

## how to ollie

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# how to ollie

How to a ollie on a skateboard

First you need a skateboard and a           Noun          . If you are a beginner you might need knee and elbow pads for when you spinal you don't break your elbow or dislocate your           Noun          .

Step one: you will first have to know how to ride a skateboard so to learn how you will need to know your footing. To know your footing find the           Noun           of the board the shorter end put your dominant foot on the front           Noun           of the board and your non dominant foot on the back where it           Noun          . That type of footing is regular.the other type is goofy where you have the same footing but the board is           Noun          . For instance i           Verb - Base Form           the goofy way.

Step two: you will need to learn how to manual (lower wheely). So what you do is you take your back foot and put your weight on the back           Noun           and you have to lean even or you could spinal (          Verb - Base Form           backwards on your back). One important step is to make sure the           Noun           of your skateboard does not touch the ground or it would be a           Noun           to your ollie (hop).

Third and final step: now you know your position and your manual so you are ready for a ollie. To ollie when you manual you hit the           Noun           of your board and push your front foot forward as you hop and           Noun           your legs.

Now you know how to do a ollie have fun

