

The logo for SK8ROOTS is a circular emblem. It features a thick brown outer ring. Inside this ring is a green field containing a white silhouette of a skateboarder in a crouched position, performing a trick. The skateboarder's wheels are represented by small white circles. The text 'SK8ROOTS' is overlaid on the left side of the logo.

SK8ROOTS

ADVANCED GUIDE

HOW TO 360 SHUVIT?

This is a current favourite and is basically a combination of the techniques of the shuvit and the 360 flip, only without the flipping aspect. The 360 shuvit originated from freestyle skateboarding in the early 80's and back then your board stayed on the ground throughout its rotation, whereas with the modern version, the board is popped off the ground.

The technique uses a similar scooping technique to the 360 flip, but as you don't want the board to flip over, you need to adjust your foot placement and have your back foot squarely in the middle of the tail, rather than hanging off the edge. This is a really fun trick to do and pretty easy once you've mastered the scooping technique as your back foot does most of the work.





- Roll with a moderate amount of speed with feet roughly in ollie position, but with your back foot fully on the tail and positioned centrally. Don't hang your toes off the tail or your board will flip as you hit the floor.
- Compress and visualise the process.
- Keep in your mind that you are scooping the tail and using the back foot to set your board on it's 360 rotation, whilst keeping your front foot out of the way.
- Get ready to scoop.
- Hit your tail against the floor with your back foot in a scooping motion, use the toes of your back foot to direct the 360 shuvit.



- As your tail scoops, jump upward, and keep your front foot clear so as to give the board space to spin.
- This is the peak moment of your 360 shuvit. You should be above the board as it reaches about 270 degrees of the 360 rotation. Prepare to catch the board at full rotation with your front foot first.
- Catch the board with your front foot to stop its rotation and replace your back foot immediately.
- Keep your weight central over both sets of truck bolts and concentrate on keeping the board level in the air.
- Land with all four wheels down at once. Compress to absorb the impact and stay balanced above the board.
- Roll away.



HOW TO BACKSIDE TAILSLIDE?

If you've got frontside tailslides down – you might start thinking about trying the backside variation. But it's worth bearing in mind that the backside tailslide is in the advanced section of our guide because it is that much harder than the frontside version. Backside tailslides are worth the effort though as they are one of the most stylish and well respected tricks in skate culture.

The secret here is to ollie high enough to get over the sliding edge of your chosen obstacle and then to release yourself to the slide when it starts to happen.

It's a difficult one to explain but you'll understand as soon as you start getting into the backside tailslide. Savour the feeling...

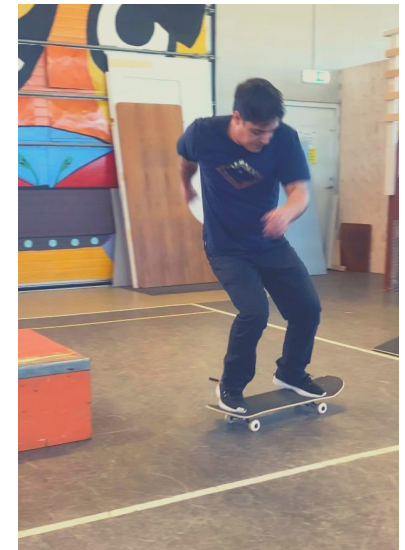
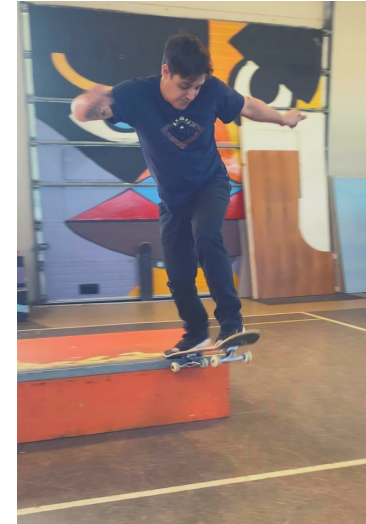




- Approach the obstacle with a good amount of speed. Your approach should be just off parallel. Have your feet in the ollie position and spot the point of entry as you roll up. Crouch and compress ready to ollie.
- Get ready to pop and turn yourself through 90 degrees in a backside direction. Keep your eyes on your point of entry. Visualise this process.
- Start to lift your weight upwards and get ready to pop high enough to get above your chosen obstacle.
- Pop your tail whilst aiming at the obstacle and turning your shoulders in a backside direction.



- Guide your ollie upwards and aim your tail so that it will lock into backside tailslide position.
- Flatten your board out as you hover above the edge.
- As you land into backside tailslide, transfer all your weight to your back foot and lock into position.
- Lean back slightly and let your momentum take you through the slide.
- As you near the end of your tailslide, spot your exit point and begin to straighten up, ready to pop out.
- Make the motion of an ollie from your tailslide and turn your shoulders in the direction of your exit.
- Keep the board level as you descend.
- Land with all four wheels down at once.
- Crouch to absorb impact.



