Dear Nori,

It was so incredibly nice to meet you. When we were at Linger, you pulled out a journal, and I saw a focus in you that I rarely see. Skateboarding is hard – such is life – and it takes time, but I promise you, if you put in the effort, you will find joy like never before. This is meant to bridge the gap and be a space where you can simply enjoy your process-whether that's skateboarding, facing your fears, writing, or doing what you love.

This is dedicated to your journey, and to the memory of your uncle, Javied. Every time you roll, every time you land, and even every time you learn from a hard fall in life, you're carrying that same spirit of exploration and bravery he loved.

Nori, this is your super-secret book of life (I mean, skateboarding). Make it yours, fill it with your own stories, music, and people, and most importantly, never stop getting up.

I know this is a little late, but please know that you and your mom mean the world to me, and I never forgot. These pages are a collection of the metaphors, facts, people, and music that shaped the culture I love.

I hope they resonate with you.

PHASE 1: DAYS 1–30 • BARE DECK & FUNDAMENTALS

Establishing balance, core strength, stance identification, and stationary carpet/grass drills without hardware.

- Days 1–10: Weight shifting, stance tests (Regular vs. Goofy), and carpet balance drills
- Days 11–20: Tic-tacs, crab walks, reverse crab walks, and tail snaps
- Days 21–29: Grass pop drills, turn preparations, and board flips on soft surfaces
- Day 30 Milestone: Hardware assembly (Deck, trucks, wheels, bearings, and grip tape)

PHASE 2: DAYS 31–100 • ROLLING, PUSHING & STREET BASICS

Transitioning to smooth concrete, mastering pushing mechanics, edge control, kickturns, and the ollie.

- Days 31–50: Proper pushing mechanics (avoiding Mongo), edge control, and carving
- Days 51–75: Frontside and backside rolling kickturns, manuals, and nose manuals
- Days 76–100: Pop shuv-its, frontside 180s, curb hops, tail/nose stalls, and comprehensive Ollie mechanics

PHASE 3: DAYS 101–200 • CURBS, TRANSITION & PARK SKILLS

Introduction to grinding, slappies, quarter pipes, ramp pumping, skatepark etiquette, and hardware maintenance.

- Days 101–135: Slappy nose stalls, boardslide setups, and 50-50 / 5-0 axle stalls
- Days 136–170: Bank pumping, fakie kickturns, tail taps on coping, and first drop-ins
- Days 171–200: Bearing cleaning, wheel rotation, grip art, kingpin adjustment, and filming aesthetic

PHASE 4: DAYS 201–365 • TECHNICAL MASTERY & COMMUNITY

Executing flip tricks, switch riding, gap clearance, commitment mindset, and giving back to the skate community.

- Days 201–275: Kickflips, heelflips, nollies, varial kickflips, and backside 180s
- Days 276–330: Inward heelflips, hardflips, powerslides, wallies, and gap clearance
- Days 331–365: 360 flip challenges, mentorship, spot preservation, and life long skateboarding mindset

1. ESSENTIAL PROTECTIVE GEAR

- **Helmet:** Must be multi-impact certified (CPSC / ASTM standards). Always keep the chin strap securely fastened.
- **Wrist Guards:** Vital for beginner and intermediate stages to absorb impact during sudden forward falls.
- **Knee & Elbow Pads:** Highly recommended when practicing transition, drop-ins, quarter pipes, and ramp tricks.
- **Footwear:** Always wear flat-soled suede or leather skate shoes to ensure optimal grip and board control.

2. FUNDAMENTAL FALLING TECHNIQUES

- **Roll Out:** Never absorb impact with locked arms or stiff wrists. Tuck your shoulder and roll diagonally across your back
- **Knee Slide:** When practicing on ramps or transitions with knee pads, drop to your knees to slide out safely.
- **Bail Mindset:** Learn to kick the board away cleanly if a trick off-weights or turns unexpectedly.

3. ENVIRONMENTAL & TERRAIN SAFETY

- **Surface Check:** Inspect riding areas for pebbles, sand, water, or cracked pavement prior to sessioning.
- **Traffic Awareness:** Never skate into blind intersections, busy streets, or crowded pedestrian paths.
- **Park Etiquette:** Pay attention to established flow lines at skateparks; take turns and avoid snaking other riders.

DENVER SKATEPARKS

DOWNTOWN DENVER SKATEPARK (D-PARK)
ADDRESS: 2205 19TH ST, DENVER, CO
HIGHLIGHTS: 60,000 SQ FT, 5+ BOWLS, LARGE STREET PLAZA, LIT UNTIL 11 PM.

ARVADA APEX SKATEPARK
ADDRESS: 12920 W 72ND AVE, ARVADA, CO
HIGHLIGHTS: 40,000 SQ FT, SNAKE RUN, FLOW BOWLS, STREET PLAZA, LIT UNTIL 10 PM.

ULYSSES SKATE PARK
ADDRESS: 1181 ULYSSES ST, GOLDEN, CO
HIGHLIGHTS: 27,000 SQ FT, FULL-PIPE CONCRETE TUNNEL, DEEP BOWLS, STAIRS, AND LEDGES.

LAFAYETTE SKATEPARK
ADDRESS: 111 W BASELINE RD, LAFAYETTE, CO
HIGHLIGHTS: REAL GRANITE & MARBLE STREET LEDGES, PRISTINE BOWL SECTION.

CURBSIDE SKATEPARK (INDOOR)
ADDRESS: 3535 S IRVING ST, SHERIDAN, CO
HIGHLIGHTS: INDOOR, CLIMATE-CONTROLLED, WOODEN RAMPS, MINI-RAMPS, AND RAILS.

> *Safety is about durability—learning how to roll out and wear the right gear ensures you get right back up to keep progressing for decades.*

I PROMISE TO ALWAYS WEAR MY HELMET (BRAINS ARE COOL).

I PROMISE TO GET BACK UP EVERY SINGLE TIME I FALL DOWN.

I PROMISE TO CELEBRATE WHEN MY FRIENDS OR I LAND A TRICK

X _____

(NORI'S OFFICIAL AUTOGRAPH GOES HERE)

Volume I

WWW.LANDRICHCLOTHING.COM/NORI

DAY 1

> *"Fall, fall often."*

Hey Nori! These daily "Maneuvers" are just quick, fun exercises to build up your skills—no pressure at all. For the first 30 days it's just a bare deck.

- *Carpet & Grass (no wheels): Keep it chill! You don't need full gear, but check with your parents on what to wear.*
- *Concrete: Full pads, always.*

MANEUVERS

- [ ] WEIGHT SHIFTING 20 REPS.
- [ ] CRAB WALKS 20 REPS
- [ ] TIC TACS 20 REPS.
- [ ] YOUTUBE RAYSSA LEAL
  *IF ALLOWED

Finding Your Stance

Place your board on flat carpet or grass. Step onto it naturally. If your left foot is forward, you are Regular. If your right foot is forward, you are Goofy. Choose what feels intuitive. Pro Tip to Find Your Stance: Start running and pretend you're about to slide across a patch of ice. Whichever foot you naturally put forward is your lead foot.

