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"The Art of Falling " is for skaters who want to transform their skating. Whether you are just getting started in freestyle slalom skating or are an experienced slalomer, or even a skater from another discipline looking to improve your core skills, the lessons found in "The Art of Falling" will help you pick up tricks faster, improve the quality of your skating and troubleshoot problems. The information is written with inline skaters in mind, but it also applies to quad skaters. Containing the wisdom and insights from Naomi Grigg's acclaimed series of workshops and retreats on freestyle slalom skating, "The Art of Falling" is invaluable to any skater. It's a resource that will grow with you as a skater and enhance the value of all of your lessons and practice.

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Ever watched pro skaters and wished you knew how they were able to pull off the tricks that you see? If so, then *Mastering Skateboarding* is the resource for you! Two-time world champion skateboarder Per Welinder teams up with longtime skateboard advocate Peter Whitley to bring you the techniques and tricks used by the pros. But the information doesn't stop there. Welinder and Whitley also provide in-depth coverage of skateboarding equipment, including how to select the components that work best for you and how to build and tune a board that fits your individual riding style. Packed with XX tricks, this full-color guide is the only resource you'll ever need to pull off the moves you've dreamed of performing. Whether you ride street or vert, competitive or recreational, *Mastering Skateboarding* has you covered. Add this one-of-a-kind resource to your collection and you'll soon be ready to put your new skills on display!

The *Art of Falling* will help you transform your skating. Getting started in freestyle slalom can be intimidating. How on earth do you make your feet weave seemingly impossible patterns around those little cones? This book will take you through all the basics, including advice on what skates to get and how to set them up, tutorials for a full menu of beginning moves, tips and drills for developing skills and style, and recommendations for continued growth as a slalom skater. Containing the wisdom and insights from Naomi Grigg's acclaimed series of workshops and retreats on freestyle slalom skating, *The Art of Falling* is invaluable to any skater. It's a resource that will grow with you as a skater and enhance the value of all of your lessons and practice.

This book tells you everything you need to know about equipment, basic and advanced skating techniques, safety, and improving fitness.

"Intellectually deft and lively to read, *Skate Life* is an important addition to the literature on youth cultures, contemporary masculinity, and the role of media in identity formation." ---Janice A. Radway, Northwestern University, author of *Reading the Romance: Women, Patriarchy, and Popular Literature*

"With her elegant research design and sophisticated array of anthropological and media studies approaches, Emily Chivers Yochim has produced one of the best books about race, gender, and class that I have read in the last ten years. In a moment where celebratory studies of youth, youth subcultures, and their relationship to media abound, this book stands as a brilliantly argued analysis of the limitations of youth subcultures and their ambiguous relationship to mainstream commercial culture." ---Ellen Seiter, University of Southern California

"Yochim has made a valuable contribution to media and cultural studies as well as youth and American studies by conducting this research and by coining the phrase 'corresponding cultures,' which conceptualizes the complex and dynamic processes skateboarders employ to negotiate their identities as part of both mainstream and counter-cultures." ---JoEllen Fisherkeller, New York University

Skate Life examines how young male skateboarders use skate culture media in the production of their identities. Emily Chivers Yochim offers a comprehensive ethnographic analysis of an Ann Arbor, Michigan, skateboarding community, situating it within a larger historical examination of skateboarding's portrayal in mainstream media and a critique of mainstream, niche, and locally produced media texts (such as, for example, *Jackass*, *Viva La Bam*, and *Dogtown and Z-Boys*). The book uses these elements to argue that adolescent boys can both critique dominant norms of masculinity and maintain the power that white heterosexual masculinity offers. Additionally, Yochim uses these analyses to introduce the notion of "corresponding cultures," conceptualizing the ways in which media audiences both argue with and incorporate mediated images into their own ideas about identity. In a strong combination of anthropological and media studies approaches, *Skate Life* asks important questions of the literature on youth and provides new ways of assessing how young people create their identities. Emily Chivers Yochim is Assistant Professor in the Department of Communication Arts, Allegheny

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College. Cover design by Brian V. Smith

Explains the fundamentals of skateboarding, from putting a board together to how to do thirty-three basic tricks.

Part manifesto, part how-to-guide . . . required reading for anyone who's searching for new ways to be fearless. Carrie Brownstein When most Americans hear the words "roller derby" today, they think of the kitschy sport once popular on weekend television during the seventies and eighties. Originally an endurance competition where skaters traveled the equivalent of a trip between Los Angeles and New York, roller derby gradually evolved into a violent contact sport often involving fake fighting, and a kitschy weekend-television staple during the seventies and eighties. But in recent decades it's come back strong, with more than 17,000 skaters in more than four hundred leagues around the world, and countless die-hard fans. Down and Derby will tell you everything you ever wanted to know about the sport. Written by veteran skaters as both a history and a how-to, it's a brassy celebration of every aspect of the sport, from its origins in the late 1800s, to the rules of a modern bout, to the science of picking an alias, to the many ways you can get involved off skates. Informative, entertaining, and executed with the same tough, sassy, DIY attitude leavened with plenty of humor that the sport is known for, Down and Derby is a great read for both skaters and spectators.

Marty Donnellan is a former roller skating coach at All American Skating Rink near Atlanta, Georgia, USA. She has taught scores of people how to skate, and many others how to improve their skating. "Teach Someone to Roller Skate - Even Yourself!" is a complete curriculum for a beginning roller skating course for children through adult. By studying Marty's clear text and engaging illustrations, you, too, can now teach someone to roller skate - including yourself or your child - with skill and enjoyment. Or, you can build on existing skills. Most of the skills taught are transferrable to beginning outdoor inline skating and even beginning ice skating. Below are some of the topics covered: Styles of skates and skating - Safety - Beginning and intermediate skating positions and postures - How to keep from falling - How to rise from a fall - How to build up speed - Avoiding common bad habits - Four ways to stop - Gliding on one foot - How to carve, pump, swizzle, scissor, and do crossovers - Beginning skills especially for older students - How to teach children under five - Two methods for beginning backwards skating - Beginning intermediate skills such as the Mohawk turn and two-footed spin - Edges - Exercises and drills to practice on and off skates - Checklist of beginning skills - Troubleshooting pain while skating... ..And more! No matter where you intend to take your new sport - figure skating, speed skating, jam skating, roller hockey or derby - this book will help you get started. So let's get our skates on and get started! View additional illustrations for "Teach Someone to Roller Skate" on our Facebook page of the same name, <https://www.facebook.com/#!/TeachSomeoneToRollerSkate>.

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