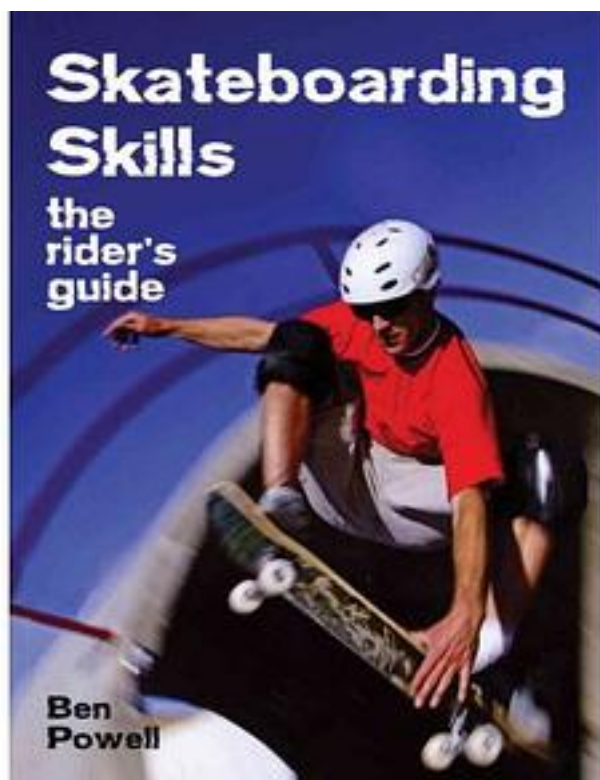


Skateboarding Skills



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"Action sequences show all the techniques and tricks -- from basic to advanced." Skateboarding's popularity continues to soar -- it has now surpassed basketball in popularity among North American youth. Skateboarding Skills is an ideal guide both for first-time riders learning the necessary skills, and for more experienced ones wanting to perfect a maneuver or master a move. Written in an easy-to-follow style and packed with color photographs, Skateboarding Skills features: A review of safety issues-from avoiding an injury to landing safely on a fallA guide to purchasing and

maintaining equipmentClothing guidelines -- skate shoes, helmet, and pads for knees, elbows and wristsTricks, techniques and maneuvers for all levels from powerslides to kickflips37 action photo sequences graded according to level from basic to advancedTips from the pros, plus a glossary of skateboarding jargon and slang. Since the sequences progress in difficulty, skateboarders can move on to the next level when ready or return to an earlier one and practice it, making Skateboarding Skills an ideal handbook for a skyrocketing sport.

作者介绍:

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