

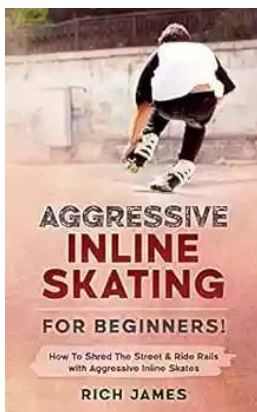
For Beginners: How to Shred the Street and Ride Rails with Aggressive Inline Skates

If you have recently stepped into the world of aggressive inline skating or are considering giving it a go, this article is for you. In this comprehensive guide, we will walk you through the basics of street skating and provide you with valuable tips on how to ride rails like a pro using aggressive inline skates.

Getting Started with Aggressive Inline Skates

Aggressive inline skating, often referred to simply as "aggressive skating," combines elements from various skating disciplines with an added dose of creativity and tricks. It involves performing tricks and stunts on street obstacles such as rails, ledges, and ramps.

Before you hit the streets, make sure you have the appropriate gear. Invest in a pair of high-quality aggressive inline skates that offer good ankle support and durability. It's also crucial to wear protective gear, including a helmet, knee pads, elbow pads, and wrist guards. Safety should always be a top priority.



Aggressive Inline Skating: For Beginners! How To Shred The Street & Ride Rails with Aggressive

Inline Skates by Jennifer McClearen (Kindle Edition)

★★★★☆ 4.1 out of 5

Language	: English
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Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
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Finding Suitable Spots and Rails

When it comes to street skating, the possibilities are endless. Look for skate parks, plazas, or any urban environment with skateable obstacles. Rails are popular features used for grinding, sliding, and performing other tricks. You can find rails in skate parks or even on the streets - just keep an eye out for suitable spots. Be respectful of private property and skate within designated areas.

As a beginner, it's important to start with smaller rails and gradually work your way up. Ensure the rail is sturdy enough to bear your weight and practice your tricks in a safe location with ample space. Always inspect rails for any sharp edges or obstructions that could cause accidents.

Fundamental Techniques

Before attempting any tricks, it's crucial to master the fundamental techniques of street skating. Familiarize yourself with basic movements, such as the various forms of turning, stopping, and changing direction. Get comfortable with balancing on your skates and develop proper posture and position.

Here are a few fundamental techniques to practice:

1. T-Stop

The T-stop is a popular stopping technique used in aggressive inline skating. It involves dragging one skate behind you perpendicular to your other skate, forming a "T" shape. Practice this technique to gain better control and stop safely when needed.

2. Pivoting

Pivoting is the act of turning your body without moving your skates. This technique allows you to change direction quickly and navigate through obstacles. Practice pivoting to enhance your maneuverability and agility.

3. Crossovers

Crossovers involve crossing one skate over the other while turning. This technique is essential for maintaining speed and stability. Mastering crossovers will enable you to navigate corners and perform more advanced tricks.

Riding Rails

Riding rails is one of the most thrilling aspects of aggressive inline skating. It's important to approach rail riding with caution and build your skills gradually. Always wear appropriate protective gear, as falls and slips are common while mastering this skill.

1. Approach with Confidence

Approach the rail with confidence and maintain a stable posture. Focus on the part of the rail you want to grind and keep your eyes fixed on that point throughout the trick. Bending your knees slightly and keeping your weight centered will aid in balance and stability.

2. Start with Slides

When starting out, it's best to practice sliding along the rail rather than attempting to grind. This will help you get accustomed to the feeling of sliding and build your confidence. As you gain more control, you can progress to grinding tricks.

3. Maintain Steady Pressure

When riding rails, apply steady pressure by keeping your body weight centered over your skates. Avoid leaning too far forward or backward, as it can cause you to lose balance. Maintain a balanced and controlled position throughout the trick.

4. Practice Grinds with Obstacles

Once you feel comfortable sliding on rails, it's time to move on to grinding tricks. Start by using obstacles such as curbs or small ramps to practice your grinds. Approach the obstacle at an angle, lock your grind plate onto the edge, and maintain balance throughout the trick.

Tips for Progression and Safety

As with any sport, progression takes time and practice. Here are some additional tips to help you progress and stay safe while shredding the streets:

1. Stay Relaxed

Tension can hinder your performance and increase the risk of injuries. Remember to stay relaxed, maintain proper posture, and let your skates do the work.

2. Embrace Falls

Falling is part of the learning process. Embrace falls as an opportunity to learn and improve. Always wear protective gear to minimize the risk of injuries when practicing new tricks.

3. Take it Slow

Don't rush the learning process. Start with the basics and gradually challenge yourself with more advanced tricks. Progression happens over time, so be patient and persistent.

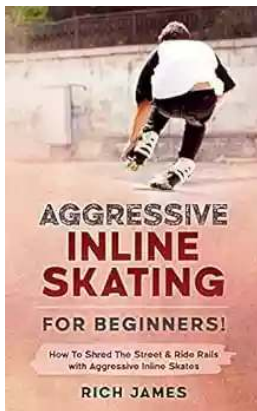
4. Seek Guidance

Joining a skate community or connecting with experienced skaters can provide valuable guidance and support. Learn from their expertise and seek advice to enhance your skills.

5. Listen to Your Body

Pay attention to your body and take breaks when needed. Skating for extended periods without rest can lead to fatigue and increase the risk of injuries. Stay hydrated and listen to your body's signals.

Aggressive inline skating offers an exciting and dynamic way to enjoy the streets and unleash your creativity. With the right gear, practice, and dedication, you can master the art of riding rails and perform impressive tricks. Remember to always prioritize safety and progress at your own pace. Get out there, shred the streets, and embrace the thrill of aggressive inline skating!



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Are You Ready To Learn ALL About Aggressive Inline Skating? If So You've Come To The Right Place...

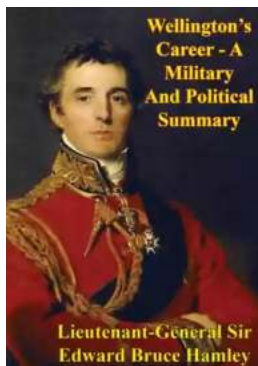
No experience with rollerblading or skating? No worries!

This book is suited to the absolute beginner that's looking to get started with aggressive inline, whether this be for your own enjoyment or perhaps even to lose weight... the choice is yours!

Here's A Preview Of What This Book Contains...

- An To Aggressive Inline Skating
- Glossary (Skating Terms You'll Need To Know)
- Getting Started – Choosing The Right Gear
- Anatomy Of Your Skates (Frames, Wheels Etc.)
- Fundamental Inline Skating Skills
- Styles Of Aggressive Inline Skating - Street/Park etc.
- How To Perform Beginner Air Tricks (Grabs etc.)
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