DAY 3

> *"Brandon Turner - Street Pioneer & Youth Mentor."*

ONE OF MY FAVORITE SKATERS: WOODLAND PARK IS IN FULFILL THE DREAM

MANEUVERS

- [ ] WEIGHT SHIFTING 20 REPS.
- [ ] CRAB WALKS 20 REPS
- [ ] TIC TACS 20 REPS.
- [ ] RESEARCH SKATE SHOES
  *YOU'RE GOING TO RUIN A FEW PAIRS

Carpet Party

Weight Shifting: Stand on the board and shift your weight back and forth between the nose and the tail, lifting each side off the ground. Try to find the "pocket" of the nose and tail to find your sweet spot for leverage.

DAY 5

📍 *The Paris Bercy Ledges — European Tech Skate Plaza*

*ANYTIME YOU SEE A PIN, IT'S A LOCATION FOR A WELL KNOWN SKATE SPOT

MANEUVERS

- [ ] TRY TO YODEL
- [ ] TIC TACS 20 REPS.
- [ ] CRAB WALKS 20 REPS
- [ ] TAIL SNAPS 10 REPS

Maneuver Crew: Turns

Lightly press the tail to lift the nose, rotate your shoulders, and swing the board 90 to 180 degrees. If you really have what it takes, do a full 360.

DAY 7

> *"Appreciate the struggle."*

MANEUVERS

- [ ] WEIGHT SHIFTING 20 REPS.
- [ ] TIC TACS 20 REPS.
- [ ] DRAW YOUR PARENTS IN 2 MINS
- [ ] TAIL SNAPS 10 REPS

Time for some fun

Reverse Crab Walk: Squat low, keep your front foot locked over the front “bolts” or holes, and use your back foot to "crab" the board backward in short, snapping movements.

DAY 9

> *"Stephanie Person breaking barriers as the first Black female pro in 1988."*

MANEUVERS

- [ ] TURNS 90/180 20 REPS.
- [ ] TIC TACS 20 REPS.
- [ ] REVERSECRAB WALKS 20 REPS
- [ ] TAIL SNAPS 10 REPS

The beginning of the end (On carpet, no trucks or wheels).

The Pop Drill: Place your back foot on the tail and try to use your toes to feel the edge of the board. Focus purely on snapping the tail down. The tail must hit the floor and rebound instantly. As you get quicker, try to catch the nose with your front hand as it pops up.

DAY 11

> *"Stomp it."*

MANEUVERS

- [ ] TURNS 90/180 20 REPS.
- [ ] CRAB WALKS 20 REPS
- [ ] FILM YOURSELF SKATING
  *IF ALLOWED
- [ ] FOOT SLIDES 10 REPS

Shuv-it

Skateboarding is about leverage and force, clear a space on the carpet and see if you can spin the board, 90, 180 or even 360 without moving your body. Don't forget to bend your knees and use your shoulders.

DAY 13

> *"A kickflip is an ollie that messes with the mind."*

MANEUVERS

- [ ] DO A HANDSTAND
- [ ] THE DOUGIE?
- [ ] BREAKDANCE
- [ ] CAN YOU MOONWALK?

Don’t do it.

"Mongo" is pushing with your front foot while your back foot stays on the board. It makes steering harder and setups slower. Practice keeping that front foot glued to the front bolts when you push!

> *"Justin Bieber skateboards."*

MANEUVERS

- [ ] POP THE TAIL
- [ ] WORK ON TURNS
- [ ] PRACTICE FALLING

YUKON OR LOVE YOURSELF?

The Tic-Tac

Rhythmically kick turn back and forth, left to right, using your upper body swing to generate forward momentum without your feet ever leaving the board or touching the ground.

> *"♫ Nas - 'The World Is Yours'"*

MANEUVERS

- [ ] TOUCH GRASS
- [ ] WORK ON TURNS
- [ ] PRACTICE FALLING

SKATEBOARDING IS LIKE THE 5TH ELEMENT OF HIP HOP

Finding the Pocket

Stand on the tail of your board on carpet. Practice snapping the tail down cleanly until it hits the ground, then immediately letting the pressure off. This builds pop muscle memory.

DAY 19

> *"K.I.S.S. Keep it simple silly."*

MANEUVERS

- [ ] FOOT SLIDES
- [ ] TRY A SHUV-IT
- [ ] WORK ON 360 TURN

DON'T OVERTHINK IT

Grass Moves

Practice your 90-degree and 180-degree frontside and backside turns on grass with no hardware. You'll get a feel for the board without the fear of the wheels rolling out from under you.

DAY 21

> *"📍 Creston DIY - Portland, Oregon"*

MANEUVERS

- [ ] FOOT SLIDES
- [ ] WORK ON TIC TACS
- [ ] WORK ON 360 TURN

SKATEBOARDERS DO MORE FOR THE COMMUNITY THAN THE INDUSTRY, DIY SKATE PARKS ARE A GREAT EXAMPLE

The Manual

Balance on your nose or tail. Lean back or forward slightly, using your arms for balance, and keep the nose or tail an inch off the ground without letting the tail scrape.

DAY 23

> *"Never stop exploring."*

MANEUVERS

- [ ] FOOT SLIDES
- [ ] TOUCH GRASS
- [ ] TAIL SNAPS

BELIEVE IN YOURSELF

Grass Tic Tacs

Use your hips-not just your ankles-to rhythmically swing the nose back and forth. It is much harder to move on grass, making it the perfect training ground to build muscle memory before you head to concrete.

DAY 25

> *"Tyler, The Creator."* GOLF WANG

MANEUVERS

- [ ] TURNS 180/360 20 REPS.
- [ ] TAIL SNAPS 20 REPS
- [ ] FOOT SLIDES 20 REPS
- [ ] RESEARCH TRUCKS

The Board Flip

While on the grass, flip your board over, graphic side up, put your toes underneath the space between the board and the grass. Jump up and out while lifting your feet up and flipping the board over while you land.

DAY 27

> *"Avoid the fear."* IT'S A MENTAL BATTLE

MANEUVERS

- [ ] TURNS 180/360 20 REPS.
- [ ] TAIL POPS 20 REPS
- [ ] SOMERSAULT
- [ ] OLLIE ATTEMPT 20 REPS

Pop Quiz:

What are your trucks and what do they do?
How do you adjust them?

DAY 29

> *" 📍 The West L.A. Courthouse."*

MANEUVERS

- [ ] TURNS 180/360 20 REPS.
- [ ] TAIL POPS 20 REPS
- [ ] FOOT SLIDES 20 REPS
- [ ] OLLIE ATTEMPT 20 REPS

Time to put your board together!!

