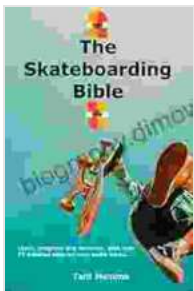


# Learn About the World of Skateboarding: Its History, How to Progress, and Innovate

Skateboarding is a popular extreme sport that has been around for decades. It is a great way to get exercise, have fun, and express yourself creatively. If you are interested in learning more about skateboarding, this guide is for you.

In this guide, we will cover the history of skateboarding, the different types of skateboards, the basic techniques of skateboarding, and how to progress and innovate in the sport.



**The skateboarding bible (sample of the full book):  
Learn about the world of skateboarding, it's history,  
how to progress and innovate.** by Ali Dean

★★★★☆ 4.7 out of 5

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Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 28 pages

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## History of Skateboarding

The history of skateboarding dates back to the 1950s when surfers in California began to experiment with riding on wooden boards with wheels

attached. By the early 1960s, skateboarding had become a popular sport among teenagers and young adults.

In the 1970s, skateboarding went through a period of decline due to the popularity of other extreme sports such as BMX biking and rollerblading. However, in the 1990s, skateboarding experienced a resurgence in popularity and has since become one of the most popular extreme sports in the world.

## **Types of Skateboards**

There are many different types of skateboards available on the market, each designed for different riding styles. The most common types of skateboards are:

- Street skateboards
- Transition skateboards
- Longboards
- Cruisers
- Electric skateboards

## **Street Skateboards**

Street skateboards are designed for riding on the streets and in skateparks. They are typically smaller and lighter than other types of skateboards, and they have a shorter wheelbase. Street skateboards are also typically equipped with smaller, harder wheels that are designed for grinding and sliding on obstacles.

## **Transition Skateboards**

Transition skateboards are designed for riding in skateparks and on ramps. They are typically larger and heavier than street skateboards, and they have a longer wheelbase. Transition skateboards are also typically equipped with larger, softer wheels that are designed for smooth rolling and absorbing impacts.

## **Longboards**

Longboards are designed for cruising and carving. They are typically longer and wider than other types of skateboards, and they have a longer wheelbase. Longboards are also typically equipped with large, soft wheels that are designed for smooth rolling and stability.

## **Cruisers**

Cruisers are designed for getting around town. They are typically smaller and lighter than other types of skateboards, and they have a shorter wheelbase. Cruisers are also typically equipped with large, soft wheels that are designed for smooth rolling and easy maneuverability.

## **Electric Skateboards**

Electric skateboards are powered by an electric motor. They are typically larger and heavier than other types of skateboards, and they have a longer wheelbase. Electric skateboards are also typically equipped with large, soft wheels that are designed for smooth rolling and stability.

## **Basic Techniques of Skateboarding**

Once you have chosen a skateboard, you need to learn the basic techniques of skateboarding. These techniques include:

- Standing on the skateboard
- Pushing
- Braking
- Turning
- Ollie

## **Standing on the Skateboard**

The first step to learning how to skateboard is to stand on the board. Stand in the center of the board with your feet shoulder-width apart. Your front foot should be slightly ahead of your back foot.

## **Pushing**

Once you are standing on the board, you can start pushing. Use your back foot to push off the ground and propel yourself forward.

## **Braking**

To brake, drag your back foot on the ground. The friction between your foot and the ground will slow you down.

## **Turning**

To turn, lean in the direction you want to go. The board will turn in the direction you are leaning.

## **Ollie**

The ollie is a basic skateboarding trick that allows you to jump the board over obstacles. To perform an ollie, you will need to:

1. Pop the tail of the board with your back foot.
2. Slide your front foot up the board.
3. Jump up and level the board out.

## **How to Progress and Innovate in Skateboarding**

Once you have mastered the basic techniques of skateboarding, you can start to progress and innovate in the sport. Here are a few tips:

- Practice regularly.
- Watch videos of other skaters.
- Experiment with different tricks.
- Find a skatepark or local group of skaters to skate with.

### **Practice Regularly**

The best way to progress in skateboarding is to practice regularly. The more you skateboard, the more comfortable you will become on the board and the easier it will be to learn new tricks.

### **Watch Videos of Other Skaters**

Watching videos of other skaters is a great way to learn new tricks and get inspiration. Pay attention to the techniques that other skaters use and try to incorporate them into your own skating.

### **Experiment with Different Tricks**

Once you have mastered the basic tricks, you can start to experiment with more advanced tricks. There are endless possibilities when it comes to

skateboarding tricks, so don't be afraid to try something new.

## Find a Skatepark or Local Group of Skaters to Skate With

Find a skatepark or local group of skaters to skate with

Skateboarding is more fun when you have someone to skate with. Find a skatepark or local group of skaters to skate with and you will be able to learn from each other and progress together.

Skateboarding is a great way to get exercise, have fun, and express yourself creatively. If you are interested in learning more about skateboarding, this guide is for you. In this guide, we have covered the history of skateboarding, the different types of skateboards, the basic techniques of skateboarding, and how to progress and innovate in the sport.

We hope that this guide has been helpful. If you have any questions, please feel free to leave a comment below.

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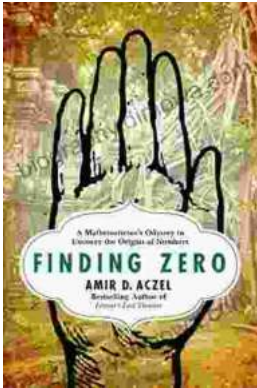
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