



## **Beginner Wakeboard Trick Descriptions**

### **Stand on board (5 seconds)**

**Description:** Stand on the board for 5 seconds

**Point Value:** 20

**Tip on performing this trick:** This is a great trick for beginners who are just starting out and learning to balance themselves on the board. Helpful hints would be to keep your arms straight (or slightly bent) but NOT all the way in to your chest. Spread your hands out to use the whole handle with both palms down. Keep your knees bent like shock absorbers to ride out any waves. Focus on twisting your hips so that your upper body is facing the boat and your lower body is keeping the board pointed in the direction of the pull.

### **Ride with one hand on handle (5 seconds)**

**Description:** Ride one handed for 5 seconds

**Point Value:** 40

**Tip on performing this trick:** Now that you're getting more confident, take a hand off the handle and wave to the boat or to those watching from the shore. Doesn't matter which hand but make sure you are at least smiling!!

### **Cross one wake**

**Description:** Cross one wake

**Point Value:** 50

**Tip on performing this trick:** After you've gotten used to your board we're sure you will want to cross the wakes. Remember that a key element when learning is how you position your hips. Focus on twisting your hips so that your upper body is facing the boat and your lower body is keeping the board pointed in the direction of the pull. In order to turn the board to head in either direction, it's just a matter of moving your hips in the direction you want to cross the wake- turn the hips to the left and your body positions the board to turn left. Same thing when you turn your hips to the right.

### **Cross both wakes**

**Description:** Cross both wakes

**Point Value:** 60

**Tip on performing this trick:** Crossing one wake or two, it's all the same- use your hips! In order to turn the board to cross in either direction, move your hips in the direction you want to go. Rotate the hips to the left and your body positions the board to turn left. Same thing when you rotate the hips to the right.

### **Wave to boat judge**

**Description:** Wave to the boat judge

**Point Value:** 80

**Tip on performing this trick:** Just like Riding one handed for 5 seconds, take a hand off the handle and wave to the boat. Doesn't matter which hand but make sure you're at least smiling and having fun!

### **Crouch down and touch water**

**Description:** Crouch down and touch the water

**Point Value:** 85

**Tip on performing this trick:** Another one to test your balance as you learn to ride. Keep your upper body upright and bend at the knees. You don't want to have your legs straight and band over to touch the water- you could end up head over heels and flat on your face.

### **Surf the wake**

**Description:** Turns up and down on boat wake (min. 3 turns)

**Point Value:** 85

**Tip on performing this trick:** Cut up and down the wake as if you were really wanting to tear it up. The shorter and harder you make the cuts, the cooler it looks!

### **Air (1 wake)**

**Description:** Rider uses wake to get board in the air, off water

**Point Value:** 90

**Tip on performing this trick:** Approach the wake at a moderate speed hitting it square and head on. Keep your knees slightly bent. As you go up the wake, straighten them out a little to get some spring and try not to flatten out the board until after you have taken off and are about ready to land. This is called "edging through the wake" and it's very critical to your jumping as you improve and begin to crave more air. Especially if you're just starting out, it's a good habit to form! (see also Backside/Frontside Air, 2 wakes)

### **Bunny Hop**

**Description:** Getting air without using a wake

**Point Value:** 125

**Tip on performing this trick:** With this trick it is important load the line with a little resistance from the handle and a downward push on the tail of the board. This combined force generates the pop known as a Bunny Hop.

### **Surface 180**

**Description:** Board changes direction (back-front/front-back)

**Point Value:** 125

**Tip on performing this trick:** Surface 180's are a fun trick to learn as you become familiar with riding your board- left foot forward rotate to the left, righties rotate to the right. Try to place your weight over the center of the board. In one smooth motion, swing the board around leading with

your rear foot. Once you are in the 180 position, place more weight on the tip to allow the board to track for stability. To get back around, do the same thing from back to front.

### **Sideslide**

**Description:** Board slides sideways on the water (1 sec. min.)

**Point Value:** 130

**Tip on performing this trick:** A Sideslide can be done either outside or inside the wake. Usually it's an accident while learning the Surface 180- consider it turning the board 90 degrees on the surface. The thing you need to be careful of is not to catch an edge - can you say face plant?? To avoid such pain, put more weight on your heels and dig that back edge into the water. This might produce some spray... but isn't that what looks most cool!? (See also Reverse Sideslide)

### **Surface 360**

**Description:** Board rotates 360 degrees on the surface of the water

**Point Value:** 200

**Tip on performing this trick:** Surface 360's are next in line after you've mastered the Surface 180. In fact, you could even do a Surface 180, hold that position for a minute and then continue the rotation- left foot forward rotate left, righties rotate right. At this point, you will want to pull the handle in towards you and turn in the same motion. Let go with your trailing hand, bend the elbow to make the handle pass in the small of your back, grab it with your trailing hand and keep turning until you've made it all the way around.

