



Mountainboarding is an adrenaline-fuelled, extreme sports scene that sprung up in the late 20th century. Bringing together elements of snowboarding, skateboarding, and mountain biking, mountainboarding has attracted a legion of passionate fans. It's an accessible and affordable alternative to more expensive extreme sports requiring specialized equipment. Even if you've never tried it before, mountainboarding is a sport you can learn with a little patience and practice. Here are five tricks every beginner mountainboarder should learn. 1. Basic Riding Stance: Before learning any tricks, the first and foremost thing that you need to learn is the basic riding stance. This will help you in maintaining balance, and it has three positions, which are Regular, Goofy, and Mongo. Regular is when your left foot is forward, and Goofy is when your right foot is forward. Mongo is when the rider pushes the board with his/her front foot and keeps the rear foot on the board. 2. The Ollie: Ollie is one of the most basic tricks in mountainboarding, and it involves lifting the board off the ground with both feet and then landing back down. This trick is the foundation of almost every mountainboarding trick, making it a crucial skill to master. You can start with the basic ollie by compressing your body and then jumping off the ground while lifting the board with your feet. After jumping, you should land back on the board with both feet, keeping your balance. 3. The Nose Grab: The nose grab is the beginner's first trick after learning the Ollie. It's simple, and it makes the rider look stylish while performing it. To perform this trick, you need to grab the front part of the board with your leading hand, while jumping off the ground. You should then land back on the board, keeping your balance. 4. The 360 Spin: The 360 spin is a more advanced trick that takes time and practice to master. It's a complete spin, starting from the front and finishing at the back. To perform this trick, you need to spin the board with your body while keeping your feet stable. It's recommended to practice this trick on a flat surface before attempting to perform it on a hill or mountain. 5. The Backflip: The backflip is one of the most advanced tricks in mountainboarding, and it should only be attempted by experienced riders. The trick involves jumping off a hill or ramp and performing a backward flip in mid-air before landing back on the board. It's important to practice this trick on a trampoline or foam pit before taking it to the slopes or hills. In conclusion, mountainboarding is a thrilling extreme sport perfect for those seeking adventure and excitement. As a beginner, it's important to start with the basics and gradually progress to more advanced tricks. The five tricks mentioned in this article, including basic riding stance, the Ollie, the nose grab, the 360 spin, and the backflip, are fundamental skills for any aspiring mountainboarder. Remember to always stay safe, wear protective gear, and practice in controlled environments before progressing to more challenging terrains.

References

- [mountainboard](#)