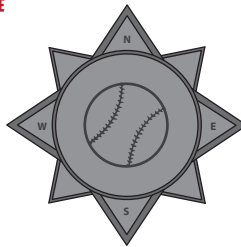


LEARN TO SKATEBOARD

Hey, Dude! We're gonna learn how to use a skateboard and it's gonna be awesome.

FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

Learn to ride a skateboard including scooting yourself and steering along a route.

But first, let's face facts. It's gonna take some time and we are gonna fall off a few times. So safety first. Wear a helmet and pads, if you have them.

- They say the first thing you are going to want to know is how to stand on the board. Which foot should be in the front? Well, that would be your dominant foot, to be sure. Have someone push you along on the board. As you start to fall, whichever foot you put down, that is the one you want on the front.

- Now, get used to balance. You don't have to move, simply place the board down and get used to standing on it. Lean a little to the left and right. This is how you will steer when you get going. For now, really just concentrate on placing your feet at either end of the board and getting comfortable with the balance.

- Next, you turn the board by leaning. You are going to want to stand on the board and practice steering by leaning. If you can find somewhere that has smooth ground on a slight slope, that would be an awesome place to learn.