## **Intermediate Wakeboard Trick Descriptions**

### **Lipslide**

**Description:** Rider slides sideways on the crest of wake (1 sec. min.)

**Point Value:** 100

**Tip on performing this trick:** The Lipslide looks really cool and isn't really hard to do. If you can do tricks like a Sideslide or a Surface 180 you should be able to do this one. Position yourself on or very near the crest of the wake. Do a Sideslide while the board cuts the very top of the wake. Doing this forward and backward is good practice and also a good trick to learn balance.

### **Off the wake 180**

**Description:** Rider uses boat wake (no air) to change direction

**Point Value:** 150

**Tip on performing this trick:** This trick reminds us a lot like surfing (of course the wave is a LOT smaller). Ride up the wake, at the very top do your 180 and ride revert back down. This trick can be seen as a combination of Surf the Wake, Surface 180, and a Lipslide.

### **Reverse Sideslide (touch water)**

**Description:** Sideslide w/ back towards boat, hand touching water

**Point Value:** 150

**Tip on performing this trick:** We know you've seen one of these before- usually done through a bunch of lilly pads?? Spraying leaves and water all over the place?? Makes great video footage! So the Reverse Sideslide is basically the opposite of a regular Sideslide- but instead you will be digging in your toes and trying not to catch your heelside edge. It works better if you keep you head up looking back and not down at the water. By choice or by reaction, try reaching down and touch the water. What do you call a Reverse Face Plant - a HeadSlam?? or how about a NumbSkull!!

### **Air 180 (1 wake)**

**Description:** Rider uses wake to get into air and then changes direction

**Point Value:** 200

**Tip on performing this trick:** Approach the wake at a comfortable speed. Generate some pop to you can level out in the air and make your 180 turn. Make sure you are in the air when you turn otherwise the landing is more difficult and will feel off-balance.

### **Backside Air (2 wakes)**

**Description:** Heelside air, rider uses wake and must clear both wakes

**Point Value:** 200

**Tip on performing this trick:** Getting air enough to cross both wakes and then some has a lot to do with your edging all the way through the wake... right as you approach the crest of the wake, most people ease up the pull and flatten out- not good. By easing up, you take away most of that tension the rope has built up and significantly lessens that force that pops you into the air. Keep in mind, your maximum speed should be at the TOP of the wake- not as you first make the cut or anytime during the cut. Best approach is to make a gradual turn into your carve, dig that edge in as you build up speed toward the wake, spring with your legs when you reach the wake and hold on until you're in the air.

### **Bunny Hop 180**

**Description:** Change direction outside wake by hopping into the air

**Point Value:** 200

**Tip on performing this trick:** Similar to other Bunny Hop maneuvers, it is important load the line with a little resistance from the handle and a downward push on the tail of the board. When you get enough air to free the rear fin, rotate around to a revert position and transition your weight very similar to a Surface 180.

### **Half Cab (1 wake)**

**Description:** Rider uses wake to get into air and then changes direction

**Point Value:** 200

**Tip on performing this trick:** Starting from the fakie position (switchstance), the rider uses the wake to get into air and then changes direction.

### **Layback**

**Description:** Rider lays back onto water, back touching water required (1 sec. min.)

**Point Value:** 200

**Tip on performing this trick:** Gene Kornacki describes this as: "The best way to do a Layback is to edge out strong into the flats, slowly bend backwards and allow your board to come out of the water. Once you feel you're beginning to sink or you begin to lose speed, simply catch the edge of your board and pull yourself up with the handle. Don't pull too hard to get up you could end up with a head full of water and peeled back eyelids.

This trick is a great stepping stone for those of us who want to master the Tumble Turn. I keep trying to stay down longer and get my board higher out of the water."

### **Frontside Air (2 wakes)**

**Description:** Toeside air, rider uses wake and must clear both wakes

**Point Value:** 250

**Tip on performing this trick:** Just like the Backside Air over 2 wakes, it is very important to edge all the way through the wake... right as you approach the crest of the wake, most people ease up the pull and flatten out- not good. By easing up, you take away most of that tension the rope has built up and significantly lessens that force that pops you into the air. Keep in mind, your maximum speed should be at the TOP of the wake- not as you first make the cut or anytime during the cut. Best approach is to make a gradual turn into your carve, dig that edge in as you build up speed toward the wake, spring with your legs when you reach the wake and hold on until you're in the air.

