so I was getting with the mask on so so much much harder down right now I need right here Were talking about. Oh God youre leaving. Im trying to get some some what its great. How are you gonna get bread. Oh, no you just you just how long they say if you homie gets better you youre just trying to catch the crumbs couple of dollars you make a hundred thousand. That means Ill make 10000. There he is hes in the light. I cant see him what happened. Were all. Were all White. Where are we whats happening. I cant stop the recording and switch to pee on pee mode. Im not going back in there. Ive got a mask on really. I literally cant breathe, Im gonna come back and land it, but I landed the original trick. I wanted and anything else is just bonus so you saw me fight through it if I didnt have to wear a mask, I probably would have landed it a lot faster but yeah, its literally impossible to breathe. I cant catch my breath. I know for a fact I can do it, though I just need to not wear a mask and for anyone. Commenting about why Im wearing a mask. You follow me on Instagram at Gabe Zerozero one let me know what tricks you want me to do in the future cuz Im trying to skate more.

Ive been skating off camera A lot more. Ive also been skating on camera a lot more as well. Subscribe like leave a comment below and Ill see you guys tomorrow at noon. Pages Other Community BrailleSkateboarding Videos HIS AARON KYRO MANUAL CHALLENGE! If so, please try restarting your browser. Close HIS AARON KYRO MANUAL CHALLENGE. Come have a good time and make some new friends with us. Check our full events list to see when were in your town next. We include all major industry events, not just our own. If this is you, his agent, or your son, its guick and simple to apply for funding here. Watch our social media for announcements. I've never even thought of doing a nightmare flip. But after a month of skating again here it is. I too have dropped a behind the scenes video with a bunch of extra content from my time in the U.S. Tap the link in my bio to watch all the videos and read my blog post!! Did you just watch the video. And if you dont know how, its never to late to learn. Skating is super fun and rewarding. Being able to construct and maintain your skateboard is the mark of a serious skateboarder custom skateboards let you tailor your board to do exactly what you want it to do. Dont know where to start. Here are some instructions and a video to help you build your own custom complete skateboard or cruiser Press down so it lays flat. This will serve as a guide when you're ready to cut. Place bolts through the holes in the deck. If you're installing risers, start by fitting those onto the bolts. If not, slip the baseplate onto the bolts. Make sure your two trucks are facing each other—IE, both kingpins are facing in. Use a skate tool to tighten the heads of the bolts in an "X" pattern. Repeat on the other side. Place bearing on the axle and press the wheel over the bearing until you feel the bearing slide into the center of the wheel. Then insert the bearing spacer inside the wheel from the opposite side.

If you hear a popping sound when you press the wheel onto the bearing it means the bearing is fully

in. Do this for all four wheels. If you're using a spacer, put it on the axle next. If not, install the wheel onto the axle, followed by the second washer. Make sure your wheel is level—if it lays at an angle, it means your bearings aren't fully in. The heads of your screws should be flush with the grip tape. If they aren't flush, give them a few more turns, but don't crack the deck. The baseplate shouldn't move at all. Test the tightness of the trucks and make sure the wheels can spin freely. If you can't turn or carve, turn the nut of your kingpin counterclockwise. If you can't coast for very long or feel resistance when pushing, loosen your wheels. It's time to hit the streets and enjoy your brand new skateboard! Our goal is to provide you with great customer service and information to make an informed skate purchase. They will help you find the right products to fit your skateboarding needs. Still have questions. Please fill out our simple contact form. All images and content. In this video you will learn how to balance on a skateboard and how to do manuals nose manuals, manual frontside 180s, manual backside 180s, nose manual frontside 180s, nose manual backside 180s, manual shove its, manual frontside shove its, nose manual frontside shove its, nose manual shove its, kick flip manuals, kick flip nose manuals, manual kick flip out and nose manual nollie flip out. You will also learn how to progress on your manuals from there. These are all of the basic manual tricks. If you get them down, you will be able to put them together into harder and harder tricks. Follow all of the steps in this book, which has over an hour of embedded video, and you will truly master your manuals! What do I do Its a great teaching method and thanks for all you have done. Or call 1800MYAPPLE.

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The more variations you add, the more impressive your skateboarding will look. You an also do 180s, 360s or more rotations both frontside and backside. In addition, any tricks you do with an ollie can also be done with a nollie, for variation. A pop shoveit is another variation on an ollie, where you use your feet to rotate the board 180 degrees before landing. This give the board the slight backwards spin it needs to complete the 180 rotation. Catch the board with both feet before landing. A heelflip is kind of like the opposite of a kickflip; instead of using your front foot to flip the board heelside, you use your back foot to flip the board toeside. As you jump, slide your front foot diagonally towards the front toeside edge of the board, then use your heel to flick the skateboard. Once it has completed one full flip, catch the board with your feet and bend your knees while you land. They can

be a little hard to get the hang of, as the timing needs to be just right. Hang the toes of your back foot over the edge of the board. Keep an eye on it and try to watch for the grip tape, as this is your signal to catch the board with your feet. A hardflip is a pretty difficult trick, as the name would suggest. It is essentially a frontside pop shoveit kickflip. Place your back foot on the tail, with your heel hanging off the back edge. Try to balance on the balls of both feet, as this will make executing the trick easier. Ollie onto the ledge, using your front foot to guide the board into position. Pop an ollie, then shift your front foot towards the nose of the board and your back foot towards the center of the board, so the back is tilted upwards. Keep your weight centered on the front truck; if you lean too far forwards, the nose will stick and your grind will come to an abrupt stop. A boardslide is the most basic sliding trick you can do.

It involves popping an ollie onto a curb, ledge or handrail, so that the board is parallel to it, then sliding along between the trucks. However, if youre using a concrete curb to start out, make sure to wax it up well first, so your board can slide easily. Ollie and turn your body and board 90 degrees, landing with the curb in the center of the skateboard. The skateboard should be perpendicular to the curb. Dropping in isnt really a trick as such, but its essential if you want to start using ramps and half pipes seriously. Position your skateboard so that the tail is resting on top of the coping with the wheels sitting snugly against the ramp. Place your front foot lightly but securely at the top of the skateboard. Dont lean forwards or backwards keep your body position the same as when you are riding on flat ground. Rock to Fakies and Rock n Rolls are two great ramp tricks to learn. However, they should be practiced on mini ramps first before you attempt them on any larger ramps, otherwise you could get hurt. Push down with your front foot until the front wheels touch the deck, then lift your foot off to allow the front wheels to clear the coping as you start rolling backwards.Land with the middle of the board on the coping, crouching to absorb the shock. As long as you keep your center of gravity over the board, youll be fine. They will recommend the size of board and brands. Or, if you want to do an awesome trick, stomp hard on the tail and jump. The board will fly into the air and you grab it. Youve gotta be fast, though.Is there some way for me to get help Then learn how to move and turn without falling. Take it gradually, or you wont be able to learn tricks. Also, falling off while attempting tricks is normal, even for advanced skaters. How can I be able to get it down You'll discover that its actually all done at the same time. Learning how to ollie will become easier when you do everything faster.

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