

Skater Girl



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Extreme sports are exploding in popularity and right smack in the middle of all those adrenaline junkies are a bunch of fearless girls flying down the slopes, riding the waves and, now, busting ollies over curbs. The Girl's Guide to Skateboarding reveals the ins and outs of skateboarding to young women who know that sporting a little harmless road rash is one off-the-hook lifestyle statement. From lingo and board facts to fashion advice and flatout "The Top 10 Reasons Why Skateboarding Rocks," this book gives girls the lowdown on all the need-to-know stuff. Then the authors get serious with the riding. Step-by-step photos show new girls all the basics, including getting on the board, proper riding form, simple turns and safe stops. As readers advance, the authors teach tricks like ollies, grinds and flips as well as advanced techniques for riding at a skate park on big ramps, hot wheels loops, full pipes, quarter pipes, boxes, and a rail.

作者介绍:

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