### **Off the wake 360**

**Description:** Rider uses wake (no air) to rotate board 360 degrees

**Point Value:** 250

**Tip on performing this trick:** This trick can be one in progression from the Off-the-Wake 180. Ride up the wake, at the very top do a 360 without leaving the surface of the water and ride back down.

### **Ole**

**Description:** Board rotates 360 degrees on the surface of the water with a handle rotation over the head

**Point Value:** 250

**Tip on performing this trick:** This is just like a Surface 360 with some added style! It works like this- instead of doing a behind-the-back handle pass through your 360 rotation, keep the handle in your trailing hand and hold it over your head as you rotate the trick. It's best to do this after cutting outside the wake about 10 feet. Remember, the handle never leaves your hand as the rope goes right over you making for a stylin' move. OLE!

### **Backside Air w/ grab (2 wakes)**

**Description:** Heelside air with any grab on board, either hand

**Point Value:** 300

**Tip on performing this trick:** Here's a trick to get you comfortable grabbing the board. Just go for big air and grab the board in whatever way you feel comfortable with. Key thing- bring the board to you not you down to the board!

### **Frontside Air w/ grab (2 wakes)**

**Description:** Toeside air with any grab on board, either hand

**Point Value:** 350

**Tip on performing this trick:** Approach the wake in the frontside position (toeside) with enough speed and lift for enough time to make a decent grab across both wakes. The secret here is to **pull the BOARD up closer to you** instead of YOU reaching down for it.

### **Tailbone**

**Description:** Straighten (bone) out back leg

**Point Value:** 350

**Tip on performing this trick:** This is a skateboard trick that looks great on a wakeboard- Just go for some big air and poke out your back leg.

### **Backscratcher**

**Description:** Riders gets air and outs board 90 degrees to water behind rider

**Point Value:** 400

**Tip on performing this trick:** This one is very much like a Fashion Air- As you jump the wake, all you need to do is bend your knees to a 90 degree angle so the board reaches back toward your rear.

### **Nosebone**

**Description:** Straighten (bone) out front leg

**Point Value:** 400

**Tip on performing this trick:** Another trick from the skateboarders list- similar to the Tailbone, get some air and do a poke with your front leg.

### **360 Heli (1 wake)**

**Description:** Rider uses wake to get into air and rotate board 360 degrees

**Point Value:** 450

**Tip on performing this trick:** A 1 wake 360 Heli is like every other heli - keep you position vertical, lead with you head and let the rest of your body follow.

### **Air 180 (2 wakes)**

**Description:** Rider uses wake to get air and change directions, clearing 2 wakes

**Point Value:** 450

**Tip on performing this trick:** An Air 180 initailly seems easier to do frontside than it is backside. Starting this trick from the toeside approach allows you rotate open towards the boat and land facing that same direction. With a heelside approach, your rotation isn't too difficult but the landing is almost with your back to the boat. So on this side, focus on keeping the rope near your hip and bend your knees to maintain the direction of the board.

## **Bunny Hop Heli**

**Description:** Outside of wake, rider must hop and twist 360 degrees

**Point Value:** 450

**Tip on performing this trick:** This one is a little tricky only because you're not using the wake for lift. To do a Bunny Hop 360, it is important load the line with a little resistance from the handle with a push on the tail of the board. Once you release to start the rotation keep you position vertical, lead with you head and let the rest of your body follow.

## **Fashion Air**

**Description:** Backscratcher with any hand held high and back

**Point Value:** 450

**Tip on performing this trick:** Very similar to a Backscratcher, the Fashion Air is the same 90 degree knee-bend getting the board closer to your rear. What makes it different is that you must also swing your arm up and out behind you too- some riders placing their hand behind their head and tilting it back like a pose to add a bit of style might have given the Fashion Air it's name.

## **Method**

**Description:** Backscratcher with heelside grab

**Point Value:** 450

**Tip on performing this trick:** As mentioned with the Backscratcher, bend your knees to a 90 degree angle so the board reaches back toward your rear. Now with your leading hand, reach back and grab the top-middle part of the board.

## **Nosebone w/ tail grab**

**Description:** Nosebone and grab tail of board

**Point Value:** 450

**Tip on performing this trick:** If you can do a regular Nosebone, it shouldn't be hard at all to add a tail grab. When you bone out your front leg, bring your back leg closer to your bottom by bending that knee. This will allow you to very easily reach down and grab the tail.

