



Kris Foley's

Trick tip

frontside 180 nosegrinds



1

Get a mohawk, chicks dig mohawks.



2

Approach like your gonna do a noseslide.



3

Pop the trick almost parallel with the obstacle.



4

Turn 180 and go for a 180 nose manual only grind.



5

When you start to grind make sure your weight is centered.



6

Spot your landing.



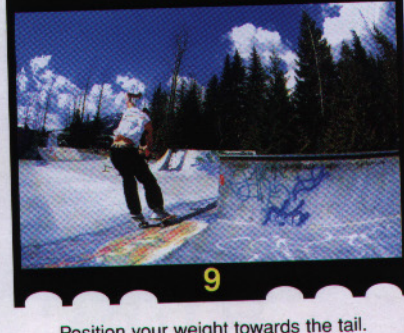
7

Don't turn your shoulders to much or you'll loose sight of your landing.



8

Drop your tail and get four down.



9

Position your weight towards the tail.



10



11



12

If it's done right you should be rolling away thinking of the next variation of this trick.