

How to Do A Front Flip

1. Noun
2. Adverb
3. Preposition
4. Conjunction
5. Verb - Present Ends In Ing
6. Pronoun
7. Preposition
8. Noun
9. Noun
10. Noun
11. Verb - Base Form

How to Do A Front Flip

A front flip is really cool so _____^{Noun} learn one! Let's start by saying a front flip is a vertical 360 degree spin. Now, before you attempt one do some summersaws to get the feel. Next, go to a trampoline park and try one there. BUT WAIT!!! You do a front flip by _____^{Adverb} your arms _____^{Preposition} _____^{Conjunction} _____^{Verb - Present ends in ING} _____^{Pronoun} down the nanosecond after you jump. Then, tuck into a ball and when you see the sky or ceiling open out of the ball. Then, go to the trampoline and do it without bouncing and when you can go a step farther. So, now throw together some padding a do one on to that once you land it do it _____^{Preposition} the padding. After, you get the hang of it you can do it without the pads. Now, the hardest part here is to COMMIT!!! _____^{Noun} must commit if you are going to land this. Once _____^{Noun} land it, go show your _____^{Noun} you deserve. But remember, never stop doing this. When you're fifty show run up to someone and do a front _____^{Verb - Base Form}.