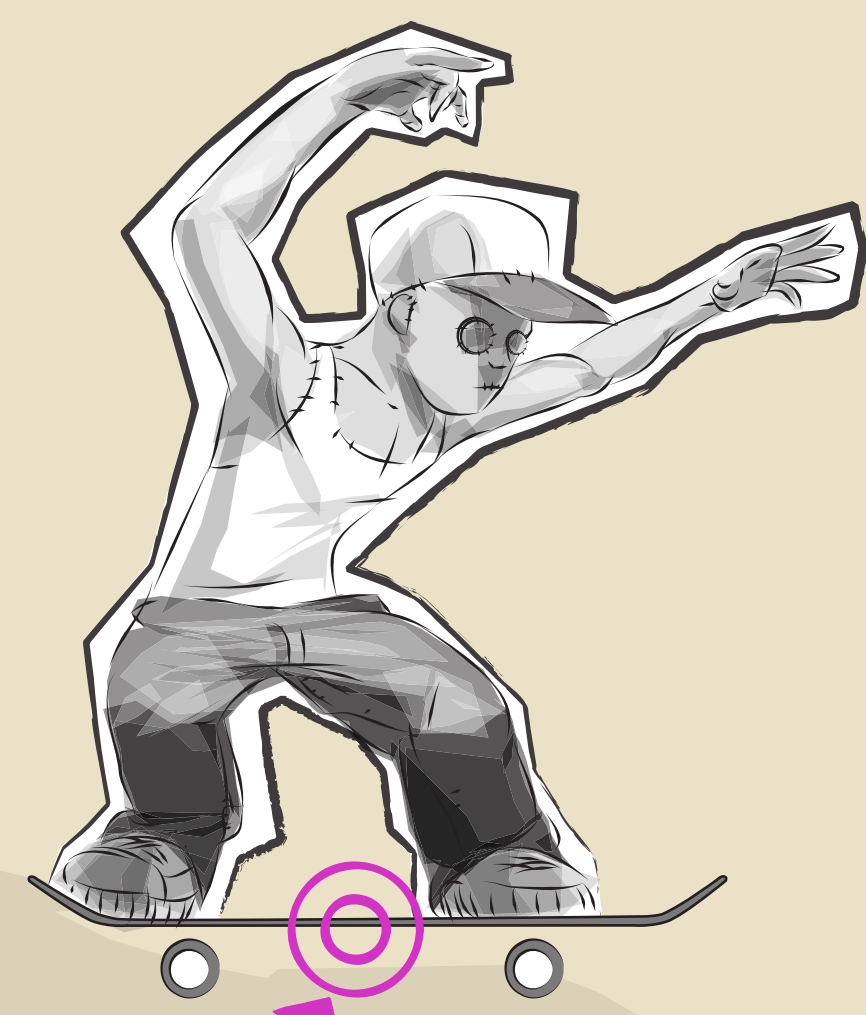
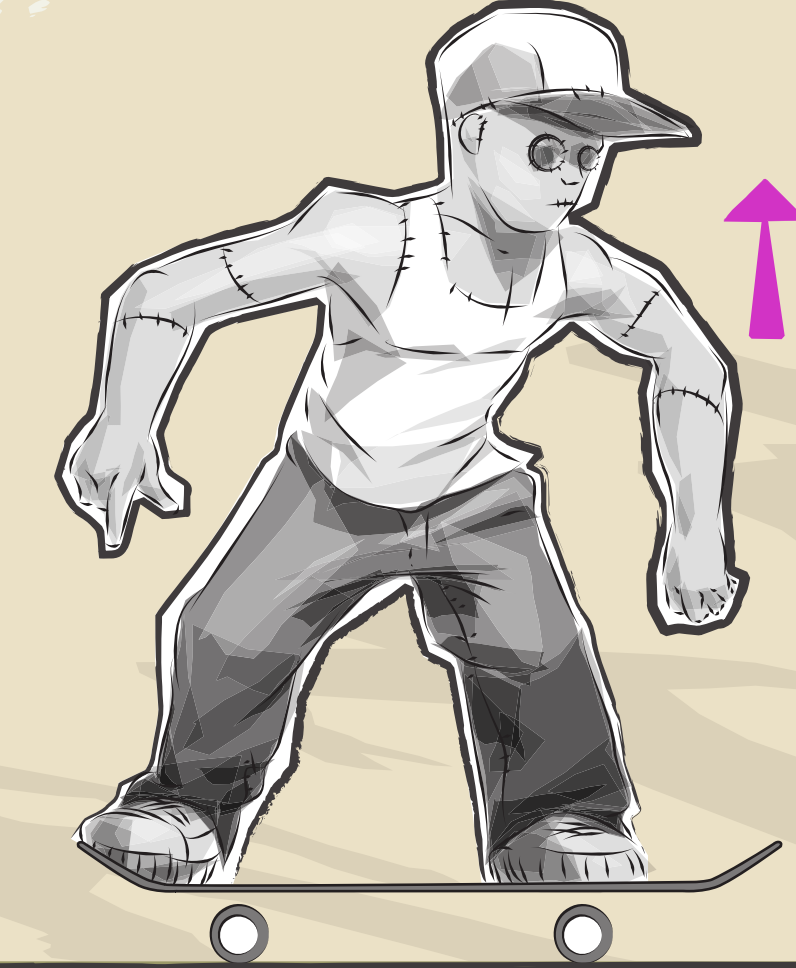
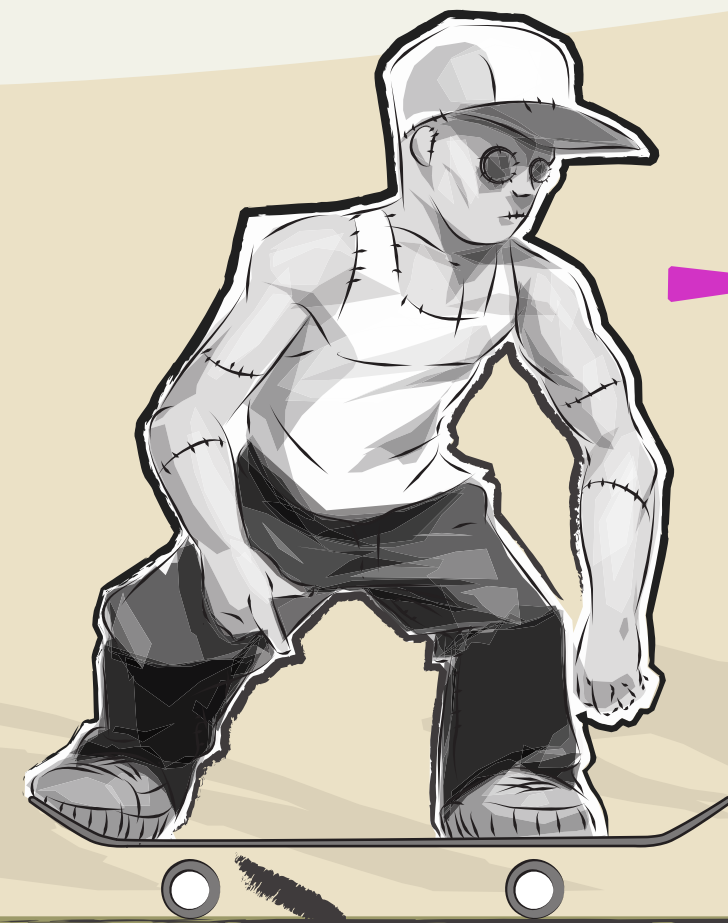


How To Ollie



Get yourself moving at a good speed but not too fast.

Position your feet and bend your knees like you would to jump. See Below.

Start to Jump. Lifting your shoulders and straightening your legs.

About halfway through your jump the back leg should push down on the back of the board while the front continues to lift.

Try to roll the front foot against the board so that the outside of the shoe is touching the the grip tape.

The back of the board should Pop against the road. You should have pushed it fast enough that it bounces.

Your jump and pop together will lift you off of the ground.

Learn to get this as high as possible.

Kick your front foot out.

This causes the board to pivot as you bring your back foot up.

After your kick get back over top of the board for your landing.

Land and Ride it out.

Time to do it again.

You have to learn to ollie if you want to do street tricks on a skateboard. Almost every trick you will do wether on the ground or using a curb or rail will require you to olley into it.

The ollie was invented in 1977 by Alan "Ollie" Gelfland and was originally a ramp trick.

Highest Ollie ever was 45 inches by Luis Tolentino.
That would almost cut your head off.



Standard Foot Positions

