



# BMX Riding Skills: The Guide to Flatland Tricks

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*A comprehensive guide to the "king of street sports."*

Intense racing, jaw-dropping stunts and freestyle tricks make BMX a favorite among youth. ***BMX Riding Skills* is about the tricks, guiding readers through the maneuvers, techniques, clothing and equipment that add up to competition-worthy skills and a pro street image.**

Packed with hundreds of illustrations and action photos and written in a laid-back style typical of its audience, the book features:

How to avoid injury when falling All of the tricks are described in step-by-step photographs and graded by difficulty, progressing from basic to intermediate to advanced. There are also valuable tips and visualization techniques used by pro riders to control nerves.

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