## **Twist**

**Description:** Board rotates 90 degrees and back

**Point Value:** 450

**Tip on performing this trick:** Think of this as a half-180 rotation - or better yet, like stalling an Air 180... Something like this- go off the wake, start your 180, hesitate like you changed your mind in mid-air, and bring the board back down as if you didn't complete a full 180- there you have it, the Twist!

## **Nuclear**

**Description:** rear hand heelside grab, bone out back leg

**Point Value:** 475

**Tip on performing this trick:** The Nuclear (and others in its class) are slightly more difficult grabs. These require a fair amount of air and good balance mainly because these tricks force you to grab the board in ways that seem awkward and difficult at first.

### **Palmer**

**Description:** Front hand heelside grab with twist

**Point Value:** 475

**Tip on performing this trick:** The Palmer (and others in its class) are slightly more difficult grabs. These require a fair amount of air and good balance mainly because these tricks force you to grab the board in ways that seem awkward and difficult at first.

### **Stiffy**

**Description:** Bone out both legs in front of rider

**Point Value:** 475

**Tip on performing this trick:** The Stiffy is pretty much the opposite of a Backscratcher. As you go off the wake, straighten out your legs and bring the board completely forward. It's almost like you are showing the bottom of the board to everyone in the boat.

### **Grab 180**

**Description:** Rider gets into air, grabs, and lands opposite direction from take off

**Point Value:** 500

**Tip on performing this trick:** Even if you can do regular 180's and grabs consistently, combining these two can often be tricky. Just remember NOT to bend down and reach for the board, but instead pull the board up to you make the grab. Experiment around a bit to get comfortable grabbing any part of the board with either hand. As you get better, you can try the more complicated combinations.

### **Half Cab (2 wakes)**

**Description:** Air 180, back to front, clearing 2 wakes

**Point Value:** 500

**Tip on performing this trick:** Air 180, back to front, clearing 2 wakes - just like the 1 wake Half Cab, the rider starts from the fakie position (switchstance) and changes direction in mid air.

### **Roast Beef**

**Description:** Rear hand heelside grab, between feet through the legs

**Point Value:** 500

**Tip on performing this trick:** This one shouldn't be a hard one to learn. If you're getting good air and landing pretty consistently, the Roast Beef is a great trick to start progressing into board grabs. As you jump the wake, bring your knees to you chest, reach through your legs with your trailing hand and grab the middle of the board.

### **360 Heli Wrap (2 wakes)**

**Description:** Rider must use wake to get air, rotate 360 degrees (clear 2 wakes)

**Point Value:** 600

**Tip on performing this trick:** Again with a 2 wake 360 Heli, keep you position vertical, lead with you head and let the rest of your body follow.

### **Switchstance 360 Heli (2 wakes)**

**Description:** Starting from the fakie position, the rider must use the wake to get air, rotate 360 degrees (clear 2 wakes)

**Point Value:** 600

**Tip on performing this trick:** Very much like a regular 360 Heli (2 wakes), keep you position vertical, lead with you head and let the rest of your body follow. The only difference here is that you need to start in the fakie position like you would for a Half Cab.

### **Backside 360 Heli Hand Pass (2 wakes)**

**Description:** Heelside approach, rider must use wake to get air, rotate 360 degrees, passing the handle behind the back from one hand to the other (clear 2 wakes)

**Point Value:** 750

### **Frontside 360 Heli Hand Pass (2 wakes)**

**Description:** Toeside approach, rider must use wake to get air, rotate 360 degrees, passing the handle behind the back from one hand to the other (clear 2 wakes)

**Point Value:** 750

## **Advanced Wakeboard Trick Descriptions**

### **Indy Bone**

**Description:** Nosebone or Tailbone with toeside grab between feet

**Point Value:** 450

### **Melancholy**

**Description:** Front hand rear heelside grab

**Point Value:** 450

**Tip on performing this trick:** The Melancholy (and others in its class) are slightly more difficult grabs. These require a fair amount of air and good balance mainly because these tricks force you to grab the board in ways that seem awkward and difficult at first.

### **Crail**

**Description:** Rear hand front toeside grab, bone out back leg

**Point Value:** 500

### **Double Bind 180**

**Description:** Blindside 2 wake 180 w/two hands behind back approach.

**Point Value:** 500

### **Double Bind Half Cab**

**Description:** Blindside back-to-front w/two hands behind the back approach.

**Point Value:** 500

### **Indy Stiffy**

**Description:** Stiffy with toeside grab

**Point Value:** 500

**Tip on performing this trick:** The Indy Stiffy is exactly like a regular Stiffy where you straighten out your legs and bring the board completely forward. The difference is once the board is out in front of you, reach out and grab the top-middle.

