

How to Do A Front Flip

1. Noun
2. Adverb
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How to Do A Front Flip

A front flip is really cool so _____ 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 _____ your arms _____ 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 _____ the padding. After, you get the hang of it you can do it without the pads. Now, the hardest part here is to COMMIT!!! _____ must commit if you are going to land this. Once _____ land it, go show your _____ you deserve. But remember, never stop doing this. When you're fifty show run up to someone and do a front _____.