Big Moves! You'll need some tools. Either a skate tool or a Phillips-head screwdriver or allen key and some pliers. You can always call me 971-322-7633

> *"Shift your weight."*

MANEUVERS

- [ ] STAND ON THE BOARD ON GRASS
- [ ] SHIFT YOUR WEIGHT

BEND YOUR KNEES, USE YOUR BOLTS AND CORE

Push Starter

When your board has wheels, it's a whole new game. Use your front "bolts" (the four screws above your front truck) as your safe base for holding and distributing your weight. Place your front foot on the front bolts at a 45-degree angle, bend your knees, and shift all your weight onto that foot and tighten your core. Drop your back foot to the ground and push smoothly alongside the board in very short, small steps.

THE NEXT FEW DAYS PRACTICE THIS ON GRASS TOO, WITH YOUR TRUCKS AND WHEELS ON

> *"Stevie Williams' flatground is a masterclass."*

MANEUVERS

- [ ] TOUCH TAIL ON GRASS (WEAR PADS)
- [ ] NOW TRY YOUR NOSE

HIS BRAND IS CALLED DGK

The Pushing Motion & Stance Transition

Now let's connect the push to riding! Keep your front foot on the board over the bolts, pivot your hips slightly forward, and push off with your back foot. Once moving, turn your front foot sideways so it sits parallel to your back foot in your riding stance. When you need to push again, pivot your front foot back toward the nose before dropping your back foot.

DAY 35

> *"📍 Pulaski Park."*

MANEUVERS

- [ ] TIC TAC ON GRASS
- [ ] 90 DEGREE TURN ON GRASS
- [ ] NOW 180

A LEGENDARY STREET SKATING MECCA LOCATED AT 1455 PENNSYLVANIA AVE. NW IN WASHINGTON, D.C.

DAY 36

Tic-Tacs on Concrete (Rhythm & Momentum)

Rhythmically pivot your front wheels back and forth while rolling on smooth pavement to maintain momentum without pushing

DAY 37

> *"Tear up the shoes, save the sole."*

MANEUVERS

- [ ] TIC TAC ON GRASS
- [ ] 90 DEGREE TURN ON GRASS
- [ ] NOW 180

YOU'RE GOING TO RUIN WHATEVER SHOES YOU SKATE IN, CHOOSE WISELY. ALSO SHOEGOO

Carving

While rolling, gently press your toes down to turn frontside, or sink your weight into your heels to turn backside. Let your shoulders lead the entire turn

DAY 39

"♫ Sonic Youth - '100%'"

MANEUVERS

- [ ] 5 PUSHES FOOT BRAKE TO STOP
- [ ] 2 ROLLING KICKTURNS (LEFT & RIGHT)

JERRY HSU SKATED TO THIS SONG

Kickturns:

Lightly press down on the tail to lift the front wheels slightly off the ground, sweeping the nose of the board in the direction you want to turn. Start with small 10-degree pivots

DAY 41

> *"Don't fake it."*

MANEUVERS

- [ ] 5 PUSHES FOOT BRAKE TO STOP
- [ ] 2 ROLLING KICKTURNS (LEFT & RIGHT)

The "Ping" Test (Ankle Snap)

The Test: Stand with your front foot on the ground next to the board, and your back foot on the tail pocket. Practice snapping the tail down so fast that it makes a loud, crisp "ping" sound against the concrete, immediately lifting your back heel up. If the tail gets pinned to the ground, your ankle isn't releasing fast enough!

DAY 43

> *"Chico Brenes defining effortless ledge lines before the world caught up."*

MANEUVERS

- [ ] TAIL TAPS ON GRASS
- [ ] FOOT SLIDES
- [ ] OLLIE ATTEMPT

The Frontside 180 Stance

Wind your arms and shoulders in the opposite direction of your intended turn. Your front foot should be slightly angled near the front bolts.

DAY 45

> *"📍 Love Park RIP."*

MANEUVERS

- [ ] TAIL TAPS ON GRASS
- [ ] FOOT SLIDES
- [ ] OLLIE ATTEMPT

The Frontside 180 Pop

Pop the tail sharply while unwinding your shoulders. Let your head and upper body complete the rotation first; your hips and board will naturally follow.

DAY 47

> *"Skrrrrt."*

MANEUVERS

- [ ] PUT A STICKER ON YOUR BOARD
- [ ] FILM AN OLLIE ATTEMPT

The Fakie Stance:

Roll slowly backwards. This is called riding 'fakie'. Keep your body centered and get comfortable looking over your shoulder while maintaining balance.

> *"One more try means twenty more minutes."*

The Sidewalk Monster

Practice rolling up and over cracks and small pebbles. Decompress your body and lift your weight slightly right before hitting an obstruction to float effortlessly over it.

MANEUVERS

- [ ] TRY TO DO EVERYTHING YOU'VE LEARNED
- [ ] FILM AN OLLIE ATTEMPT

> *"Watch Marisa Dal Santo's part in Strange World and write down your favorite trick."*

The Ollie: The Pop

Snap your back ankle down hard against the ground. The moment you hear the crisp tail-snap, begin lifting your weight up into the air.

MANEUVERS

- [ ] TAIL TAPS ON CRETE
- [ ] FOOT SLIDES
- [ ] OLLIE ATTEMPT

THIS IS WHY YOU'VE DONE ALL THOSE MANEUVERS

> *"Own your style."*

The Ollie: The Slide

As the board shoots upward, turn your front foot slightly inward and slide the outer edge of your shoe up the grip tape toward the nose to level out the deck.

MANEUVERS

- [ ] TAIL TAPS ON CRETE
- [ ] FOOT SLIDES
- [ ] OLLIE ATTEMPT

MAKE SURE THERE ARE SHOE MARKS ON YOUR GRIPTAPE

> *"📍 The Carlsbad Gap."*

The Ollie: Leveling It Out

Bring your knees up toward your chest at the peak of your jump. Pushing forward slightly on the nose with your front foot will draw the tail up to meet your back foot.

MANEUVERS

- [ ] TAIL TAPS ON CRETE
- [ ] FOOT SLIDES
- [ ] OLLIE ATTEMPT

THIS WILL TAKE SOME TIME, DON'T BE DISCOURAGED

> *"♫ Hieroglyphics - 'You Never Knew'"*

The Rolling Ollie

Take all your stationary muscle memory and apply it while moving at a comfortable jogging speed. Focus forward, keep your shoulders parallel, and commit.

MANEUVERS

- [ ] TAIL TAPS ON CRETE
- [ ] FOOT SLIDES
- [ ] OLLIE ATTEMPT

EASIER SAID THAN DONE

> *"♫ Violent Femmes - 'Blister in the Sun'"*

MANEUVERS

- [ ] CRAB WALKS ON CRETE
- [ ] WORK ON TURNS
- [ ] PUSHING ON CRETE

SUCH A GOOD SONG

The Curb Hop

Find a low curb. Time your pop so that your front wheels clear the curb edge at the highest point of your ollie, leveling out to clear the rear wheels easily.

DAY 61

> *"Find a new line."*

MANEUVERS

☐ CRAB WALKS ON CRETE ☐ WORK ON TURNS ☐ PUSHING ON CRETE

LEARNING TO PUSH AND DO TRICKS IN A ROW, OR IN COMBINATIONS ARE CALLED "LINES"

DAY 62

The Frontside Kickturn (Rolling)

Transitioning from stationary kickturns to doing them on a slight bank or while rolling.