### **Rocket Air**

**Description:** Tailbone with two handed forward grab on tip

**Point Value:** 500

**Tip on performing this trick:** This is the one you seen Darin Shapiro do in Expression Session I... where he gets huge air and make two or more grabs on alternating sides of the board's tip.

### **Canadian Bacon**

**Description:** Stiffy with heelside grab

**Point Value:** 525

**Tip on performing this trick:** The Canadian Bacon is similar to the Stiffy and Indy Stiffy... When you get the board up and forward at the 90 degree position, with your left hand (goofy footed, right hand regular footed) grab through your legs to the backside edge of the board. GRAB don't slap!!! As you get better at this trick, try pulling up on the board to get more vertical. To see the trick in action watch *Gravity Sucks*- Rich Goforth pulls off a nice one!! (along with a couple good Stiffys)

### **Slob Heli**

**Description:** Toeside grab and rotate 360 degrees (1 or 2 wakes)

**Point Value:** 650

**Tip on performing this trick:**

Go into the wake as you would for a normal heli, only edge a little harder as you'll need some more time in the air to make the grab. Go for a big pop when you hit the wake - try and get vertical height. Make the grab as you begin your rotation with your front hand on the front toeside edge of your board (Slob grab). Once your round most of the way, release the grab with

your front hand and quickly make the handle pass in the small of your back then stick the landing as per a normal 360. The key to this trick is getting enough height to make a solid grab.

### **Tumble Turn**

**Description:** Rider goes onto the surface w/ back touching and rotates, then back to normal stance

**Point Value:** 700

### **FS/BS 540 wrap or hand pass (1 wake)**

**Description:** Rider uses wake to get air and rotate a full 360 plus a half (180)

**Point Value:** 850

**Tip on performing this trick:** You need a LOT of rotation for this one!

### **Backside Back Roll**

**Description:** Heelside Back Roll

**Point Value:** 1050

**Tip on performing this trick:** Tommy Fambrough says "Remember on the Roll to load the line by edging all the way through the wake away from the boat. Then turn your head over your right shoulder and spot your landing! (right shoulder goofy foot -- left shoulder regular foot) The force developed with the edge and cut away from the boat will shoot you around. It's all physics. Two forces acting -- one the handle pulling and the other on the board resisting. The forces are equal until you edge through the wake and the force on the board releases. By edging away and going off the wake you start a rotation and the handle force is now the only acting force so it pulls you around. All you have to do is keep good body position and hold on for the ride.

### **FS/BS 540 wrap or hand pass (2 wakes)**

**Description:** Same as 1-wake 540, but must clear both wakes

**Point Value:** 1050

**Tip on performing this trick:** John Pilkinton describes the Frontside 540 like this- "This trick is very difficult and is very underrated. Pull out about 7-10 feet, where you will be approaching the wake on your frontside edge. Come in on a fairly aggressive edge, flattening your board as you hit the wake. You don't want to lean in on your cut otherwise you'll get kicked off axis and get worked, hard! As you hit the wake, wait a second, so your board and body become even, then initiate your rotation. Try to over-rotate the trick so you won't catch a toeside edge and fall. Unlike a frontside 360 where you look at the shore for your landing, on the 540 you're going to want to look back at the boat so your body is square for the landing. The landing will be awkward because you'll have the rope in your rear hand, but eventually you'll be able to make a second handle-pass.

### **Blender**

**Description:** Backside Roll w/ wrap heli

**Point Value:** 1075

### **Backside Roll-to-Revert**

**Description:** Heelside back roll-to-fakie landing

**Point Value:** 1100

**Tip on performing this trick:** Bryan Shiflett says: "The first half of the backside roll to revert is thrown exactly like the backside back roll. But, unlike the regular roll, once you hit the peak of your jump let go with your front hand and spot your landing. This will automatically bring you and your board to the fakie position. Stick with it until you can stick the switchstance landings consistently."

### **Fontside Back Roll**

**Description:** Toeside Back Roll

**Point Value:** 1100

**Tip on performing this trick:**

1) APPROACH is everything. Start at about 10 to 12 feet outside of the wake on your toeside, progressively cut into the wake, board more on edge the closer you get to the wake. Be sure you don't bend at the waist or lean way forward. On most rotational tricks, the body position you are in when you leave the wake is the same body position you will land in. For example, if you leave the wake with more weight on your back foot you will land more tail heavy, etc....

ROTATION - When you reach the wake your board should be on a pretty strong edge. Hold that edge and keep even pressure on the balls of your feet. As your board reaches the top of the wake the nose should be heading up and away from the boat. At this point, if the board is "loaded" correctly it will effortlessly rotate. Throwing your head back helps some riders make the rotation, but I wouldn't suggest throwing it back too hard if you do. I just simply look back and over my right shoulder (I ride left foot forward).

