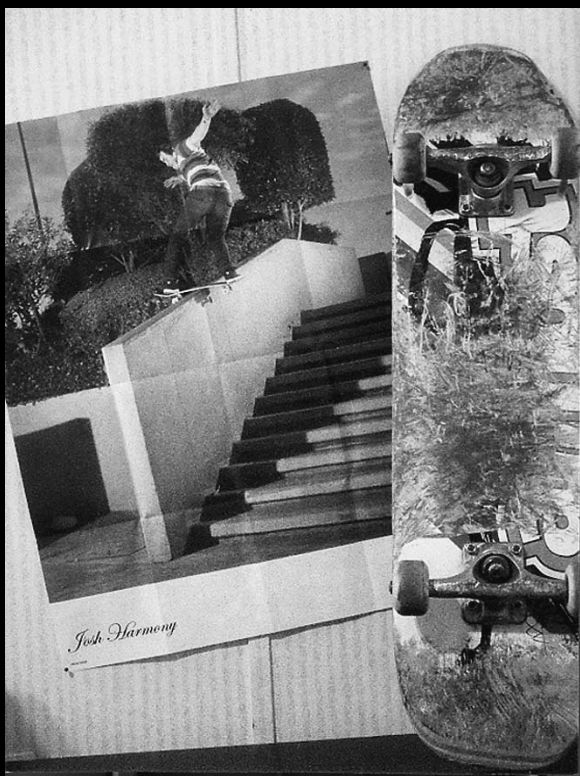


TRICK TIP

How to 360 Flip



STEP 1



Start off rolling at a moderate speed with your toes on your back foot hanging off the board on the kicktail end. Then, put your front foot in the middle of the board at a 45 degree angle with your heel hanging slightly off. As you setup for the trick slightly bend your knees.

STEP 2



Next, ollie as you slide your front foot out in a flicking motion like a kickflip. At the same time, scoop the board behind you with your back foot, like a pop shove-it.

STEP 3



Make sure to suck your legs up and clear your feet from the board as it flips, or you'll end up hitting the board with your feet. It's important to try to jump straight up directly over the board.

STEP 4



The board will flip and spin horizontally 360 degrees while in the air. Remember to try to keep your body parallel with the board. It's also important to stay hovered over the board so it doesn't end up drifting away from you.

STEP 5



Timing is everything, so when you see the board gripside up bring your feet down like your stomping on the board. This will keep it from shooting out from under you when you land.

STEP 6



Finally, slightly bend your knees as you land to absorb the impact and ride away clean.