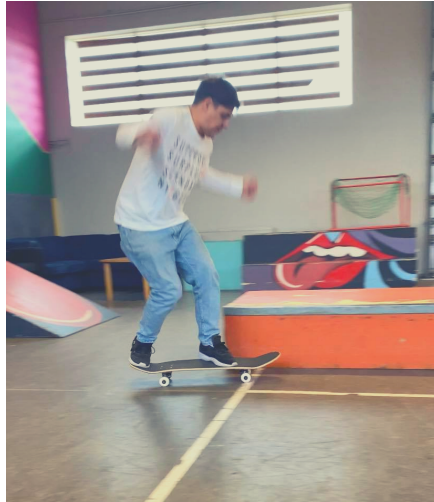
HOW TO CROOKED GRIND

The crooked grind is a very popular trick as you can lock into the grind and sit in it once you've mastered the technique. This is the backside version, but the crooked grind can also be done frontside, fakie or switch and it is one of the most versatile grinding tricks out here; so it's worth spending the time to master it.

The invention of this trick is often credited to Eric Koston although he has publicly stated that his one-time H-Street team mate Dan Peterka, (who later became a pro snowboarder), actually invented the crooked grind.

Either way, it's a fun trick and one well worth rinsing.

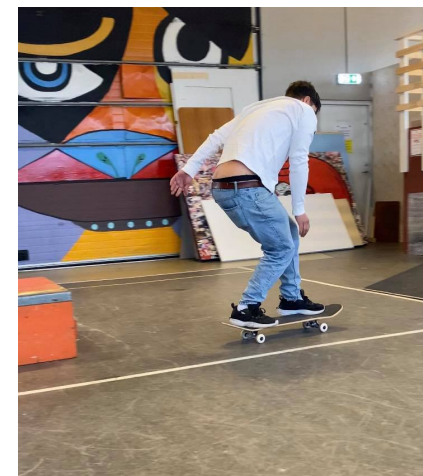
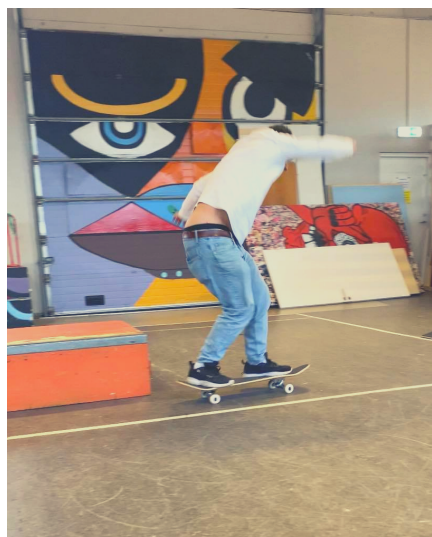




- Approach your obstacle at a parallel angle with a good amount of speed.
- Crouch and compress, ready to pop your ollie. Spot your entry point for the crooked grind as you approach.
- As you get close to the obstacle, get ready to pop and ollie high enough to get over the grinding edge.
- Pop your tail and use your shoulders to guide your front truck towards the grinding edge.
- Control your ollie with your front foot and get ready to transfer all your weight to the nose when you land.
- Land with all your weight on your front foot and lock your truck and wheel against the grinding edge. Lift your back foot up and hold the pose.

