

HOW TO BOND WITH YOUR TEENAGER

PERFORM AN OLLIE ON A SKATEBOARD

1 Position your feet on the board.

Place your non-dominant foot toward the front of the deck (the wooden part of the board) over the trucks (front axle). Place the foot at a comfortable angle, not quite forward and not completely to the side. Angle your dominant foot across the board at the tail (rear end) of the board.

2 Bend your knees.

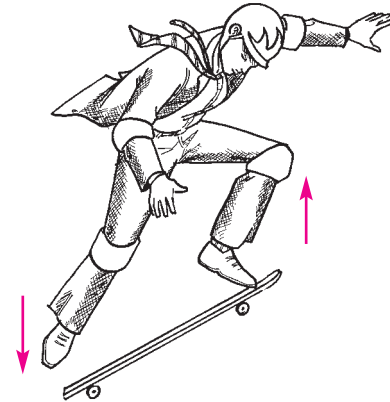
Your knees should be slightly bent to help you keep your balance.

3 Propel the board slowly forward.

Remove your back foot from the deck and use it to push on the ground and propel the board forward. Once it begins rolling, put your foot back in place at the rear of the board.

4 Slide your front foot back.

Move your front foot back about six inches, toward the middle of the deck.



*Kick down hard on the tail of the deck.
The front of the board will rise off the ground.*



Land.

5 Kick the tail down.

Kick down hard on the tail section of the deck, while at the same time lifting your front foot up and springing up off your back foot. The front of the board will rise off the ground.

6 Move your front foot forward.

With the front of the board still in the air, move your front foot forward slightly while airborne. This will raise the tail section and get the skateboard completely off the ground. You may find it easier to simply rotate your front ankle, so the board is pivoting on the outside edge of your leading foot.

7 Stay centered over the deck.

While floating in midair, keep your feet centered over the board, since you will need to be properly positioned to land. Both you and the skateboard will be traveling forward at the same rate of speed, so this is a natural movement.

8 Let gravity take the board back.

The board will land with the wheels down, since the wheels and axles are heavier than the deck.

9 Land on the board.

Bend your knees to help absorb the impact of the landing.

DJ A PARTY

1 Spin the first record.

Select a song with a strong intro to establish the tone for the rest of the set. Place the first record on the left deck (or record player). Move the crossfader all the way to the left, so that channel will play the music. The left deck corresponds with channel one, the right deck corresponds with channel two.

2 Drop the needle.

Put the needle down on your record to play the song for the crowd.

3 Plug in the headphones.

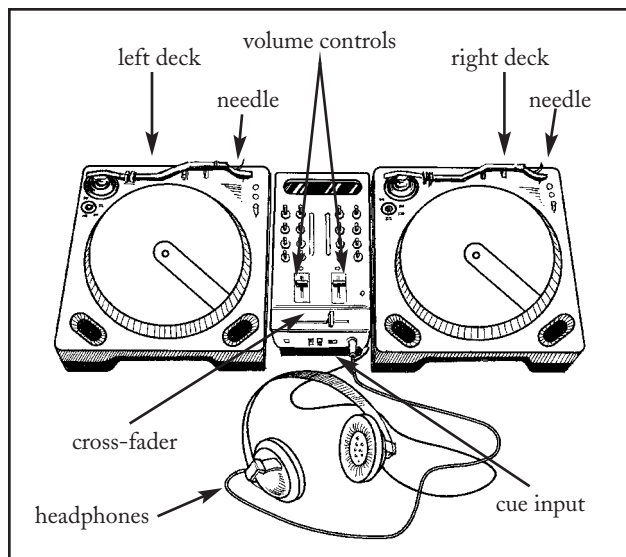
The mixer has a cue input, or a 1/4-inch jack for headphones, that allows you to hear what's coming up next without broadcasting the music over the speakers.

4 Cue up a song.

Select the next track to blend with the song that is now playing through the speakers. Put the new track on the right deck, which will play on channel two, and make sure that the cue is set to play channel two. Hold one headphone to your ear, leaving your other ear free to hear the music playing to the house and to gauge the crowd reaction.

5 Line up eight counts.

Count from one to eight in time with the beats (or bass drum hits) of the song playing over the speaker.



Play the cue song over your headphones, and line up the eight counts so the “1s” match. Use your finger to slow down or start the record on channel two to match the beats.

6 Cross fade into the new track.

The cross-fader is a rectangular slider control located at the bottom of the mixer. It slides horizontally rather than vertically, like the volume controls. Use the cross fader to blend the two channels.

7 Maintain song continuity.

Mixing the two songs at the right place is critical to keeping the crowd involved and dancing. Most dance

songs and DJ remixes have breaks, or areas of the song where the vocals and music purposely drop out and give you a chance to beat mix. Avoid mixing into or out of a track during a vocal segment.

8 Watch the crowd.

The crowd is the best gauge of how well you are DJing. If people are having fun—and, especially, if they are easily dancing through the transitions between songs—you are doing a good job. If, on the other hand, they are having trouble dancing to the beat, alter your song selections.

Be Aware

- Every mixer is different. Familiarize yourself with the equipment in the booth.
- Using a stopwatch or a watch or clock with a second hand, count the beats of the current song (or bass drum hits) for 15 seconds, then multiply by four to determine the number of beats per minute (BPM). Most sets begin with songs with a lower BPM, then gradually increase the BPM as the music increases in intensity. As a general rule, consider 88 to 110 BPM for a hip hop or rap music set, and 116 to 140 BPM for a house/techno set.
- Do not play the new song at a lower volume after the fade in. The volumes of the two songs should match, since a lower volume diminishes a song's energy.