FRONTSIDE (FS) COMES DOWN TO ONE CORE RULE: THE FRONT OF YOUR BODY FACES THE OBSTACLE OR DIRECTION OF TRAVEL.

> *"Jason Lee."*

MANEUVERS

- [ ] CRAB WALKS ON CRETE
- [ ] WORK ON TURNS
- [ ] PUSHING ON CRETE

DAY 64

The Backside Kickturn (Rolling)

Building shoulder-lead awareness in the opposite direction.

BACKSIDE (BS) IS THE DIRECT OPPOSITE OF FRONTSIDE: THE BACK OF YOUR BODY IS TURNED TOWARD THE OBSTACLE OR LEADS THE DIRECTION OF ROTATION.

DAY 65

> *"Pavement hurts, pride hurts more."*

MANEUVERS

- [ ] CRAB WALKS ON CRETE
- [ ] WORK ON TURNS
- [ ] PUSHING ON CRETE

OUCH

DAY 66

Curb Slappy / Nudge Setup

Learning how to approach small transitions/curbs without popping (lifting the front wheels over the lip).

TRY CRABWALKING UP A CURB

> *"📍 EMB stands for Embarcadero Plaza (formerly known as Justin Herman Plaza) in San Francisco, California"*

MANEUVERS

☐ CRAB WALKS ON CRETE ☐ WORK ON TURNS ☐ PUSHING ON CRETE

LEGENDARY SPOT

Dropping In Prep (The Tail Stance)

Practicing the "slam down" motion on flat ground or a low carpet angle before touching a quarterpipe coping.

DAY 69

> *"♫ Mobb Deep - 'Shook Ones, Pt. II'"*

MANEUVERS

- [ ] CRAB WALKS ON CRETE
- [ ] WORK ON TURNS
- [ ] PUSHING ON CRETE

Finding Your Flow (Switch Stance Setup)

Try standing "Switch" (the opposite of your natural stance) on the carpet. It will feel completely backward, like writing with your non-dominant hand. Spend 5 minutes just balancing.

> *"Stay alert."*

MANEUVERS

- [ ] TAIL SNAPS
- [ ] FOOT SLIDES
- [ ] OLLIE ATTEMPTS
- [ ] PUSHING

WATCH OUT FOR PEBBLES, DEBRIS OR EVEN PEOPLE, ALWAYS BE READY TO JUMP OFF.

The Sweet Spot Pocket

Feel the curve where the flat deck starts bending up into the tail—that's the "pocket." Practice sliding your back foot into that sweet spot without looking down.

> *"Alphonzo Rawls designing the future, on and off the board."*

MANEUVERS

- [ ] TAIL SNAPS
- [ ] FOOT SLIDES
- [ ] OLLIE ATTEMPTS
- [ ] PUSHING

Refining Your Push Power

Now that you've been rolling for weeks, focus on long, smooth strides. Instead of taking quick, choppy steps, sink low into your front leg, reach far back with your pushing foot, and carve out maximum speed with minimum effort.

> *"The best spots are always illegal."*

MANEUVERS

- [ ] TAIL SNAPS
- [ ] FOOT SLIDES
- [ ] OLLIE ATTEMPTS
- [ ] PUSHING

BE RESPECTFUL AND FOLLOW THE LAW

Pivoting Your Footing

Now that pushing feels like second nature, practice the subtle ankle twist. Keep your front heel light so your foot glides between 45 degrees (for pushing) and 90 degrees (for riding) without lifting off the grip tape.

DAY 77

> *"📍 The Courts (PSU) Portland, Oregon."*

MANEUVERS

☐ TAIL SNAPS ☐ FOOT SLIDES ☐ OLLIE ATTEMPTS ☐ PUSHING

ONE OF MY FAVORITE PLACES TO EVER EXIST, RIP.

Toe-To-Heel Carving

Instead of just leaning, use your knees and core to weave continuously down a flat path. Compress your knees into a toe-side carve, then extend and sink into your heels to snap a sharp back-side turn.

BE CAREFUL, CARVING FAST AND SLIPPING OUT CAN BE THE WORST

DAY 79

> *"Concrete doesn't lie."*

MANEUVERS

- [ ] TAIL SNAPS
- [ ] FOOT SLIDES
- [ ] OLLIE ATTEMPTS
- [ ] PUSHING

Backside & Fakie Kickturns

Take your kickturns to the next level! Try pivoting while rolling backward (fakie), or turning backside by leading with your back shoulder instead of looking forward.

WHAT IS YOUR FAVORITE KIND OF ART?

> *"Harold Hunter is the heart and soul of New York street skating."*

MANEUVERS

- [ ] 180 TURNS
- [ ] FAKIE TURNS
- [ ] SWITCH PUSH
- [ ] POP SHUV-IT

Learning to Fall

Never catch yourself with completely rigid arms. When you lose your balance, bend your knees, get low to the ground, and roll over your shoulder to safely distribute the impact.

IMPORTANT REMINDER

> *"Speed is your friend."*

MANEUVERS

- [ ] TEACH A TRICK
- [ ] FAKIE TURNS
- [ ] DANCE MOVES
- [ ] POP SHUV-IT

BUT ALSO YOUR ENEMY, RESPECT YOUR SKILLS

Rhythm Control

Tic-tac slowly, then speed up the rhythm. Focus on matching the "clack-clack" sound to a steady beat in your head.

MANEUVERS

- [ ] 180 TURNS
- [ ] FAKIE TURNS
- [ ] SWITCH PUSH
- [ ] POP SHUV-IT

USE YOUR HIPS, AND YOUR CORE

> *"📍 Burnside Portland, Oregon."*

The Instant Release

When you snap the tail down, practice lifting your back foot immediately after the pop. If your foot stays heavy on the tail, it muffles the board's bounce.

MANEUVERS

- [ ] 180 TURNS
- [ ] FAKIE TURNS
- [ ] SWITCH PUSH
- [ ] TRY A KICKFLIP

SNAP UP

> *"♫ Less Than Jake - 'All My Best Friends Are Metalheads'"*

Looking Over Your Shoulder

When rolling fakie, always turn your head to look over your leading shoulder so you can see where you are going. Practice this balance shift on flat ground.

MANEUVERS

☐ 180 TURNS ☐ FAKIE TURNS ☐ SWITCH PUSH ☐ POP SHUV-IT

USE YOUR SHOULDERS

> *"Do it yourself."*

The Kicktail Manual

Balance on just your two back wheels while moving. Lean back slightly, using your arms for balance, and keep the nose an inch off the ground without letting the tail scrape.

MANEUVERS

☐ OLLIES ☐ PUSHING ☐ POP SHUV-IT ☐ TRY A KICKFLIP ☐ 180'S

MANUALS ARE SO MUCH FUN!

