HOW TO... PUMP

PUMPING, POWERING DOWN, OR GYRATING

Pumping is a way to propel your board forward through the power of your trunk and hips. It is one of the most effective techniques to keep your board moving and is a fundamental part of any skateboarder’s repertoire. There are two main components of pumping: a "pumping" stroke, and a "decompression" stroke.

Pumping is sometimes known as organic rhythm. Just like your body and board create rhythm in a dance to the music – your body and board create rhythm in the act of pumping. The natural rhythm of your body’s organic movements and the organic rhythm of your board are combined to create a smooth, powerful flow of energy.

TOUMBECA

Equipement and minimum speed.

Unfortunately, the trucks on pre-assembled boards are normally too stiff for pumping. You'll need much lighter trucks to do this. You'll also need softer wheels and a board with a lot of pop. This is the reason why you should buy a board and trucks separately and then customize them to your needs. The best way to do this is to experiment with different setups and find what works best for you.

SLACKLINE AND POSITIONS

Standing position is essential for the art of pumping. Stand on a flat surface with your feet shoulder-width apart. Your body is semiflexed, and your hips are slightly rotated to the left side. Your weight is evenly distributed on both feet.

When you bend slightly and let your weight move forward, you will generate power. Your body is like a spring that needs to be compressed. As you drive your center-of-gravity slightly forwards, your body will settle in position. If you feel like you are pushing your weight backwards, but following the board, you are driving your center-of-gravity too far forwards. Your body will settle in position to drive your weight forwards, but following the board, you are driving your center-of-gravity too far forwards. Your body will settle in position to drive your weight forwards.

WEIGHTING AND UNWEIGHTING

When you bend slightly and let your weight move forward, you will generate power. Your body is like a spring that needs to be compressed. As you drive your center-of-gravity slightly forwards, your body will settle in position to drive your weight forwards.

Drive your center-of-gravity slightly forwards. As you flex your knees, your hips will rotate and your weight will move forward. As you reach the bottom of your frontside, your weight will settle, or compress, and become the start of the next decompression. To really get the pump going, you must flex your knees strongly. Your body will settle in position to drive your weight forwards, but following the board, you are driving your center-of-gravity too far forwards. Your body will settle in position to drive your weight forwards.

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Drive your center-of-gravity slightly forwards. Your knees will bend and your hips will rotate. As your knees settle, your weight will settle, or compress, and become the start of the next decompression. To really get the pump going, you must flex your knees strongly. Your body will settle in position to drive your weight forwards, but following the board, you are driving your center-of-gravity too far forwards. Your body will settle in position to drive your weight forwards.

When you bend slightly and let your weight move forward, you will generate power. Your body is like a spring that needs to be compressed. As you drive your center-of-gravity slightly forwards, your body will settle in position to drive your weight forwards. In a smooth, coordinated motion, your shoulders, hips, and knees will move in unison. This is called "pumping through the board."