

Back Roll Roast Beef

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Step One - Back Rolls

If you want to learn this, it goes without saying you must master your back rolls. Do them sent, do them just popping, do them with the kite high, do them with it low. More importantly, you can start working on your form on this step. Practice tucking your front knee hard into your chest every back roll. This will take some getting used to and it may feel awkward at first. Do it anyway, you're building muscle memory to add the grab later.

Another key habit to get going on this step is to practice pulling on your front hand. You want to dive the kite forward so that it pulls you through the roll. Doing these two things are setting up the body position needed to actually do the whole trick and part of what will make it look good later when you start adding the actual grab.

Tips

- Keep front hand pressure
- Dive the kite and let the kite pull you through the roll
- Tuck your front knee hard

Step Two - Remove your Back Hand

This is just an extension of step one. Practice all the recommended tips but start reaching for the board. You don't actually have to grab. The point of this step is to teach you how to control the kite with one hand while rotating. Focus on the control bar and make sure that kite stays low. If you practiced good form in step one, the goal is to maintain that form on step two.

Progressively over time start bringing your knee close to your chest and getting your back hand closer to the board. Good form and getting the muscle memory is paramount on this step. Depending on how proficient your back rolls are, you may want to spend a couple sessions really working on perfecting this step.

Tips

- Start tucking your knee all the way into your chest
- Progressively get your backhand closer to the board
- You don't have to reach for the roast beef grab

Continued

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Step Three - Learn the Grab

Rather than learning this grab while rotating, you'll want to get comfortable just sending the kite and going for it.

The trick is to bring your front knee as close to your chest as possible. Now reach your back hand through your legs and grab the heel side edge of your board. You might notice the pattern here from the first two steps.

Remember don't reach but bring the board to you. At first, you just want to get the grab. As you progress, make sure you start straightening your back leg as much as possible. This is what will bring the board even with your head when you start rotating with this grab.

Tips

- Keep your front knee tucked
- Don't reach, bring your legs up
- Straighten the back leg a lot

Step Four - Bring it together

Now it's time to bring the two together. Send the kite, pop and do the back roll you've been practicing. As you come around bring that front knee into your chest and bring the heelside edge of the board right into your back hand. This step should feel natural if you put the work in and practiced the correct form earlier and if you are really comfortable with the grab.

Remember to start reaching as soon as you pop and bring your front knee in. If you're having a hard time making the grab it's because you're not tucking the front knee enough. You really need to connect the leg and knee into your torso. Of all the tricks we've covered, you'll really want to get the kite low on and poke your back leg on this one. Doing so will completely change the trick and it honestly just looks epic.

Like all the tricks in this jump with style, playlist remember to practice the tenets from our first video along the way.

- Keep the Kite Low
- Tweak it Out
- Off-Axis Rotations
- Add Grabs
- Land with Power.