LANDING - As you are rotating make sure you spot your landing. Your landing will come pretty naturally if the approach and rotation is correct."

### **Shifty 360**

**Description:** Twister past 90 degrees, then reverse into 360 rotation in other direction

**Point Value:** 1100

### **Backside Front Roll**

**Description:** Heelside Front Roll

**Point Value:** 1150

### **Frontside Front Roll**

**Description:** Toeside Front Roll

**Point Value:** 1150

### **Frontside Roll-to-Revert**

**Description:** Toeside back roll-to-fakie landing

**Point Value:** 1150

### **Backside Air Half Cab Roll**

**Description:** Heelside backroll-fakie approach/front landing without using the wake for air

**Point Value:** 1200

### **Frontside Half Cab Roll**

**Description:** Toeside backroll-fakie approach/ front landing

**Point Value:** 1200

### **Tantrum**

**Description:** Backflip, body first in the direction of the take off

**Point Value:** 1200

**Tip on performing this trick:** Tommy Fambrough explains..." Set up for a heelside cut. You will need to edge pretty hard to build up some speed. As you start to come up the wake shift to your toeside edge, square your shoulders and back to the wake, throw your head back, and let the wake kick you around. The transition to the toeside edge is the key. When I started trying it, I wasn't edging hard enough into the wake and couldn't get the end over end rotation. Because of that, I was landing on the back of the board and my front foot was popping out. If you don't make the transition to a toeside edge then your body will be in an awkward position and it will be hard to get the rotation and land standing up."

### **Backside Air Raley**

**Description:** Starting heelside, rider goes into air and raises board above the body (pushing the board up - inverted)

**Point Value:** 1250

**Tip on performing this trick:** Joel Goertz from Kelowna, BC, Canada says; "Like most big tricks, the Raley requires a specific approach. The approach to this trick is absolutely crucial to its execution. Speed is key. Edge out as far as you can on your toes to set up for the backside/heelside approach. Use your progressive cut but build it quickly and increasing it as you get closer to the wake. As you get closer to the wake, start dropping your butt lower than normal and keeping your back straight. Stay low. Edge all the way through the wake and you will feel the lift on the board. Let it go. When you've reached the peak of your extension, start bringing the handle down towards your knees and bring your feet back underneath you for the landing. This is when you'll discover whether or not you got a good cut to the wake...Plan for a few painful failures. There is a huge psychological aspect of this trick and overcoming it is half the battle. The key is all or nothing. Good luck!"

### **Backside Front Flip**

**Description:** Starting heelside, rider uses wake to get air and flips forward, board over head

**Point Value:** 1250

### **Frontside Air Half Cab Roll**

**Description:** Toeside backroll-fakie approach/ front landing without using the wake for air

**Point Value:** 1250

### **Frontside Front Flip**

**Description:** Starting toeside, rider uses wake to get air and flips forward, board over head

**Point Value:** 1250

### **FS/BS 540 Hand pass (2 wakes)**

**Description:** Same as 2-wake wrap 540, but handle must exchange hands behind back.

**Point Value:** 1250

**Tip on performing this trick:** John Pilkinton describes the Frontside 540 like this- "This trick is very difficult and is very underrated. Pull out about 7-10 feet, where you will be approaching the wake on your frontside edge. Come in on a fairly aggressive edge, flattening your board as you hit the wake. You don't want to lean in on your cut otherwise you'll get kicked off axis and get worked, hard! As you hit the wake, wait a second, so your board and body become even, then initiate your rotation. Try to over-rotate the trick so you won't catch a toeside edge and fall. Unlike a frontside 360 where you look at the shore for your landing, on the 540 you're going to want to look back at the boat so your body is square for the landing. The landing will be awkward because you'll have the rope in your rear hand, but eventually you'll be able to make a second handle-pass.

