

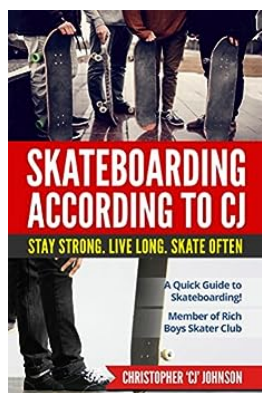
The Ultimate Quick Guide To Skateboarding - Unleash Your Inner Skater!

Skateboarding is not just a hobby, it's a lifestyle. Whether you are a beginner or looking to improve your skills, this quick guide will provide you with all the essential information you need to become a skateboarding pro.

Skateboarding 101 - Getting Started

Before you start riding on wheels, it's important to choose the right skateboard. A regular skateboard consists of a deck, trucks, wheels, and bearings. Make sure to select the right size skateboard and suitable trucks based on your height, weight, and style of riding. Don't forget to equip yourself with safety gear such as a helmet, knee pads, and elbow pads to protect yourself from injuries.

Once you have your skateboard set up, it's time to learn the basic riding stances. The two primary stances are regular (left foot forward) and goofy (right foot forward). Experiment with both stances to find which one feels more comfortable for you. Remember to always keep your knees slightly bent to maintain stability.



Skateboarding According to 'CJ': A Quick Guide to Skateboarding! by Laurie Berglie (Kindle Edition)

★★★★☆ 4.6 out of 5

Language	: English
File size	: 515 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 57 pages
Lending	: Enabled



Mastering the Art of Pushing

Pushing is an essential skill in skateboarding. To push off, simply put your back foot on the tail of the skateboard while your front foot stays on or near the bolts. Position your front foot at an angle that allows you to balance comfortably. Push off the ground with your back foot while shifting your weight to the front foot. Repeat this motion to gain momentum and maintain a consistent speed. Remember to practice pushing on various terrains to become accustomed to different surfaces.

Building Balance and Control

Balance and control are crucial aspects of skateboarding. Start by learning how to balance on your skateboard while standing still. Place your feet parallel to the skateboard's bolts, distribute your weight evenly, and engage your core muscles to maintain stability. Practice this until you feel comfortable controlling the board.

Next, learn how to turn. To make a simple turn, shift your weight slightly towards the heelside or toeside edge of the skateboard. For sharper turns, apply more pressure on the edge you want to turn towards. Remember to keep your body and head aligned with the board for better control.

Learning Basic Tricks

Once you have mastered the basics, it's time to start learning some tricks. Begin with the ollie, a fundamental trick that acts as the foundation for many other tricks. To perform an ollie, position your back foot on the tail and your front foot just behind the front bolts. Pop the tail down using your back foot while simultaneously sliding your front foot up the grip tape towards the nose of the

skateboard. This snap motion will make the skateboard jump off the ground. Practice this trick extensively to develop your skill and confidence.

As you progress, try other tricks such as kickflips, heelflips, and shuvits. Each trick requires a specific foot positioning and motion, so make sure to research and practice them under the guidance of experienced skaters or through reliable online tutorials.

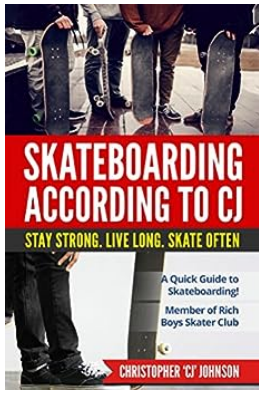
A Word on Safety and Etiquette

Skateboarding is a thrilling activity, but safety should always come first. Here are some important safety tips to keep in mind:

- Always wear protective gear such as a helmet, knee pads, elbow pads, and wrist guards.
- Choose skateboarding spots that are suitable for your skill level to avoid unnecessary risks.
- Follow traffic rules and be considerate of pedestrians and other skaters.
- Avoid skateboarding in prohibited areas or private properties without permission.

By adhering to these safety guidelines, you can enjoy skateboarding while minimizing the chances of accidents or injuries.

Skateboarding is an incredible sport that allows individuals to express themselves, push their limits, and build lifelong friendships. With this quick guide, you have the essential knowledge to embark on your skateboarding journey. Remember to practice regularly, have fun, and engage with the skateboarding community to continually improve your skills. So, gear up, step on the board, and let the skateboarding adventures begin!



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Hey my name is Christopher 'CJ' Johnson; in this book I offer some of the basic things that beginner skateboarders need to master before they get to the tricks and the stunts.

