

20 Essential Flatground Tricks

Checklist & Challenge

1. **Standard Challenge:** Land each trick three times in general to mark it as complete. This is great for beginners or those looking to progress steadily.

2. **Pro Challenge:** For those who want to step up their game, try this more intense version:

- Land the trick three times in a row, in three separate occasions
- Only then mark the trick as truly mastered

No	TRICK	1	2	3	DATE
1	Manual (at least 10 feet)				
2	Nose manual (at least 5 feet)				
3	Ollie (over another board)				
4	Fakie ollie				
5	Nollie				
6	Revert 180				
7	Frontside 180				
8	Backside 180				
9	Half cab				
10	Nollie shuvit				
11	Fakie shuvit				
12	Shuvit				
13	Pop shuvit				
14	Kickflip				
15	Varial kickflip				
16	Heelflip				
17	Varial heelflip				
18	Fakie big spin				
19	Double kickflip				
20	360 flip (Tre flip)				