### **Tantrum-to-fakie**

**Description:** Tantrum with a fakie landing

**Point Value:** 1250

### **Tootsie Roll**

**Description:** Front roll to Blindside 180

**Point Value:** 1250

### **Air Front Flip**

**Description:** Front flip without using the wake for air

**Point Value:** 1275

### **Front Flip-to-Fakie**

**Description:** Front flip with half twist-to-fakie landing

**Point Value:** 1300

### **Frontside Air Raley**

**Description:** Starting toeside, rider goes into air and raises board above the body (pushing the board up - inverted)

**Point Value:** 1300

### **Blind Judge**

**Description:** Backside Raley to Blindside 180

**Point Value:** 1350

**Tip on performing this trick:**

- 1. Start out as if you were doing a Raley and make sure your rope is tight all the way through
- 2. As you leave the wake throw your hips and board away from you
- 3. Make sure you look back toward the boat as your floating - it will keep you from busting
- 4. Then pull the rope in as if you were doing a normal Raley but at the end rotate blind, extremely fast so you don't catch an edge

### **Half Cab Front Flip**

**Description:** Front flip with fakie approach/front landing

**Point Value:** 1350

### **Shifty 540**

**Description:** Twister past 90 degrees, then reverse into 540 rotation in other direction

**Point Value:** 1350

### **Backside 720 (2 wakes)**

**Description:** Heelside double 360 Heli's crossing both wakes

**Point Value:** 1500

### **Frontside 720 (2 wakes)**

**Description:** Toeside double 360 Heli's crossing both wakes

**Point Value:** 1500

## **Expert Wakeboard Trick Descriptions**

### **Switchstance Backside Roll**

**Description:** Fakie-to-fakie back roll

**Point Value:** 1050

**Tip on performing this trick:** Bret sent us an email saying: "This trick is best learned with the Backside Back Roll already under your belt - then it is just a matter of applying those same techniques to your Switchstance Back Roll. The main points I found useful to remember when trying the move for the first time were:

1. Maintain a progressive edge through the wake.
2. After you launch, sort of "zing" the board up and behind you.
3. Keep your eyes focused on your board while you are upside down.
4. Hold on with two hands to help complete the rotation. Good Luck!"

### **Backside Air Roll**

**Description:** Heelside back roll without using the wake for air

**Point Value:** 1075

**Tip on performing this trick:** Brian Keith writes in and tells us:

"The tension on your line is the key to pulling off this trick... as well as some other helpful hints:

1. Edge really hard and get a lot of tension on your line.
2. While you edge gradually extend your legs.
3. When your line has a lot of tension, push off the water.
4. Do like you would do a normal backside roll.
5. Have fun!!"

### **Switchstance Backside Air Roll**

**Description:** Fakie-to-fakie back roll without using the wake for air

**Point Value:** 1075

### **Backside Air Roll-to-Revert**

**Description:** Heelside back roll-to-fakie landing without using the wake for air

**Point Value:** 1125

### **Frontside Air Roll**

**Description:** Toeside Back Roll without using the wake for air

**Point Value:** 1125

### **Switchstance Frontside Air Roll**

**Description:** Toeside fakie-to-fakie back roll without using the wake for air

**Point Value:** 1125

### **Backside Half Cab Roll**

**Description:** Heelside backroll-fakie approach/front landing

**Point Value:** 1150

1. Progressively edge into the wake heelside fakie with most of the pressure on your back foot.
2. As you hit the top of the wake, gently throw your head behind you to start rotating into your flip, still leaning back.
3. While you rotate through the roll, at the very end of your flip pull the handle in with your left hand (right hand for goofy foot).
4. When you pull the handle in towards your body, lean somewhat forward but not too far to pull yourself back around for the toeside approach.
5. The hardest part is learning how to lean forward enough and then center yourself back again at the end of your roll.

6. It's a hard trick, so expect a few falls. It also really helps to practice switch rolls and half cabs into the flats. When doing your halfcabs, practice leaning a bit forward when you pull in the handle, and then centering your weight back again when you land to help your balance and stability as you spot your landing.

### **Switchstance Frontside Roll**

**Description:** Fakie-to-fakie back roll

**Point Value:** 1150

### **Frontside Air Roll-to-Revert**

**Description:** Toeside back roll-to-fakie landing without using the wake for air

**Point Value:** 1175

### **Scarecrow**

**Description:** Toeside front roll-to-revert

**Point Value:** 1200

### **Tip on performing this trick:**

- 1. Start out at about 10-12 feet outside the wake frontside
- 2. Slowly begin to progressive edge into and all the way through it
- 3. As you leave the wake throw your head down while dipping your back shoulder
- 4. As you get half way through the rotation (when your upside down) pull the rope to your back hip
- 5. This allow you to roll around at land your board fakie