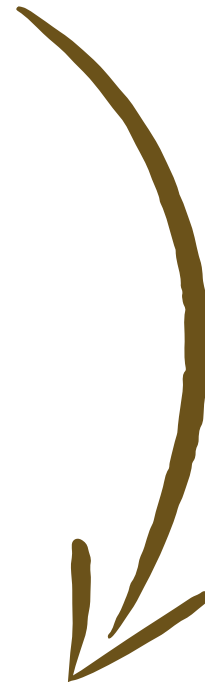


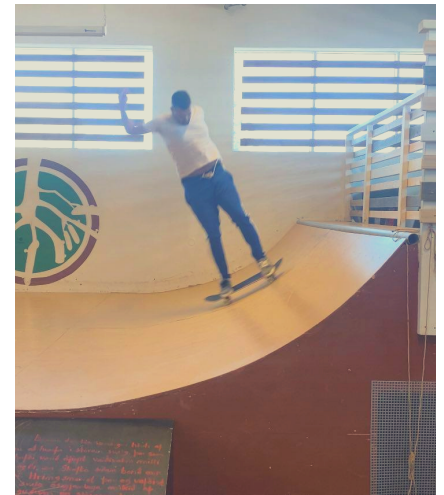
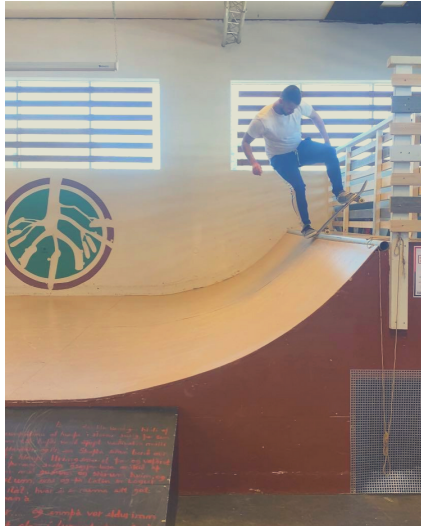
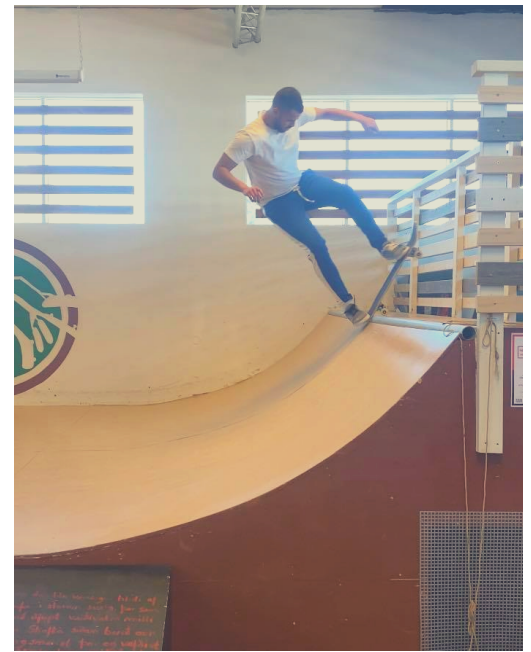
- Hold yourself in position and control the grind with your back foot.
- Keep grinding for as long as you can and spot your landing.
- As you come to the end of your grind, prepare to nollie out and clear the end of the ledge.
- Perform the motion of a nollie out of the crooked grind and control your descent with your feet.
- Try to stay level.
- Land with all four wheels down at once and bend your knees to absorb the impact.
- Roll away at speed.



HOW TO BLUNT TO FAKIE

- Learn to ollie to fakie so that you will be used to coming down the ramp backwards.
- Approach the lip at medium speed so that you can lock your tail in to the blunt position.
- Blunt to Fakie - Advanced Skateboarding Tricks and Tips
- Once you get your back wheels over the coping pop an ollie back into the ramp, make sure your weight is centered.
- Check your clearance on your front truck, if your truck is past the coping try to land with all your wheel on the ramp.
- When you come in, it will feel just like an ollie to fakie.





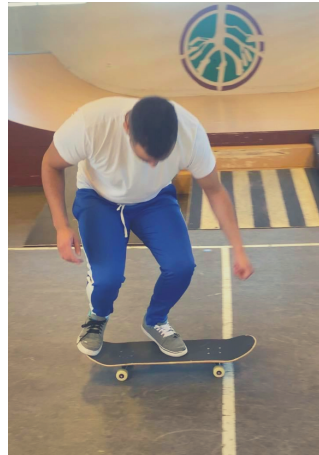
HOW TO HARDFLIP

This is another popular move that combines the techniques of the frontside flip and the frontside shove-it. Most people will learn this one after mastering those two building block tricks first because it will definitely make for a better technique.

The crucial things to remember here are to do a proper hardflip, as in a frontside shove-it kickflip and not a pop shove-it that goes through your legs or an 'illusion flip' as fake hardflips are jokingly referred to.

It can help if you visualise the process as you doing a frontside but without turning your body 180 degrees. Foot placement is important on this one too, but everyone's technique will differ so experiment until you find out what works best for you.





- Roll forwards at a moderate amount of speed.
- Your feet should be set in the same position as for a frontside flip.
- Crouch and prepare for the pop and flick process.
- Visualise yourself popping the tail and flicking your board with your front foot so that it rotates in a frontside direction.
- Pop the tail with a slight emphasis on the toe-side edge and get ready to flick; your front foot does most of the work here.
- Scrape your front foot upwards and flick out towards the nose. You need to force the flip to go behind you, as with a frontside shove-it.
- Jump upwards as the board flips over and rotates in a frontside direction, while concentrating on keeping your back foot well out of the way of the board.

- This is the peak moment of your hardflip. As you see the griptape reappear, prepare to catch the board level in the air.
- Keep your weight over both trucks and keep the board level as you descend.
- Land with all four wheels down at once.
- Bend your knees to absorb the impact.
- Use your arms to balance you and ride away.