> *"Keep your head up."*

DAY 92

The Nose Manual

The exact opposite of a manual. Shift your weight over the front bolts and lift your back wheels up slightly while maintaining a steady roll. Keep your core tight.

MANEUVERS

☐ OLLIES ☐ PUSHING ☐ POP SHUV-IT ☐ TRY A KICKFLIP ☐ 180'S

ONE OF THE BEST FEELING TRICKS

> *"📍 Hubba's Hideout - San Francisco."*

Pebble Sweeping

Before skating a spot, always do a quick scan for pebbles and sweep them away. A clean spot is a safe spot!

MANEUVERS

☐ OLLIES ☐ PUSHING ☐ POP SHUV-IT ☐ TRY A KICKFLIP ☐ 180'S

A PEBBLE CAN RUIN YOUR WHOLE DAY

> *"Mark Gonzales—the founding father of modern street skating."*

DAY 96

The Tail Stall

Find a tiny curb. Roll up to it, push down on your tail to lift the front wheels onto the curb, and shift your weight to hold a clean, solid balance on the tail edge.

MANEUVERS

☐ OLLIES ☐ PUSHING ☐ POP SHUV-IT ☐ TRY A KICKFLIP ☐ 180'S

USE YOUR TAIL AND FEET TO KEEP YOUR BALANCE AND SECURE YOUR BOARD

> *"Always look ahead."*

The Nose Stall

Roll up slowly toward a low curb or step. Place your front foot on the nose and stall the front of your board on the curb edge, keeping your back wheels dangling freely.

DAY 99

> *"I got 99 problems but style is not one."*

MANEUVERS

- [ ] OLLIES
- [ ] PUSHING
- [ ] POP SHUV-IT
- [ ] TRY A KICKFLIP
- [ ] 180'S

SEE WHAT I DID THERE?

NORI'S PLAYLIST

WHAT ARE 5-10 OF YOUR FAVORITE SONGS

Slappy Nose Stall

Roll straight up to a low curb without popping, press the nose onto the curb edge, and pause

> *"Bail safely."*

Frontside Boardslide Setup

Find a low flat bar or parking block. Practice jumping onto the rail on carpet with your board centered under your arches.

> *"📍 Pier 7- San Francisco."*

The No-Comply Step

Slide your front foot completely off the side of the deck onto the ground while using your back foot to snap the tail down, causing the board to pop upward into your hand or leg.

> *"♫ Cky - '96 Quite Bitter Beings'"*

50-50 Grind Positioning

Stand on a curb with both trucks resting on the edge. Practice shifting weight over the heel-side wheels to balance.

> *"Stay True to you."*

The Slappy Curb Ride

Approach a rounded curb at an angle (15°–30°). Ride the front wheel up onto the curb without lifting the board—let momentum carry the axle.

> *"Kareem Campbell is an iconic professional skateboarder, entrepreneur, and culture builder who redefined street skating in the 1990s. Known as the "godfather of smooth street style", his effortless pop, technical precision, and cultural impact bridged street culture, hip-hop, and mainstream skateboarding"*

Backside Boardslide Prep

Practice pivoting 90° onto a low curb so the rail/ledge is behind your back.

> *"Commit to it."*

Waxing the Spot

Rub candle wax lightly along the lip—don't over-wax!

> *"📍 MACBA (Museu d'Art Contemporani de Barcelona) is a dualidentity landmark located in the El Raval neighborhood of Barcelona, Spain. Architecturally, it's a premier modern art museum; culturally, it's arguably the most famous street skateboarding spot on the planet."*

50-50 Axle Stall

Ollie onto a low sidewalk curb and land both trucks on the edge simultaneously.

> *"♫ Public Enemy - 'Shut 'Em Down'"*

Roll-off Ledge

Ride off a curb or low step at full speed without ollieing; keep your front foot light and knees bent.

> *"If it's filmed on a VX1000 with a MK1 fisheye, it's art."*

5-0 Axle Stall

Ollie onto a low sidewalk curb and land on the back trucks. Use your bolts and core to balance.

THERE ARE MANY GRIND VARIATIONS. WHICH IS YOUR FAVORITE?

> *"Daewon Song."*

Skatepark Etiquette

Navigating a skatepark smoothly comes down to one core idea: awareness. Whether you're at a crowded local bowl or a busy plaza, keeping a few unwritten rules in mind keeps the session flowing, safe, and fun for everyone.

> *"Build it yourself."*

DAY 122

Don't Be a Snake

Wait your turn. If someone has been setting up for a trick or standing at the drop-in before you, give them their run first.

WATCH YOUR BOARD, IT WILL SLIP OUT.

> *"📍 Brooklyn Banks (NYC) — Iconic brick waves under the Manhattan Bridge.."*

Be yourself

Skateparks can be rough places, and attract certain crowds and environments, including drinking and smoking. Just remember that is not skateboarding, be yourself and don't fold to peer pressure.

> *"♫ A Tribe Called Quest - 'Award Tour'"*

Pumping the Bank

Ride up a smooth bank or wedge ramp. As you lose momentum, bend your knees and push down through the board on the way back down.

> *"Never back down."*

Fakie Kickturn on Transition

Roll up a small ramp, pause at the apex, look over your shoulder, and pivot 180° back down.

> *"♫ Ben Harper is a three-time Grammy Award-winning American singer-songwriter, multi-instrumentalist, and producer. Famous for his soulful voice, lap steel guitar mastery, and genre-bending sound, he seamlessly blends blues, reggae, folk, rock, and gospel."*

Tail Tap on Coping

Roll up a mini-ramp, tap the tail on the metal pipe (coping) at the top, and pump back down fakie.

> *"The sound of wheels on brick."*

Dropping In (Flatland Drill)

Stand with your tail on a curb edge, front wheels hanging in the air. Practice slamming the front wheels down hard with 100% commitment.

> *"📍 Southbank Undercroft (London, UK)."*

First Drop-In (Quarterpipe)

This is a big deal! Always helmet and pads on. Place tail on the coping, lean forward until your front wheels stomp the ramp, and keep knees bent.

> *"♫ Gang Starr - 'Mass Appeal'"*

Rock to Fakie Prep

Practice hooking your front truck over a curb, lifting it back over, and rolling backward.

> *"Respect the process."*

Fakie vs. Switch Mind Tricks

Learn the difference: Riding backward in your normal stance is "Fakie." Riding forward with your wrong foot first is "Switch." Try swapping between them on the grass.

> *"Chad Muska is one of the most influential, charismatic, and larger-than-life figures in the history of street skateboarding. Known simply as "The Muska," he redefined what it meant to be a professional skateboarder in the late 1990s and 2000s by bridging skate culture with hip-hop, high fashion, and raw energy."*

Foot Scraping (Shifting On the Fly)

While rolling, practice gently sliding your front foot back and forth between pushing position (pointing forward) and riding position (sideways). It should feel like a smooth dance step.

> *"♫ Pavement - 'Cut Your Hair'"*

The Power Push

Instead of taking lots of tiny, quick steps, practice taking one massive, long, smooth push. Keep your front knee bent deep to absorb the momentum.

