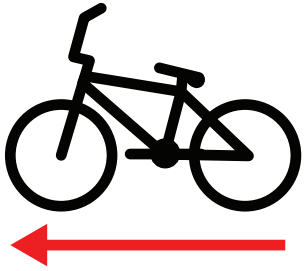




# BMX Tutorials

## How to Barspin

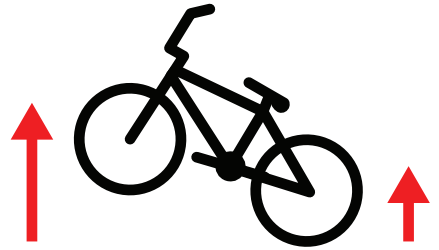
[www.tresna.co.uk](http://www.tresna.co.uk)



①

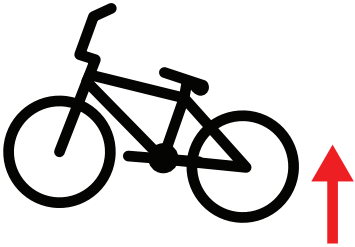
A bar spin is a simple BMX trick, learnt pretty early on in most biking careers. You can perform a barspin in a multitude of different locations and styles. The best way to learn is on flat ground. You can then progress onto bigger and more complicated variations of the barspin. To begin, ride at a steady speed on a smooth flat surface. e.g. a skatepark or a carpark.

Set your feet and pedals flat in your regular riding style. The front foot should always be your most dominant foot. Try to perform a clean bunny hop, pulling your front wheel up first, setting you at a slight angle when in the air. Higher bunnyhops will result in easier bar spins but don't force a hop to be as high as possible. This will unsettle your balance.



②

Now you're in the air you need to level your bike out and ready yourself for the bar spin. The perfect bike and riding position at this point is to have your bike at a slight angle. Your legs pretty straight with your body centred over your seat and seat post. To get into this position you should push your bars forward and allow your rear wheel to rise. At this point you want to be nearing the top of your bunny hop.



③

This is mentally the hardest part of the trick. Letting go and spinning your bars while only a couple of feet from the ground doesn't seem rational at all. To get over this fear try progressing from manual bar spins to bunny hop bar spins. The spin direction of your bars should be the same as your dominant foot. Lean back on your bike and grip your seat with your knees, then spin your bars as fast as you've practiced.



④

Try to catch your bars with the opposite hand to the one you threw the bars with. Hold your hand over the bike's top tube, open palmed and facing the direction the bars will be coming from. Having your hand centred over your bike will give you a little extra time to slow the rotation. Once you catch the bars you can release your knees from your seat and concentrate on landing. You should be landing with your back wheel first like a regular bunny hop.



⑤

