

Einleitung

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- 10 Fahrradeinstellung
- 12 Die Basics für Tricks
- 14 Allgemeine Sprungtechnik
- 16 Bunnyhop und Schweinehop

Tricklevel 1

- 20 Onehand
- 22 E.T. / Pedal-Air
- 23 Barhump
- 24 Seatgrab
- 26 Tiregrab
- 28 Onefoot
- 30 X-Up

Tricklevel 2

- 34 Toboggan
- 36 Onefoot-Cancan
- 38 Nofoot
- 40 Whip
- 42 Nofoot-Onehand
- 44 Tuck-Nohand
- 46 Sui-Nohand
- 48 90-Hip-Springen
- 50 Crankflip
- 52 Tabletop
- 54 Nosebonk
- 56 Onefoot-X-Up
- 57 Onefoot-Onehand
- 58 Nacnac

Tricklevel 3

- 62 Nofoot-Cancan
- 64 180
- 66 Onefoot-Tabletop

- 68 Onehand-Tabletop
- 70 Nothing
- 71 Heelclicker
- 72 Unturndown
- 74 Barspin

Tricklevel 4

- 80 Indian-Air
- 82 Superman
- 84 360
- 88 Backflip
- 92 360-Onehand
- 93 360-Tabletop
- 94 Tailwhip
- 98 Superman-Seatgrab

Tricklevel 5

- 102 360-Cancan
- 103 360-Nofoot
- 104 360-Barspin
- 106 Backflip-Cancan
- 108 Backflip-Tuck-Nohand
- 109 360-Tailwhip
- 110 Frontflip
- 112 720

Tricklevel 6

- 116 Backflip-Nofoot
- 117 360-Tuck-Nohand
- 118 Cork-720
- 120 Backflip-Barspin
- 121 Backflip-Tailwhip
- 122 360-Downside-Tailwhip
- 124 Double-Tailwhip
- 126 360-Tailwhip-to-Barspin