> *" 📍 Downtown Denver Ledges."*

Low Gravity Stance

Squat down slightly lower than usual while rolling. Lowering your center of gravity makes you incredibly stable over cracks and bumpy ground.

> *"♫ Fu Manchu - 'Evil Eye'"*

Deep S-Turns

Find a wide, safe space. Try to carve wide, continuous "S" shapes. Feel how your wheels grip the concrete when you lean into a turn.

> *"Style matters."*

Backside Kickturns (The Blind Turn)

Kickturning backside means turning so your back faces the direction of the turn. It's scarier because you can't see behind you—lead with your head and look over your shoulder first!

> *"Vanessa Torres"*

Low to the Ground

When a trick goes wrong, your instinct is to stand up. Instead, practice bending your knees immediately to get low. A shorter fall hurts a lot less!

> *"Pop high."*

Wide Tic-Tacs

Make your turns wider. Swing the nose of your board further left and right (up to 45 degrees) to practice generating maximum drive per swing.

> *"♫ The Pharcyde - 'Passing Me By'"*

Pop Shuvit Catch Drill

Practice catching a Pop Shuvit mid-air with only your front foot on grass before landing both feet on concrete.

> *"♫ Del the Funky Homosapien - 'If You Must'"*

Manual to Ollie Out

Lift into a 3-foot manual, then snap a quick micro-ollie off the end.

> *"Take the hit."*

Marc Johnson is a legend

Rest in Peach

> *"Karl Watson's smile is the true spirit of EMB."*

Half-Cab (Fakie BS 180)

Roll backward in fakie stance, snap the tail, and rotate 180° to face forward again.

> *"The session doesn't start until someone slams."*

Wheelbite Check

Stand on your board and lean hard to both sides. If your wheels rub against the wood deck, your trucks are too loose! Tighten them slightly to prevent sudden stops.

> *"♫ Joy Division - 'Love Will Tear Us Apart'"*

Ollie Over Obstacles

Place a flat broomstick or 2x4 piece of wood down. Time your pop to clear the object cleanly.

LOOK UP THE TRICK CALLED "DAFFY"

> *"Ride away clean."*

The 3-Trick Line Challenge

Connect three moves in one continuous roll: Push ➔ Ollie over crack ➔ Kickturn 180.

> *"Bondo the crack, skate the pack."*

Pressure Flips & Freestyle

Try a vintage "Casper Stand" on carpet: flip the board upside down onto your feet and jump back onto the grip tape.

> *"♫ Dinosaur Jr. - 'Feel the Pain'"*

Hardware & Bearing Maintenance

How to clean dirty bearings using speed cream or citrus solvent so wheels spin fast again.

> *"Don't snake."*

Grip Tape Art

Use paint pens or cut-out shapes to personalize the grip tape pattern on your deck.

> *"Keenan Forever—real style never dies."*

Filming Etiquette (The VX Camera Angle)

Practice filming a friend or having them film you low to the ground with a wide-angle lens.

> *"Keep progressing."*

DIY Spot Repair

Learn how skaters use Bondo or concrete patch to fix chipped ledges and cracks.

> *"♫ Black Flag - 'Six Pack'"*

Photo Challenge

Capture a frame-by-frame sequence of a trick mid-air or take a photo of your favorite local skate spot.

> *"Skaters know every architectural flaw in the city."*

Wheel Rotation

Learn how to criss-cross rotate skate wheels so they wear down evenly.

> *"Fabiana Delfino is a prominent professional skateboarder from Boca Raton, Florida"*

DAY 182

The Flick vs. The Slide

Understanding the foot movement difference between an Ollie (sliding up) and a Kickflip/Heelflip (flicked off the pocket)

> *"📍 The Wallenberg Four (San Francisco)."*

Heelflip Setup

Front foot overhangs the front edge slightly; back foot stays centered in the tail pocket.

> *"Fulfill the Dream skate video."*

DAY 186

Heelflip Flick Drill

Practice snapping the tail and kicking your front heel outward off the front corner of the nose.

> *"Lil Wayne."*

DAY 188

Kickflip Catch Drill

Practice flicking the kickflip and landing with just your back foot on the board while your front foot touches the ground for safety.

> *"Watch Mouse a film by GIRL Skateboard."*

DAY 190

Commitment Jump

Practice jumping high and keeping both knees pulled into your chest while the board flips underneath.

> *"♫ Circle Jerks - 'Wild in the Streets'"*

DAY 192

Switch Stance Push

Try pushing 50 feet using your opposite foot forward. It builds core balance and coordination.

DAY 193

> *"Respect the local spot, leave it cleaner than you found it."*

DAY 194

Varial Kickflip Concept

Combining a Pop Shuvit (180° board spin) with a Kickflip motion.

> *"Skateboarding should be fun."*

Music & Video Focus

Watch "Video Days" (Blind Skateboards, 1991) — Directed by Spike Jonze.

> *"Pharrell Williams."*

DAY 198

The 50-Foot Manual Challenge

Find a smooth stretch of sidewalk and see how many sidewalk squares you can clear on two wheels.

> *"Skateboarding might actually be a crime."*

200 days in!

What would you like to learn/do in the next 100 days?

Design Your Dream Pro Model Deck

> *"♫ The Explosion - 'No Revolution'"*

DAY 202

The Kickflip: Staying Above

Do not lean back or jump forward. Keep your shoulders completely square over the board and jump straight up, allowing the deck to flip perfectly beneath your core.

DAY 203

> *"Give respect, get respect."*

DAY 204

The Kickflip: The Catch

Watch the grip tape come back around. Stomp your back foot down first to catch the board mid-air, then bring your front foot down to secure the landing over the bolts.

> *"Check your kingpin."*

The Pivot Test

Stand in your normal stance, pivot 180 degrees to switch, and pivot back. Focus on keeping your weight centered so you don't tip forward.

> *"♫ Lupe Fiasco - 'Kick, Push'"*

Golden Rule of Bolts

Never cover your front bolts completely with your front foot when setting up for a standard push. Keeping them slightly visible gives you a perfect reference point for balance.

> *"♫ Millencolin - 'No Cigar'"*

Braking with Your Sole

To slow down safely, hover your back foot just above the pavement and gently drag the flat sole of your shoe to create friction. Don't stomp!

> *"Find your flow."*

Decompressing the Board

Practice "unweighting" your board. As you roll over a small dip, rise up quickly without jumping off. Making your body "light" keeps the board rolling smoothly.

> *"Envision the landing."*

Shoulder-Led Carving

Your board follows your upper body. Point your lead shoulder exactly where you want to go before you lean into your edge.

> *"♫ Dead Kennedys - 'Police Truck'"*

Tic-Tac Acceleration

Try to gain speed on flat ground using only quick kickturns left and right. See if you can travel 20 feet without pushing once.

> *"Look for Animal Chin."*

DAY 218

What has been your worst fall?

> *"Michael Cera."*

DAY 220

Uphill Tic-Tac Challenge

Find a very gentle, slight incline. Try to tic-tac up the hill without pushing. It is a massive workout for your legs and core!

