

SKATEBOARDING GETTING STARTED

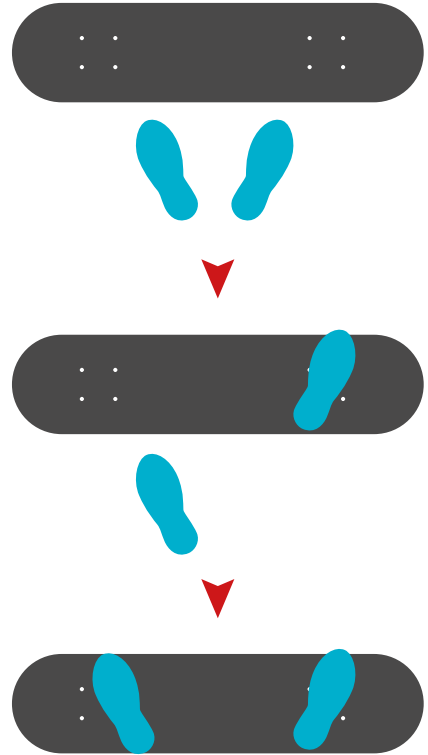


SkateboardGB Habito

Habito, the online mortgage company, has been a Skateboard GB partner since 2019, and sees the sport as a fantastic way to keep fit, form strong communities and bring neighborhoods together.

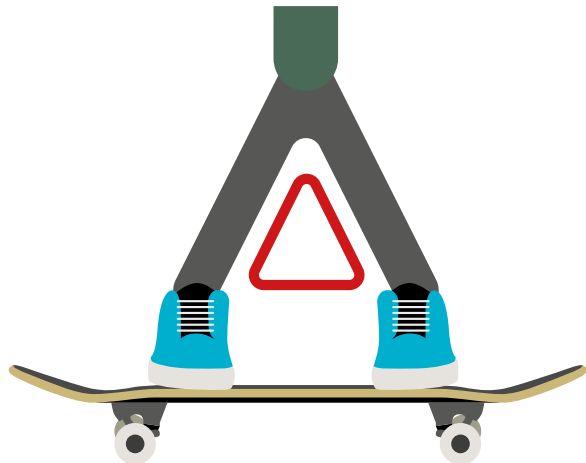
1. STEPPING ON/OFF THE SKATEBOARD

1. Place one foot over one of the sets of bolts
2. Place your second foot over the other set of bolts & step off again.
3. Then practice going from a standing position to a squatting position on the deck with knees bent.



2. BALANCE

Getting comfortable with your balance on a board is the best skill you can learn, with enough practice of this everything will feel more natural. Remember the phrase “Bolts for Balance” - Meaning that your feet should always be over the top the bolts to have the right stance for balancing.

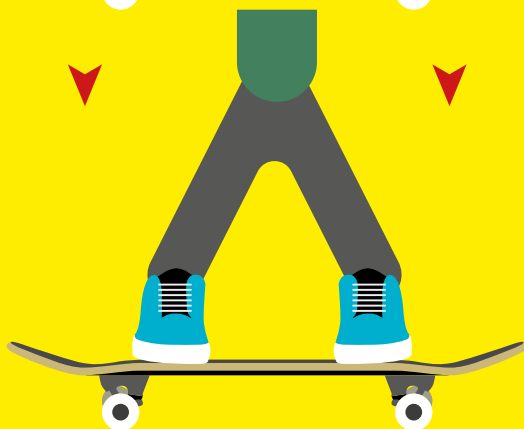
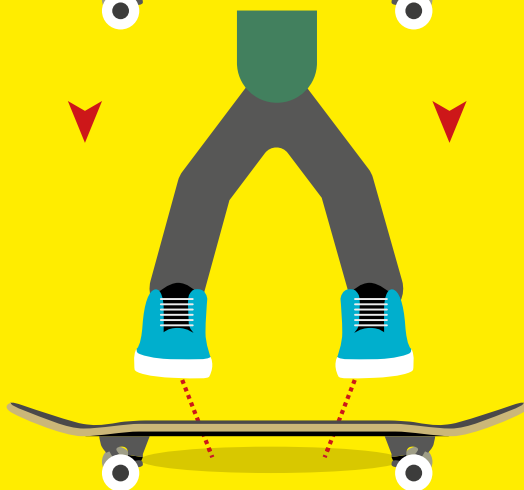
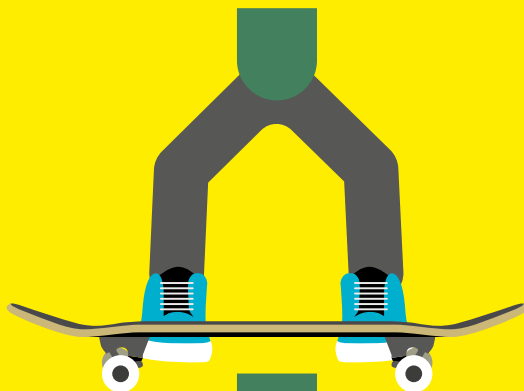


