

# PROJEKTS MCR COACHING SKATEBOARD LEVEL 1

Do every challenge to complete Level 1.

- 1.** Register with the park
- 2.** Put on all the safety gear
- 3.** Get on the skateboard in one of the three best ways
- 4.** Push along the flatground in position 1
- 5.** Stop safely in position 1
- 6.** Balance in position 1 in between pushes
- 7.** Pack away all the safety gear correctly
- 8.** Have a good time



# PROJEKTS MCR COACHING SKATEBOARD LEVEL 2

Do every trick and skill to complete Level 2.

- 1.** Get on the skateboard in all three of the best ways
- 2.** Hippy jump while stationary
- 3.** Lift and tap the front wheels
- 4.** Lift and tap the back wheels
- 5.** Roll along the flatground in position 2
- 6.** Roll along the flatground in position 3
- 7.** Jump off the skateboard safely while moving
- 8.** Backside (b/s) or frontside (f/s) lean turn around an obstacle
- 9.** Complete a full circle of kick turns (b/s or f/s)
- 10.** Pop the skateboard into your hands
- 11.** Penguin walk
- 12.** Mount flip
- 13.** Grab the board while riding - watch out for your fingers!





# PROJEKTS MCR COACHING SKATEBOARD LEVEL 3

Do every trick and skill to complete Level 3.

- 1.** 90° kick turn while stationary (b/s or f/s)
- 2.** Body varial while stationary (b/s or f/s)
- 3.** Hippy jump while rolling (no obstacle)
- 4.** Backside **and** frontside lean turn around an obstacle
- 5.** Roll up and down a small bank
- 6.** Ride down a small bank
- 7.** Drop-in on a small bank with the back wheels on the platform
- 8.** Fakie-revert
- 9.** Kick turn on a bank (b/s)
- 10.** Ride off a kerb
- 11.** Primo drop
- 12.** Make it across the whole park without falling off the board



# PROJEKTS MCR COACHING SKATEBOARD LEVEL 4

Do every trick and skill to complete Level 4.

- 1.** 180° kick turn while stationary (b/s or f/s)
- 2.** Cave-man
- 3.** Body varial while moving (b/s or f/s)
- 4.** Ride up and down a quarter pipe
- 5.** Drop-in on a small bank with the wheels in the ramp
- 6.** Grind the edge of a small bank
- 7.** Ride down a steep bank
- 8.** Kick turn on a quarter pipe (b/s)
- 9.** Drop off a kerb (lifting front wheels)
- 10.** Axle drop off a kerb
- 11.** Ride down the four-set
- 12.** Practise pumping in a mini ramp
- 13.** Make it across the whole park without falling off the board (no pushes allowed)





# PROJEKTS MCR COACHING SKATEBOARD LEVEL 5

Do every trick and skill to complete Level 5.

- 1.** Drop-in on the hip
- 2.** Drop-in on a small quarter pipe
- 3.** F/s kick turn on a bank
- 4.** Body varial on a bank (b/s or f/s)
- 5.** Rock to fakie the hip
- 6.** Do the three ledge drops
- 7.** Get onto a small ledge without ollieing
- 8.** Tail-scrape to stop
- 9.** Manual
- 10.** Nose-revert
- 11.** Hippy jump over an obstacle
- 12.** Axle stall drop-in on a small quarter pipe
- 13.** Master pumping in the mini ramp
- 14.** Practise ollies while stationary





# PROJEKTS MCR COACHING SKATEBOARD LEVEL 6

Do every trick and skill to complete Level 6.

- 1.** Drop in on a large quarter pipe
- 2.** F/s kick turn in a quarter pipe
- 3.** Rock-fakie a quarter pipe
- 4.** Fakie-rock a quarter pipe
- 5.** Drop off a 2ft or 3ft ledge
- 6.** Learn to ollie while moving
- 7.** Hippy jump body varial over an obstacle (b/s or f/s)
- 8.** Boneless or a bean-plant
- 9.** Shuv-it or fakie shuv-it (b/s or f/s)
- 10.** Nose stall a kerb
- 11.** Nose-manual
- 12.** Air out the kicker
- 13.** Ollie off a kerb or manual pad





# PROJEKTS MCR COACHING SKATEBOARD LEVEL 7

Do every trick and skill to complete Level 7.

- 1.** Ollie a deck
- 2.** Fakie ollie
- 3.** Ollie onto a kerb or manual pad
- 4.** B/s rock 'n' roll on a quarter pipe
- 5.** Axle stall on a quarter pipe
- 6.** Air out of a quarter pipe
- 7.** 5-0 slash grind a quarter pipe (b/s or f/s)
- 8.** 'Ride on' 50-50 grind the top of the hip
- 9.** 360° kickturn on a bank (b/s or f/s)
- 10.** Shuv-it to fakie on a bank (b/s or f/s)
- 11.** Drop in a small quarter pipe with the wheels on the platform
- 12.** 180° ollie (b/s or f/s)
- 13.** 180° fakie ollie (b/s or f/s)
- 14.** Drop-in on the vert wall





# PROJEKTS MCR COACHING SKATEBOARD LEVEL 8

Do every trick and skill to complete Level 8.

- 1.** Ollie a deck on it's side
- 2.** Ollie out of a kicker
- 3.** Roll in on a quarter pipe (b/s or f/s)
- 4.** F/s rock 'n' roll
- 5.** 50-50 grind in a quarter pipe (b/s or f/s)
- 6.** Wallie the china bank to fakie or kick turn
- 7.** No comply (straight, 180° or shuv-it)
- 8.** Any flip trick
- 9.** Switch ollie or nollie
- 10.** 4 different 180°s
- 11.** 4 different shuv-its
- 12.** 3 different mannys
- 13.** Trick off a ledge
- 14.** 50-50 grind a ledge (b/s or f/s)
- 15.** Boardslide a rail or bar (b/s or f/s)
- 16.** Powerslide (b/s or f/s)