Always remember that safety comes first, this book offers the fundamentals, which is the best weapon to avoid accidents or injury while skateboarding.

The journey started when I was about six years old and I first picked up a skateboard. I can still remember how it felt riding downhill near my house. While all of my other friends were off doing other things, I just found it exhilarating. When I wasn't skateboarding, I would watch professional skateboarders on television, like Tony Hawk, Terry Kennedy, and Rodney Mullen, and how much people loved them as they were whisked away from one part of the globe to another, all with just a skateboard in hand.

I always wanted to be like them, to practice like them, to travel around the world and visit all the famous skateboard parks. My own professional skateboarding career started to truly blossom around the age of twelve with the guidance of the

stars and their alternating methods. In fact, I think of myself as still learning every day, and embrace every second of my passion.

Skateboarding takes practice and skill, and a tough body to handle the bumps and bruises along the way. It has taken me many years to learn and that's just touching the surface of what the greats have accomplished in their own lives.

Skateboarding is my calling; a good method of exercise, and the best method of transportation available, as you don't have to wait around for public transportation or worry about the high expenses related to owning a car. All you do is pick up your skateboard and hit the road. It's a good stress relief,

It's funny looking back, my mom always wanted to drive me to the places I needed to go that were a mile or two out of the way, but I refused the ride. I was too attached to my board. If I was upset about something that happened in my day I would skate around for a few hours and let myself calm down, or practice just as hard. I often spent countless days a week and sometimes even months, practicing one trick.

Granted, it wasn't the only thing I engaged in. On top of skateboarding, I had a video-editing gig that helped to get me where I am today. Just me and my film crew of friends, who got passionate about it, the first time we watched video game clips on YouTube. Certain video streams always seemed to have a boatload of subscribers and they did every little thing you could imagine with the music, the characters, and even the voice-overs. I always got chills when I noticed how the music seemed to fit right in place with what the character on the screen was doing, and then the added special effects were edited in to give it a real bang. I mean it was just cool, the stuff these guys could do with a computer. So I picked up the job with all the enthusiasm I had in me. And still at the age of twelve, I made my own YouTube channel. I was eventually picked up by a very popular YouTuber and asked to do video manipulations for them. I became really good at it and not only the people who hired me for the task thought so, but also friends on my Xbox live account.

Can you imagine just how cool it is to have someone send you a message or ask you in the middle of a game, “Hey, aren’t you CJ . . . the one who edited that video?” It felt great to be recognized, like I was suddenly becoming my own celebrity. I loved the recognition, my subscribers also loved that I was always around for them to talk to.

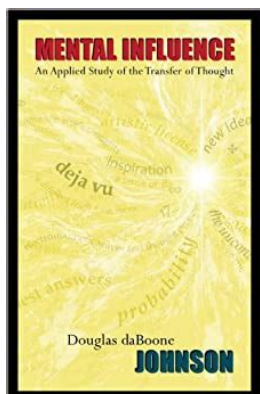
However, I was forced to abandon my YouTube account when personal issues came up.

It was a wonderful experience for me as it helped me become a huge hit—not just in the gaming phase, but also in real life skating and the videos that came of it. I look forward to many more wonderful opportunities that life has to offer now that I’m officially an adult!



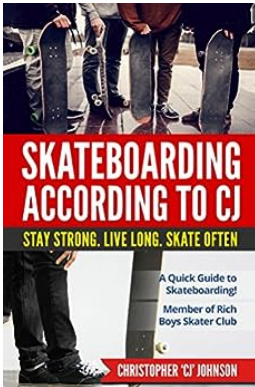
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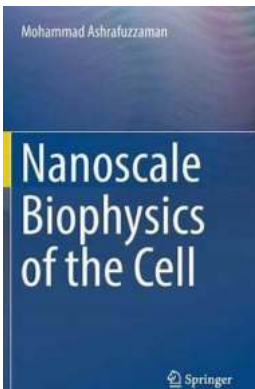
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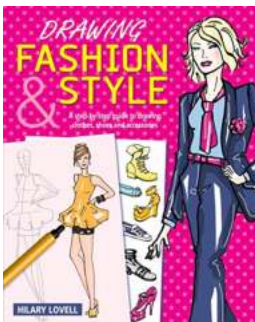
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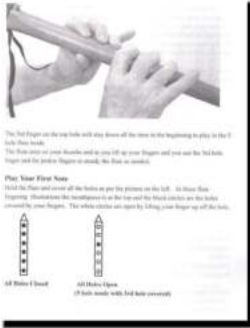
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