3. JUMPING ON/OFF A SKATEBOARD

1. Jump onto the skateboard with both feet at the same time
2. Land with your feet covering the bolts. Keep your knees bent to absorb the impact and body weight central.

TIP

TRY THIS ON GRASS OR CARPET SO YOUR BOARD DOESN'T MOVE.



4. BODY VARIAL

1. Start off with your feet over the bolts.
2. Jump up in the air, turn your body 180 degrees (leading with your shoulders) then land back on the board in the opposite direction with your feet over the bolts.

5. TIC TAC TURNING

1. Put your back foot on the tail of the board, and put your front foot covering the nearest two bolts.
2. Apply pressure to the tail of the skateboard whilst leaning back slightly. Try to keep your head over the middle of the board as you lean back with your body
3. This raises the front wheels off the ground allowing you to move the board in either direction
4. Place your front wheel back down wherever you want by leaning forwards again and taking the pressure off the tail.

TIP

A TIC TAC TURN CAN BE DONE STATIONARY OR WHILE MOVING



6. TURNING

When you are moving with both feet on the board, apply a little pressure to your toes towards the ground (while maintaining an upright position) and you will notice the board starts to turn (in a backside direction).

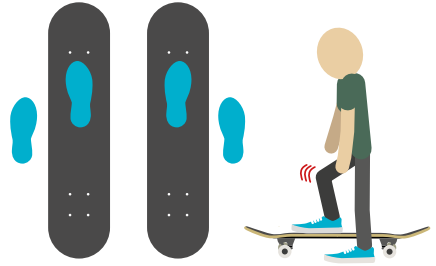
Repeat a similar movement, but on your heels to make the board turn the opposite direction (frontside direction).

7. PUSHING

1. Place one foot on the deck just overlapping the first two bolts
2. Place the other foot on the floor just next to the board.
3. Bend the knee of the leg that's on the board.
4. Push off the ground while rocking the skateboard forward.
5. When moving turn sideways and place the foot with which you were pushing, across the tail of the skateboard, just over the bolts” could change this to “As you roll away after pushing, return your back foot to the board, placing it over the truck bolts towards the tail of the skateboard.
6. Once moving, pivot the front foot using the ball of your foot. This aligns your body and your feet together.

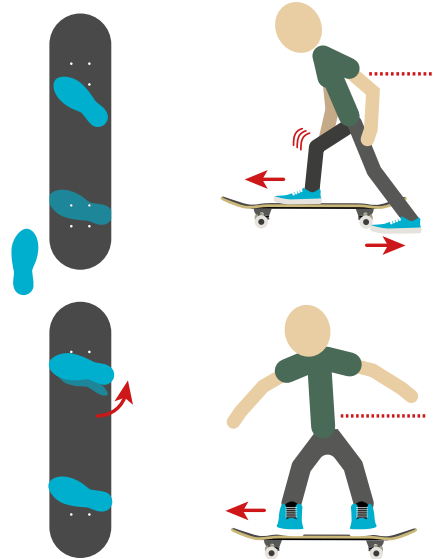
Regular stance is when you place your left foot on the board and push with your right.

Goofy stance is when you place your right foot on the board and push with your left.



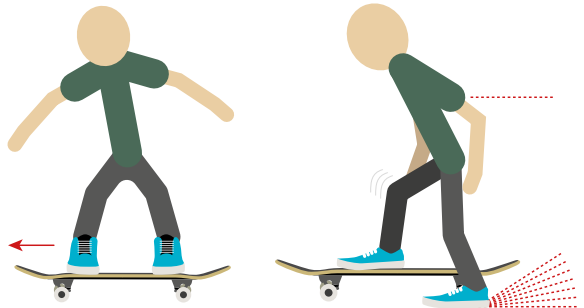
Goofy or Regular

Have front foot on board at approx 45 degrees over bolts.



8. STOPPING

Simply take the foot with which you've been pushing with, off the skateboard and gradually apply pressure to the ground until you come to a stop.





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