



## BOARD-OFFS

Board-off moves are the natural progression from grabs and foot out variations. Since you're already removing one foot from your bindings, why not pull both and move your riding to an even higher level?

**To make this trick easier to learn,** it is a very good idea to attach a grab handle to the centre of your board so you have something firm to hold on to. Launch yourself into the air as you would for a normal jump. When airborne, reach down and get a good solid hold of that grab handle. Now all you need do is thrust the board forwards and your feet backwards, just enough to get some daylight between your feet and the deck.

The next bit can be tricky. I know loads of guys who say "Board-offs are easy, it's the board-on you have to worry about!" They are absolutely right, but as usual it all comes down to practice. The best way is to get used to really forcing the bindings back onto your feet. It's no fun impacting your shins on the ground when you miss your board-on, or worse still landing with one foot only in the bindings... doh!

Try static jumping, with your board in hand for starters. Then, when you jump up put the board on your feet and try to land

smoothly and ride away. This is a really good way to get your skills up. Another good tip is that when you are nearing your landing, pull really hard on your leading hand. This will bring your body back into the upright position and give that extra split second hangtime to nail the trick, reinsert your feet and ride away – looking smug.

Once you have this trick nailed it has endless variations. Try extending your feet away a wee bit each time. Try grabbing the deck or the trucks instead of the handle. Try it with fingerflips or board spins or even rotating it round your head while kiteloooping to blind. Then when you've mastered that last one, you can come and teach me! PK

**Be Safe and Ride Hard**  
**Kia Kaha – Butch**

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