### **Switch Roll Blind 180**

**Description:** Heelside fakie roll-to-front/spinning blind

**Point Value:** 1200

### **Switchstance Tantrum**

**Description:** Fakie Tantrum, spinning blind

**Point Value:** 1200

### **Bel Air**

**Description:** Tantrum without using the wake for air

**Point Value:** 1225

### **Eggroll**

**Description:** No Wake Scarecrow

**Point Value:** 1225

### **Air Krypt**

**Description:** Toeside Air Raley with 180 degree turn, land opposite direction from take off

**Point Value:** 1250

### **Backside Krypt**

**Description:** Heelside Air Raley with 180 degree turn, land opposite direction from take off

**Point Value:** 1250

### **Hoochie Glide**

**Description:** Air Raley with method grab (heelside grab)

**Point Value:** 1250

### **Switchstance Front Flip**

**Description:** Front flip with fakie approach/fakie landing

**Point Value:** 1250

### **Switchstance Krypt**

**Description:** Fakie backside raley-to-front landing

**Point Value:** 1250

### **Switchstance Raley**

**Description:** Fakie backside raley-to-fakie approach/landing

**Point Value:** 1250

### **Hoochie Glide-to-Fakie**

**Description:** Air Raley with heelside grab, land fakie

**Point Value:** 1300

### **Hasseloff**

**Description:** Switchstance Front Flip to Blindside 180

**Point Value:** 1400

### **WhirlyBird**

**Description:** Tantrum Mobius with overhead handle pass

**Point Value:** 1400

### **TweetyBird**

**Description:** No Wake WirlyBird

**Point Value:** 1425

### **Frontside TweetyBird**

**Description:** WirlyBird starting from toeside approach off the wake

**Point Value:** 1455

### **Backside Mobius**

**Description:** Heelside rotational roll-combination flip with handle pass

**Point Value:** 1500

#### **Tip on performing this trick:**

- 1. Start out only about 5-7 outside the wake - you are going to need a lot of control for this one
- 2. As you edge in, cut away from the boat as you leave the wake
- 3. Throw your board back as if you were doing a roll-to-revert
- 4. But as you rotate to fakie, take your back hand and put it into the small of your back and reach for the handle
- 5. Once you get the handle it will rotate you the rest of the way

### **Slurpy**

**Description:** now how do you describe this one?? - How about "Zane Schwank's Signature move"

**Point Value:** 1500

### **Switchstance Mobius**

**Description:** Two wake fakie-to-fakie Mobius

**Point Value:** 1500

### **Air Mobius**

**Description:** Heelside rotational roll-combination flip with handle pass NOT using the wake for air

**Point Value:** 1525

### **Air Switchstance Mobius**

**Description:** Two wake fakie-to-fakie Mobius, not using the wake for air

**Point Value:** 1525

### **Scarecrow Mobius**

**Description:** Toeside front roll-to-revert Mobius

**Point Value:** 1550

#### **Tip on performing this trick:**

- Setup is critical. Start about 5-7 feet outside the wake (regardless of what you've seen Shapiro do).
- Cut progressively towards wake leaning heavily on front foot.
- As you leave the wake, throw a scarecrow.
- When you hit 180 keep looking for the boat over your left shoulder (right for you goofies).
- Pass the handle as late as possible.
- Try to keep both hands on the handle as long as you can when starting the trick.

### **Skeezer**

**Description:** Switchstance Crow Mobe

**Point Value:** 1550

### **Pete Rose**

**Description:** AKA Frontside Mobius- Toeside rotational roll-combination flip with handle pass

**Point Value:** 1600

### **S-bend**

**Description:** Backside air raley w/360 body rotation while extended

**Point Value:** 1600

### **Tip on performing this trick:**

- 1. Start out as far as you can outside the wake cause you are going to be hauling as you leave the wake
- 2. Cut like you are doing a Raley and as you leave the wake put your head between your arms and rotate inward
- 3. As you are rotating, your board should be above your head
- 4. As you finish your 360 overhead rotation, look to spot your landing
- 5. Many can do this but only a few can do it right - if done right it should look like a Frontside Wirlybird

### **X-Mobe**

**Description:** Switchstance Frontside Mobius

**Point Value:** 1600

### **Mobe 5**

**Description:** Backside Mobius w/ extra 180 rotation

**Point Value:** 1625

### **Air Mobe 5**

**Description:** No-wake Backside Mobius w/ extra 180 rotation

**Point Value:** 1650

### **Vulcan**

**Description:** S-Bend To Fakie

**Point Value:** 1650

**Backside 900 (2 wakes)**

**Description:** Heelside double 360 Heli's with additional 180 rotation

**Point Value:** 1750

**Tip on performing this trick:** ROTATION!

**Fat Chance**

**Description:** Switchstance Front Flip Mobius

**Point Value:** 1750

**Front Flip Mobius**

**Description:** Front Flip Mobius

**Point Value:** 1750

**Frontside 900 (2 wakes)**

**Description:** Toeside double 360 Heli's with additional 180 rotation

**Point Value:** 1750

**Tip on performing this trick:** ROTATION!