

## How to Do a 360 Flip

A 360 flip is a combination of a 360 pop shove-it, where the board rotates 360 degree on a plane parallel to the ground, and a kickflip, where the board rotates like a barrel roll. Before trying a 360 flip, make sure you are comfortable on a skateboard; you should consistently be able land basic tricks: ollies, pop shove-its, and kickflips. You should be able to accomplish these with relative ease every time before attempting a more advanced trick like a 360 flip.

When first attempting a 360 flip, put your back wheels into a crack in the concrete for stability, and practice while you are stationary. Put your front foot in the standard kickflip position, a few inches behind the screws of the front truck, the ball and toes flat on the board with heel out, and at a 45 degree angle with toe pointing forward. The placement of your back foot is imperative because the trick is accomplished mostly with your back foot. Place your back foot on the outside tail of the board; your toes should hang off the edge, while the ball of your foot is on the edge. Bend your knees and center your weight over both feet. Pop the tail with your back foot. Flick your board into a kickflip by dragging your front foot forward and off the inside rail. With your back foot, scoop the tail with your toes while aggressively pushing the tail end of the board behind you, causing the board to rotate 360 degrees directly underneath your body. Catch the board with your front foot and land softly by bending at your knees.

Once you can successfully land this trick from a stationary position, try it rolling. Like all skateboarding tricks, the mastery of this trick takes time and dedication. Don't give up and keep practicing.