

Tricking Curriculum: Level 1 (White Stripe)

Overview

- Four Basic Kick Tricks: P1R, PIH, C3R, S3H
- Three Simple Transitions: Pop, Vanish, Redirect
- Grounded Kicks: Round, Hook
- Concept Check: Target, Orientation, Stance
- Definitions: Takeoffs, Rotations, Kick Trick, Transition
- Combo Patterns: Basic, Grounded
- Grounded Invert: Handstand, Cartwheel
- Airborne Invert: Butterfly Kick

STUDY GUIDE

Exercises

- Punch Jump Pike Jump Pop 180 Tuck Jump Airplane Jump
- Jump Rope Hop Front & Back Springs Lateral Hops
- Squat Push Up Lunge

Terminology

- Target Cheat
- Spin c3r/Tornado
- Stance Swing
- Backside s3h/Tsunami
- Frontside Transition
- Round Pop
- Hook Vanish
- 180 Redirect
- p1r Invert
- p1h

Kicks / 'Grounded'

- Round Kick
- Hook Kick

Inverts

- Handstand
- Cartwheel
- Butterfly Kick

Tricks / 'Basics'

- Pop 180 Round
- Pop 180 Hook
- Tornado Kick
- Tsunami Kick

Transitions

- Round – Pop
- Hook – Pop
- Round – Vanish
- Hook – Vanish
- Round – Redirect
- Hook – Redirect

Combinations

- Basic, Basic
- Grounded, Basic, Basic
- Basic, Grounded, Basic
- Basic, Basic, Basic

*Trick School created by Professor Dan Perez