> *"Slam hard, get up faster."*

Finger Pop Test

Put your board on grass. Using just your back foot in the pocket, pop the tail down and try to catch the nose of the board with your hand.

> *"Give compliments."*

DAY 224

The Pendulum Drill

Push forward, let yourself roll up a very small incline, and as you start rolling backward, get comfortable transitioning smoothly into fakie.

> *"Each one, teach one."*

DAY 226

The Line-to-Line Manual

Find a crack or line on the pavement. Lift into a manual exactly at the line, and see if you can hold it for just 2 feet before dropping back down.

> *"♫ Souls of Mischief - '93 'til Infinity'"*

Switch Manual Balance

Try to hold a switch manual stationary on grass or concrete. Keep your arms out wide like a tightrope walker to make quick balance corrections.

DAY 229

> *"Find your balance."*

Crack Hopping

Practice lifting just your front wheels over a crack as you roll, letting your back wheels roll over it naturally.

> *"Go fast."*

DAY 232

Curb Slaps

Roll up to a curb and quick-snap your tail against it without fully stalling. It's a fun, classic street skating sound and trick.

> *"Skate everyday."*

Slappy Prep

Learn to ride parallel to a low curb and lightly nudge your front wheel against it to feel the transition of the curb's edge.

> *"Owen Wilson doesn't skateboard."*

The Boneless Setup

Plant your front foot firmly on the ground while grabbing the middle edge of your board with your hand, lifting the board and stepping back onto it seamlessly.

DAY 237

> *"Leave the spot cleaner than you found it."*

Acid Drop / Caveman to Bank

Executing a caveman off a low curb or into a gentle bank/inclined transition

DAY 239

> *"Learn to fall."*

DAY 240

No-Comply 180

Stepping off and popping the board around 180 degrees into your front hand/feet.

> *"Look where you want to go, not where you are afraid of falling."*

Pop Shuvit: Stance

Place your front footflat in the middle of the board and your back foot on the toe-side pocket of the tail. Prepare to scoop the tail backward behind you.

> *"Never settle."*

DAY 244

Pop Shuvit: The Scoop

Snap your tail down and immediately scoop it backward like a bull kicking up dirt. Your front foot simply hovers above the deck to keep it level in the air.

> *"Protect your head."*

DAY 246

Pop Shuvit: The Catch

As the board completes its 180-degree flat rotation beneath you, stop the spin by stomping your front foot down over the bolts, followed closely by your back foot.

> *"No Kooks."*

The Backside 180 Stance & Setup

Set your back foot in the deep pocket of the tail with your toes hanging slightly off the edge. Angle your front foot across the board near the front bolts. Pre-wind your shoulders opposite to the direction of your turn so you have rotational momentum ready before you pop.

> *"Support Local."*

DAY 250

The Backside 180 Blind Pop

Pop the tail firmly while unwinding your shoulders backward. Because your back turns away from your direction of travel, lead the motion with your head and eyes by looking over your shoulder to locate your landing spot.

> *"📍 The Tokyo Plaza Ledges (Odaiba)."*

The Frontside 180 Rollout

Land with your weight centered over the new front bolts (which were your back bolts) and absorb the impact with bent knees while rolling away clean in fakie stance.

> *"Stay focused."*

DAY 254

The Ollie Stance

Place your back foot right on the tip of the tail and your front foot directly in the middle of the deck, slightly behind the front truck bolts.

> *"Respect the Elders."*

DAY 256

Nollie Setup & Tail Snap

Place your lead foot squarely on the nose pocket and your back foot over the back bolts. Practice snapping the nose down while jumping upward to build the foundational popping motion for Nollie maneuvers.

> *"It takes 10,000 hours."*

The Nollie Front-Foot Drag

As the nose bounces off the concrete, slide your trailing foot backward toward the tail along the grip tape. This counter-sliding motion lifts the back wheels and levels the deck mid-air.

> *"Find a great soundtrack."*

DAY 260

The Nollie: Leveling It Out

As you pop the nose down and slide your back foot along the grip tape toward the tail, pull your front knee up toward your chest while pushing forward on the nose. This counter-pressure levels out the board at the peak of your jump, bringing the tail up to meet your feet for a clean, balanced airtime.

> *"Stay hungry."*

DAY 262

High-Speed Ollie Precision

Increase your speed to a fast jog before popping your ollie. Focus on keeping your shoulders parallel to the board so you do not accidentally rotate or drift off course upon landing.

> *"Yeeeee."*

DAY 264

The Up-and-Over Ledge Ollie

Practice ollieing onto a low sidewalk curb from a side-parallel approach rather than straight-on. Focus on clearing both trucks over the edge cleanly before rolling away on top of the curb.

> *"Don't hesitate."*

The Kickflip: The Footwear Setup

Angle your front foot at roughly 45 degrees, just behind the front bolts, with your heel hanging off. Your back foot is square in the center of the tail pocket.

> *"Rock & Roll."*

The Kickflip: The Flick

Pop your tail just like a nollie, but instead of sliding your front foot straight up, slide it up and flick it diagonally off the toe-side pocket of the nose.

> *"Master the basics."*

The Heelflip Airtime & Body Positioning

Keep your weight centered over the center seam of the board as you jump. Avoid leaning over your toes during the flick; remaining upright ensures the board rotates directly beneath your feet.

> *"Push through the fear."*

DAY 272

The Heelflip Back-Foot Catch

Keep your eyes locked on the graphic side as it spins around. Catch the board mid-air with your back foot first to stop the rotation, then drop your front foot onto the front bolts for a clean rollout.

DAY 273

> *"Find your rhythm."*

DAY 274

Try Pushing Switch

Practice pushing with other foot, keeping that front foot glued to the front bolts when you push, distribute your weight, tighten your core!

> *"It's all mental."*

Tail Pocket Anchoring

Keep your back foot slightly on the ball of your foot right in the center of the tail pocket. This gives you maximum leverage for snapping a quick pop.

> *"John Cardiel—pure, raw power and 100% commitment to charging at any terrain."*

Roll-In Foot Transition

Practice pushing twice, stepping both feet onto the board, and immediately doing a tiny kickturn. The faster you can transition from pushing to carving, the better.

> *"Apply it to every environment."*

Try a Kickflip

If you land one, I will give you $20. You have to send proof.

> *"Community is everything."*

Power Slides

It's like carving at a slightly faster pace. You will need to lean further back into your turns to counter the centrifugal force pushing you outward.

> *"Skate with passion."*

Kickturns on a Bank

If you have access to a gentle slope, roll up it slightly, wait until you almost stall, and kickturn 180 degrees to roll back down forward.

> *"Move your feet."*

DAY 286

Pad up and hit the biggest ramp you know!

You have all the skill; lets see how high you can go!

> *"Wheelbite for my enemies."*

Switch Tic-Tacs

Try doing tiny tic-tacs switch. It will feel completely uncoordinated at first, but it is incredible for balancing out your leg strength.

