



**CABLE PARK**

[www.313cablepark.lt](http://www.313cablepark.lt)  
+370 66 313 313  
Palanga



[www.wakeway.lt](http://www.wakeway.lt)  
+370 682 827 75  
Vilnius

# CABLE COLLEGE TRENIRUOČIŲ PLANAS

Kaip nuosekliai ir kryptingai tobulėti  
vandenlenčių sporte

# 03

## PAŽENGUSIO KORTELĖ ADVANCED CARD

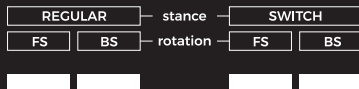
Vardas, pavardė:

Iki profesionalo - vienas žingsnelis! Dabar turi pasiekti didesnę amplitudę ir išmokti atlikti rotacijos visomis kryptimis, atliekant sudėtingesnius transfer'ius, step-up'us, rail-to-rail'us, nusileidimus į bank'us ir kicker triukus.

## TRICKS

### WATER

Ollie 360°



### TABLE/BOX/PIPE/RAIL

270° in

360° in

TS 270° in

TS 360° in

Switch ups

Out to blind

180° out

270° out

360° out



### BANK

TS safety 180° to bank

Safety 360° to bank

TS safety 360° to bank



### TRANSFER

Transfer

TS transfer

Transfer 180° in

Transfer to back board

Transfer to back lip

TS Transfer to front board

TS Transfer to front lip

Transfer 270° in

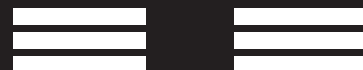
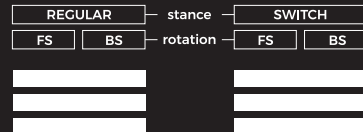


### RAIL-TO-RAIL

50-50 to 50-50

50-50 to front board

50-50 to front lip



### STEP-UP

50-50 to 50-50

50-50 to front board

50-50 to front lip



### KICKER

180°

TS 180°

Landing blind

360°

TS 360°

540°

TS 540°



### FLIP

Tantrum

Half cab

Front roll

Mexican roll



Kaip sujungti ir pagerinti triukus?

Atlikdami rotacijas, bank'us, flip'us prijunkite grab'us iš Antrojų kortelės.

Atlikdami transfer'ius, rail-to-rail'us ir step-up'us prijunkite FS arba BS 180/270/360 OUT rotacijas.