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Knee Boarding Tips – Tricks and Jumps

By Nicola Kennedy

Deepwater Start

The deepwater start is necessary to the knee boarder beginner. The following are some steps on how to do it correctly.

- 1) Put the strap in loosest position and make sure it is at the front of the knee pad.
- 2) Lie on your stomach on the board with your hands in the palms-down grip.
- 3) Signal the boat driver to take the speed up slow. When the board begins to plane, start to pull your knees onto the knee pad.
- 4) Slowly slide or crawl on your knees until they reach the normal kneeling position.
- 5) As soon as you are in your comfortable position sit up, let go of the handle with one hand and put the strap over your legs.

Surface tricks

The side slide is the simplest of all the tricks.

- 1) Place yourself correct after the boat with your hands in the palms-down grip.
- 2) Turn the board in both direction and lean away from the boat.

Intermediate tricks

For the wake jump:

The wake jump is the basis of doing any trick which involves catching air.

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- 1) With your hands in the baseball grip, make a good cut to the wake.
- 2) Right before you hit the wake, stop cutting and shift your weight slightly to the boat, then bend back slightly as the board hits the wake.
- 3) As the board begins its climb into the air keep a good pull on the handle.
- 4) While you are in the air, keep the nose of the board slightly upper than the tail.
- 5) As you come in for a landing, keep the nose of the board up and prepare for a slight bounce on impact.

Advanced tricks

The wake back flip is a trick which needs patience and determination.

- 1) Make a strong cut towards the wake from the right side of the boat using the baseball grip.
- 2) Concentrate on getting a good pop off of the wake and just before hitting the wake stop your cut and level your body out so that is parallel with the water.
- 3) As soon as the front of the board hits the wake, pop by pushing your knees away from your chest and pull the handle into your right hip.
- 4) As you start to rise, free the handle with your left hand, throw your head backwards while pulling your knees into your chest.
- 5) When you reach an inverted position, keep pulling your knees into your chest and keep your pull on the rope.
- 6) As you reach the full turn, make sure the nose of the board is slightly higher than the tail.

Ultra Advanced tricks

The backwards back flip is a very complicated trick.

- 1) Make a strong cut towards the wake from the left side of the boat using the palms-down grip.
- 2) When you reach 180 degrees, release the handle with your left hand, pull the handle into your right hip and as the tail of the board hits the wake, throw your head and body backwards.
- 3) As you turn upside down, keep pulling your knees into your chest and pulling hard on the handle.

4) Look for the water, and spot your landing.

Nicola Kennedy is an enthusiastic kneeboarder. [Kneeboarding-Supplies.info](http://www.Kneeboarding-Supplies.info) offers news, information, views and

kneeboarding tricks

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Tricks Of The Trade When Skateboarding

By Dana Bradley

As a beginner, skate boarding may seem easy while watching someone else. But as a beginner there are can be overwhelming at first. The whole addiction usually comes from being able to repeat the trick many times and continually prepared to learn new moves or tricks to keep you as well as spectators interested while skateboarding.

Many people are searching for tips to perfect their `Ollie's' and `kick-flips' to compete with friends to show how much more talented they are than their friends. The latest tricks in skate boarding can leave a person exhausted. The following information is about skate boarding tricks as well as a few tips. By reading these tips, this does not guarantee a person will learn the trick. This takes a lot of patience for one to master skateboarding.

Step one: Think about a trick and how you are going to duplicate it or actually do it. It's strongly suggested to think about how the board moves and how you will perform the actual trick. Afterwards think about how you are going to move your legs and feet to make the board perform its magic. Then pick out a stance and try the trick a few times.

Step two: If you did not learn the trick in step number one. Don't worry at all because it is no big surprise to fail at beginning. Try again by thinking about you and your skate board and compare it to how you want your trick to work for you. If the board flipped too much, then try not to kick it too hard.

Step three: Trying step 2 over and over again will help you learn it a lot faster. If you fail at the beginning, try it again because with pure determination and perseverance you will eventually learn to master the trick. If you are not getting close to step two, it may be that you must practice a more basic

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trick. Please don't skate beyond your ability because we are all not the same and every one doesn't progress at the same speed.

Please abide by these steps and remember that skate boarding is supposed to be fun. The truth is, you don't have to burn yourself out by getting overly frustrated. Learn a few tricks at a time and not too many tricks at once. To be a great skate boarder, just skate, have fun, and remember that tricks are not always instant.

Dana Bradley writes about

<http://www.buyskateboardgear.com>

, SkateBoard accessries and

<http://www.SportsTeamFanHeaven.com>



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