> *"get back up."*

DAY 290

Ankle Snap Muscle Memory

Stand off your board. Practice jumping off your pushing foot using only your ankle joint to push off the ground. This sharp ankle snap is where real pop height comes from.

> *"Protect the younger skaters."*

DAY 292

Fakie Carving

Roll backward slowly and try to gently carve toe-side and heel-side. It requires a completely different balance dynamic than riding forward!

DAY 293

> *"Stay consistent."*

DAY 294

Nose Manuals

Try manualing on your nose. It actually gets easier to balance with a bit of speed, just like riding a bicycle!

> *"Lean forward."*

DAY 296

Nose Manual Rollouts

Roll slow, lift a tiny nose manual for a split second, and gently press your back wheels back down. Start with micro-distances to build confidence.

> *"Go big."*

Speed and Obstacles

A little bit of speed actually helps you roll over cracks rather than getting stuck in them. Trust your momentum and keep your knees loose.

> *"Flat spots happen."*

Backside Nose Pivot

Roll up to a low curb, stall your nose, and pivot your back wheels 180 degrees around to land back on the ground.

> *"Appreciate the crust."*

The Tail Block Stall

Approach a low curb in reverse or fakie stance. Pop lightly onto the curb, placing the full flat surface of the tail onto the edge while keeping the front wheels elevated in a balanced freeze position.

> *"📍 Arvada Skatepark, Denver."*

Boneless 180

Grabbing the board, stepping off with the front foot, and rotating 180 degrees before landing.

> *"2 to make it true."*

The Caveman

Hold your board by the nose with your leading hand, jump up into the air slightly, and drop the board cleanly under your feet, landing smoothly over both trucks simultaneously.

> *"📍 The Milan Centrale Station Ledges."*

Fastplant / Step-Off Plant

Stepping your back or front foot off onto a low curb/ledge while popping/holding the deck.

> *"Watch for cracks."*

Fakie Pop Shuvit

Leverage your backward momentum. The tail scoops much easier moving fakie—keep your weight centered over the board and let it spin right under your feet.

> *"Bolts."*

Frontside Pop Shuvit

Pop the tail down while scooping it forward in front of your toes. Keep your chest facing forward so you don't accidentally turn your body.

> *"Respect the spots."*

DAY 314

Flatground Reverts

Roll forward, unweight your back wheels, and snap a 180-degree revert using your hips and core to switch stances instantly.

> *"Try it switch."*

Backside 180 (The Wind-Up)

Wind your shoulders opposite to your back side. You won't be able to see your landing until you complete the rotation, so trust your lead shoulder.

> *"Keep it real."*

DAY 318

Backside 180 (The Blind Landing)

Pop hard, unwind your core, and let your eyes follow the tail as it swings around. Land on the front truck and roll out fakie.

> *"Back up your homies."*

Half-Cab Prep

Roll fakie at a comfortable speed. Turn your head to look over your shoulder before popping a backside 180 back to your main stance.

> *"♫ Wu-Tang Clan - 'C.R.E.A.M.'"*

DAY 322

Nollie Pop Shuvit

Scoop the nose forward with your front foot while keeping your chest centered to spin the board 180° in Nollie stance.

> *"Your board is an actual canvas; admire the art."*

DAY 324

Firecracker Drill

Find a small set of 2–3 gentle concrete steps. Lift your nose slightly and let your back truck snap down each step in rapid rhythm.

> *"Adapt to your surroundings."*

Ollie North (The Extension)

Pop a high ollie and let your front foot slide all the way off the nose into the air before snapping it back down over the bolts.

> *"Have Fun!"*

Wallies & Slaps

Approach a low wall at a slight angle. Unweight the board and roll your front wheels right up the vertical face using your momentum

> *"Warm up."*

Gap Clears

Set up a cardboard box or flat deck on its side. Focus on distance rather than height-speed is your best friend when clearing length.

> *"Bend your knees."*

DAY 332

Ollie South Prep

Pop high and drag your back foot slightly off the tail mid-air before bringing both feet back over the hardware.

> *"Pain is temporary."*

DAY 334

Heelflip Height & Pop

Focus on popping the tail straight back while lifting your hips to get maximum elevation on your heelflips

> *"Follow through."*

DAY 336

Heelflip Catch & Lock

Watch the deck complete its rotation beneath you and catch it mid-air with your back foot over the bolts

> *"Angel Ramirez."*

DAY 338

Varial Heelflip Mechanics

Combine a Frontside Pop Shuvit (180° frontside board rotation) with a Heelflip flick. Keep your shoulders centered

> *"♫ Jeru the Damaja - 'Come Clean'"*

Kickflip to Fakie

Try your kickflip rolling up a bank or quarterpipe. Catch the board at the peak of your ascent and roll away backward.

> *"Catch it high."*

DAY 342

The One-Foot Balance Drill

Stand on your board on the grass. Lift your back foot and try to balance purely on your front foot for 10 seconds. This builds the exact ankle strength you need for perfect, high-speed pushing.

> *"Jamie Thomas in Misled Youth (1999)—setting the blueprint for heavy leap-of-faith rail skating."*

Blind Target Practice

Stand next to your board. Close your eyes, jump onto the deck on the grass, and see if your feet naturally land over the bolts. Muscle memory is everything! Watch your ankles.

> *"♫ Pennywise - 'Bro Hymn'"*

Push and manual Challenge

Give yourself exactly three strong pushes, then see how long you can manual.

> *"One more try."*

Try a 360 Flip

If you land one, I will give you $100. You have to send proof.

> *"Consistency is key."*

Tell me your worst shinner?

They hurt so bad.

> *"No half steps."*

180 Ollie on a quarter pipe

I'll give you $10

> *"📍 Denver Civic Center Park (D-Park)."*

10,000 Hours

Don't get caught up in the literal number. 10,000 hours is an average milestone, not a magical guarantee. The real secret to mastery is a relentless, lifelong commitment to high-quality, focused effort.

> *"Adjust your trucks."*

Do something for the community

It doesn't matter how big or small, go out and do something for the skateboard community. Teach someone younger and less skilled, bring water to the park, pick up a spot. You can do whatever YOU want.

"Down for life"

Invest in your friends

Big them up when they land something sick, but also in life give them the same celebration when they land a promotion, graduate a class, find love or make a positive change.

> *"Ray Barbee's no-comply style is pure rhythm and soul."*

Inward Heelflip

An advanced skateboarding trick that combines a backside pop shove-it with a heelflip, where the board spins and flips between your legs. It is essentially the inverse of a hardflip, named because the board rotates "Inward" toward the skater's body

> *"David Reyes- Colorado Legend."*

Hardflips:

The hardflip is considered one of the most notoriously tricky tricks in street skating because the board flips against its natural rotation.

> *"📍 Team Pain Roxborough Skatepark, Colorado."*

The Nori

You've come so far G! Can't stop now. Keeping pushing, keep getting back up, do it your way, in your style. Proud of you.

DAY 365

> *"Fall, fall often. Then get back up."*

FIRST EDITION

Worst Slams Log