

## Front 180

How To Frontside 180

### VIDEO

▶ 0:00/2:46

YouTube

Step 1) Front Side 180's While Traversing

- Create grip with the snow using your toe edge
- Wind up your upper body using arms and shoulders
- As you jump from your toe edge, swing your rear arm across your body so that it points in new direction

Step 2) The Importance of Pop

- It is important to add pop by extending your

## Board

### My Tricks

### How To's

The Ollie



Butter



Front 180



Back 180



Butter Nose Roll



Indy Grab



50-50 Box



Front Shifty



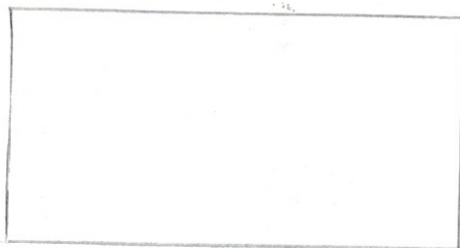
## The Ollie

Date: 1/27/2018

Ski Resort: A-Basin

First began practicing: 1/20/2018

Add Video/Picture



Notes: