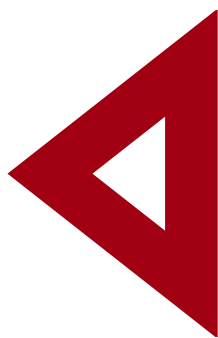


Space Queen's

SK8 LIKE A PRO



Comprehensive Progressive Based Rollerskate System



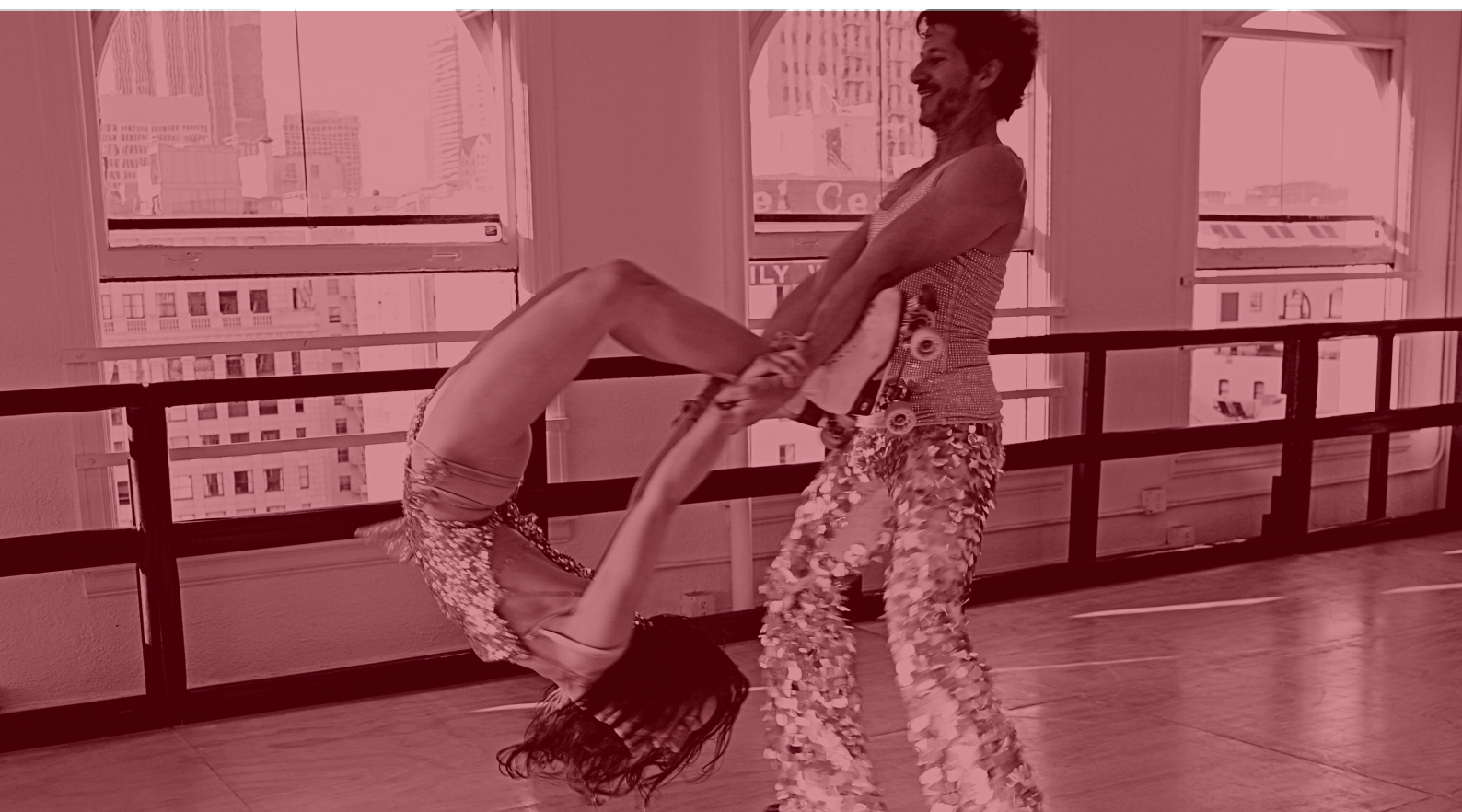
KIM MANNING PRESENTS
A LOVE AND LIGHT PRODUCTION



UNLOCK THE KEYS TO SKATING




***"I created this program for the
skate enthusiast who desires to
become a master of the art of
skating!"***



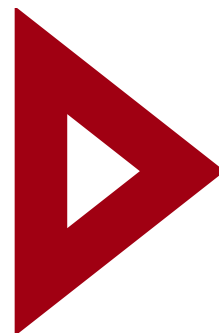


WELCOME TO SK8 LIKE A PRO!

This exclusive program is broke into three modules with an additional Stretch Module. The three modules must be mastered in order with required elements fulfilled before moving on. Many experienced skaters without formal training will find skating on an edge and skate terminology new concepts so therefore must start at the fundamentals.



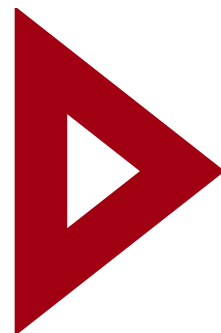
YOU WILL FIND A QUICK OVERVIEW OF WHAT YOU WILL LEARN IN EACH MODULE BROKEN DOWN INTO THREE CATEGORIES: SKATING AND EDGE MASTERY, SPINS AND JUMPS, AND ROLLERDANCE.


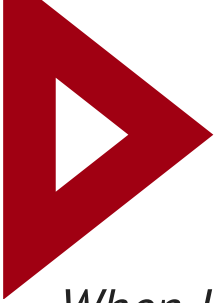


SK8 LIKE A PRO

I began skating at 3 years old and competing at 5. After spending my entire youth as a champion artistic skater I skated as a professional touring the world as a member of George Clinton's Parliament Funkadelic for over a decade. Since then I returned to my skating roots and partnered with World Champion Trey Knight as well as starting my own group of professional rollerskaters, the Royal Rollers for TV and live events, and began teaching skating online thru social media.

This program incorporates decades of technical and professional experience that is enhanced with my own twists from being a circus artist, contortionist, ice skater, rollerblader, dancer, and also kundalini yoga instructor.





When I entered worldclass, I became a professional entertainer with my skates. As a touring performer, I also had decades of experience street skating as a means of transportation. Then I had an "aha!" moment. Sk8 like a Pro, thats what I know and that's what I want to teach"

Kim's credits include:

60k IG followers

1 million views on tik tok #sk8likeapro

Star of 2018 Toyota Olympic Campaign

Stunt and Skate resume:

Lady Dynamite- Hollywood Christmas

Parade - Debbie Allen's Nutcracker-

Crazy Ex Girlfriend- Jimmy Kimmel-

Kidding-Valley Girl- Euphoria- Bliss

US Figure Skating Learn to Skate

Certified Instructor

KRI Certified Kundalini Yoga Instrutor





FOUNDATIONS



SKATING

1. 8 different stops
2. T-stop position
3. Skate Posture
4. Falling
5. How to get up
6. Cannonball
7. Bubbles
8. Outer Forward pushers
9. Outer Forward Strike
10. Forward skating outer edge
11. Slalom
12. Hills and outdoor skating
13. Intro to inner edge
14. Spread eagle



ROLLERDANCE

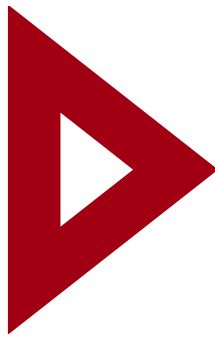
1. Moonwalk
2. Marching in place
3. Cross over the foot
4. Crabwalk
5. Toe stop dance
6. Shoot the Duck

SPINS AND JUMPS

1. Bunny Hop
2. Two Foot Pump Spin

THERE ARE 30+ VIDEOS IN THIS MODULE



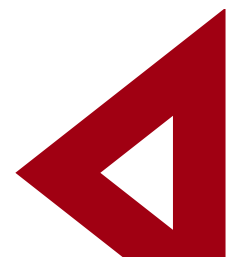


Video List

FOUNDATIONS OF SK8

Make skating safe and fun by unlocking skate technique

1. *Stops*
 - a. *Intro to the stops (12:25)*
 - b. *Baby stop tutorial (plow and tstop) (23:52)*
 - c. *Drag the Toe to stop (27:42)*
 - d. *T-stop Stop (11:38)*
 - e. *Plow (9:23)*
 - f. *Turn&Stop, Jump&Stop, Stopping backwards (26:39)*
2. *T-stop Position Tutorial (19:27)*
3. *Striking foot Outer Forward Edge (28:58)*
4. *Falling*
 - a. *on Feet (21:41)*
 - b. *on Skates (24:17)*
5. *Demo of Moves on the Circle (3:27)*
6. *Alternating Edge How to Skate (7:03)*
7. *Outer Forward Strike Demo on figure Circle (4:23)*
8. *Bubbles (8:31)*
9. *Forward Pushers (32:19)*
10. *Alternating Edge Exercise on Line (12:17)*
11. *Real time Beginner Practice Session (51:50)*



Video List

FOUNDATIONS OF SK8

Make Skating Safe and Fun by unlocking Sk8 technique

12. How to Get Back Up (4:19)
13. Slalom (11:18)
14. Push Push Hold (24:19)
15. Cannonball and Shoot the Duck
 - a. On foot practice and tutorial (25:37)
 - b. On skates cannonball (9:38)
 - c. On skates shoot the duck (6:37)
16. Bunny Hop (28:00)
17. Beginner Moonwalk (15:35)
18. Marching in Place (7:58)
19. Crabwalk (15:28)
20. Spread Eagle (26:38)
21. Hills and Outdoor Safety (35:03)
22. Toe Stop Dance (23:04)
23. Cross Footwork (16:03)
24. Skate Posture (8:52)
25. Two Foot Spin Pump (33:51)
26. 8 Edges to Skating
27. A Little Bit About Gear



STRETCHING IS KEY

Catered stretches for skaters!



*I have taken years
experience as a yoga
instructor and
contortionist to
recognize skaters'
specific needs for
stretching the new
muscles they are
building!*

The stretch tutorial is included for free
with a purchase of any module!

Video List

STRETCH TUTORIALS

Stretch sessions targeted for the specific needs of skaters.

1. *10 min Stretch (10:59)*
2. *Shin Splints (20:50)*
3. *Legs (43:36)*
4. *Hip Flexors (37:11)*
5. *Hips and Lower Back (33:07)*
6. *Life Nerve Stretch (4:23)*
7. *Cat Cow (9:41)*
8. *Cannonball Frame Help (16:00)*

Stretches should be practiced everytime you skate!



REQUIRED ELEMENTS TO MOVE TO INTERMEDIATE

Mastering Fundamentals must be done before moving on to tricks!

Everyone's path is different, but this could take several months to years to master.

- Mastery of 2-3 stops
- Cannonball
- Comfort in falling
- Ability to hold outer forward edge on one foot both feet for a 2-5 second hold
- Skating forward on outer edges with strikes



INTERMEDIATE

SKATING

1. Inner Forward Edge Holds
2. Outer Back Pushers and Strikes
3. Skating Backwards on outer edge
4. Turn from front to back
5. Turn from back to front
6. Understanding of a figure circle
7. Alternating edge slalom
8. Waltz turn
9. Alternating edge work

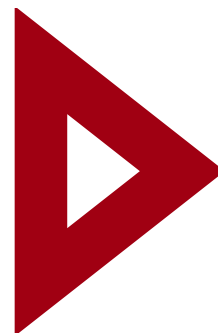
ROLLERDANCE

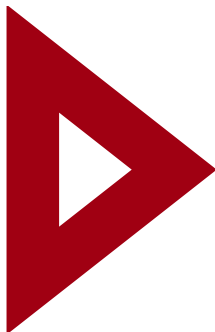
1. Bauer
2. Floor footwork
3. Moonwalk speed changes
4. Shoot duck down on one foot
5. Spirals on outer edges
6. Strut walk
7. Cartwheel on skates
8. Inner edge pivot footwork
9. Standing Moonwalk
10. Dip in Toe Stops
11. Forward Crossing of the foot

SPINS AND JUMPS

1. All 4 pivot turns
2. 180 jump on two feet
3. Two foot spin
4. Waltz jump on feet

THERE ARE 30+ VIDEOS IN THIS MODULE



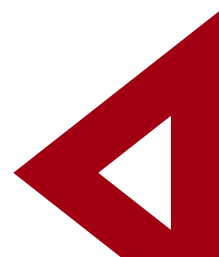


Video List

TRICKS AND INCORPORATING BASICS

**Here we apply fundamentals to advance into
intermediate skill sets**

1. Intermediate Stops (11:18)
2. Forward Crossing of the Foot (16:06)
3. Alternating Edge Practice (15:58)
4. Inside Forward Edge Chase (30:55)
5. Backward Pushers - Backwards Skating (18:54)
6. Backstroke (27:35)
7. Bauer (26:13)
8. Back Pivot Turn (26:37)
9. How to Build Figure Circle (2:42)
10. Intermediate Figure Practice (15:43)
11. Getting up Cute (4:16)
12. Intermediate Moonwalk (9:30)
13. Closed C-Step Turn Front to Back (17:27)
14. Open C-Step Turn Back to Front (12:30)



Video List

TRICKS AND INCORPORATING BASICS

**Here we apply fundamentals to
advance into intermediate skill sets**

15. *Intermediate Shoot the Duck (9:09)*
16. *Intermediate Slalom (8:41)*
17. *Spiral (17:31)*
18. *Waltz Turn (8:01)*
19. *Waltz Jump Feet (8:25)*
20. *180 two foot*
 - a. *On foot (26:16)*
 - b. *On skates both ways (24:17)*
21. *Strut Walk (8:45)*
22. *Cartwheel*
 - a. *On feet (17:16)*
 - b. *On skates (18:12)*
23. *Intermediate Practice (1:07:59)*
24. *Two Foot Heal Toe Spin (38:12)*
25. *Inner Edge Footwork (26:10)*
26. *Dip with Stops (12:37)*
27. *Standing Moonwalk (14:59)*
28. *Forward Pivot Turn (24:09)*
29. *Fancy Falling (25:21)*



REQUIRED ELEMENTS TO MOVE TO ADVANCED



Mastering more advanced fundamentals must be done before moving on to advanced tricks

Everyone's path is different, but this normally takes several years to master.

- Mastery of all the stops taught in foundations
- Hold one foot outer forward edge on both feet for 7-10 secs
- hold one foot outer back edge on both feet for 5 secs
- hold inner forward edge both feet 2-5 secs
- C-Step turn back to front and front to back
- Spread Eagle

ADVANCED

SKATING

1. Mastery holding all 8 edges on one foot for 10 seconds
2. Transition of edge on one foot
3. Cross pulls forwards and back
4. Turning back to front on inner edges
5. 360 footwork
6. Advanced slalom
7. 3 turns
8. 3 turn runs



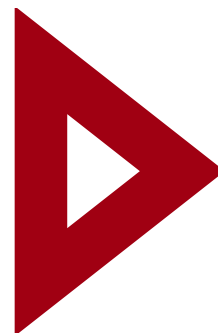
ROLLERDANCE

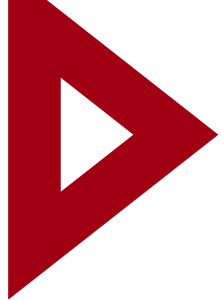
1. High kick in skates
2. Penche
3. One leg shoot duck to spiral
4. Deep buer
5. Rolling straddle
6. Spider spin
7. Coffin
8. Heel split spin
9. Inner edge footwork

SPINS AND JUMPS

1. 360 two foot
2. Toe stop spins
3. Deep pivots
4. Waltz jump
5. Half mapes
6. Turn into waltz jump
7. Bunny Hop, waltz, half mapes combo
8. Heel heel spin
9. Toe toe spin
10. Illusion

THERE ARE 40+ VIDEOS IN THIS MODULE





Video List

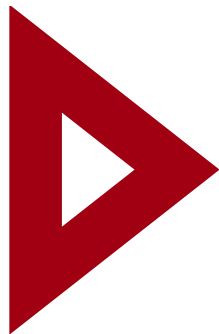
17

ADVANCED MOVES

Learn more spins and jumps as well as crosspulls, jump combos, and advanced edge control

1. *Advanced Figure Practice (21:07)*
2. *Inner Back Edge Demo (4:30)*
3. *Advanced Alternating Edges Practice (25:36)*
4. *Deep Back Pivot (20:18)*
5. *Advanced inner Edge Practice (14:15)*
6. *Back Inner Edge Chase to Hold (15:25)*
7. *Closed Mohawk Back to Front (12:30)*
8. *Cross Pulls Forward (18:58)*
9. *Cross Pulls Backward (17:02)*
10. *Advanced Moonwalk (6:59)*
11. *Advanced Two Foot Spin (5:18)*
12. *Fancy Footwork Turn Around 360 (8:07)*
13. *360 two foot jump*
 - a. *Feet (24:54)*
 - b. *Skates (13:41)*
14. *Deep Forward Pivot (13:41)*
15. *Toe stop Spins*
 - a. *Forward (28:53)*
 - b. *Back (21:58)*
16. *Waltz Jump (20:21)*
17. *Penche*
 - a. *On feet (31:22)*
 - b. *On skates (8:38)*
18. *Advanced Shoot the Duck (9:39)*
19. *Advanced Slalom (14:15)*
20. *Half Mapes*
 - a. *On foot (11:57)*
 - b. *On skates (24:09)*



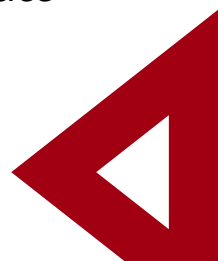


Video List

ADVANCED MOVES

Learn more spins and jumps as well as crosspulls, jump combos, and advanced edge control

21. Advanced Bauer (12:35)
22. Advanced Spread Eagle Rolling Split (7:46)
23. Spider Spin (17:00)
24. Coffin (25:59)
25. 3 Turn
 - a. 3 turn toe assist (22:34)
 - b. 3 turn front to back (12:19)
 - c. 3 turn back to front (8:32)
 - d. 3 turn run toe assist (8:48)
 - e. 3 turn run (31:55)
26. Bunny Hop, Waltz, Half Mapes Combo (11:17)
27. Turn into Waltz Jump (14:46)
28. Heel Split Spin (25:07)
29. Heel Heel Spin (24:33)
30. Toe Toe Spin (13:15)
31. Illusion
 - a. Feet (26:11)
 - b. Skates (21:48)u
32. Inner Edge Footwork (11:48)
33. Kick in Skates (16:07)
34. 1 Hour Advanced Practice

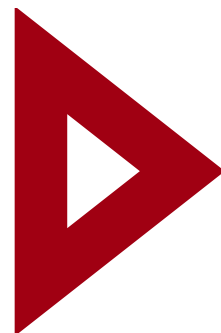


SK8 LIKE A PRO

Fundamentals Practice Guide- 1 Hour Example

1. 5-10 min stretch
2. 5 min fall on feet
3. 5 min fall on skates
4. 10 min stop practice
5. 10 min pushers, push push hold
6. 10 min freestyle: cannonball,
bunny hop, dance, shoot duck ect...
7. 5-10 min stretch

Hydrate, film yourself for review, wrist guards when something new

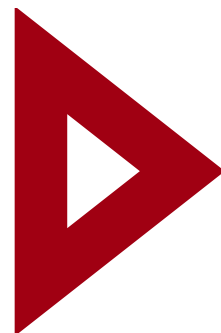


SK8 LIKE A PRO

Intermediate Practice Guide- 1 Hour Example

1. 5 min stretch
2. 5 min fall skates
3. 5 min stop practice
4. 10 min forward pusher, push push hold, strike hold, chase
5. 10 min backward pusher to hold
6. 5 min pivots
7. 5 min Mohawk turns both
8. 5 min 2 ft spin
9. 10 min freestyle: jumps/ dance
10. 5 min stretch

Hydrate, film yourself for review, wrist guards when something new






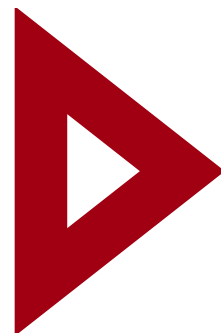
SK8 LIKE A PRO



Advanced Practice Guide- 1 Hour Example

- 
1. 5-10 min stretch
 2. 8 min forward strike chase hold
 3. 8 min back strike chase hold
 4. 5 min Inner edge hold or cross pulls forward and backwards
 5. 5 min spins
 6. 10 min moving tricks: jumps, turns, spirals
 7. 5 min spins
 8. 5 min freestyle
 9. 5 min stretch

Hydrate, film yourself for review, wrist guards when something new






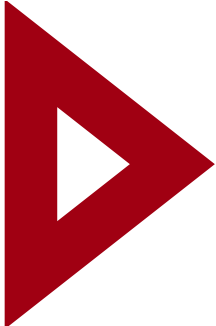

A WORD ABOUT ADVANCED



At this point some skaters will want to continue into advanced to deepen their edge control and skate elements such as cross pulls and 3 turns and not be as interested in learning advanced acrobatic tricks and jumps. If this is you, there is still plenty to learn, and you know your limits!



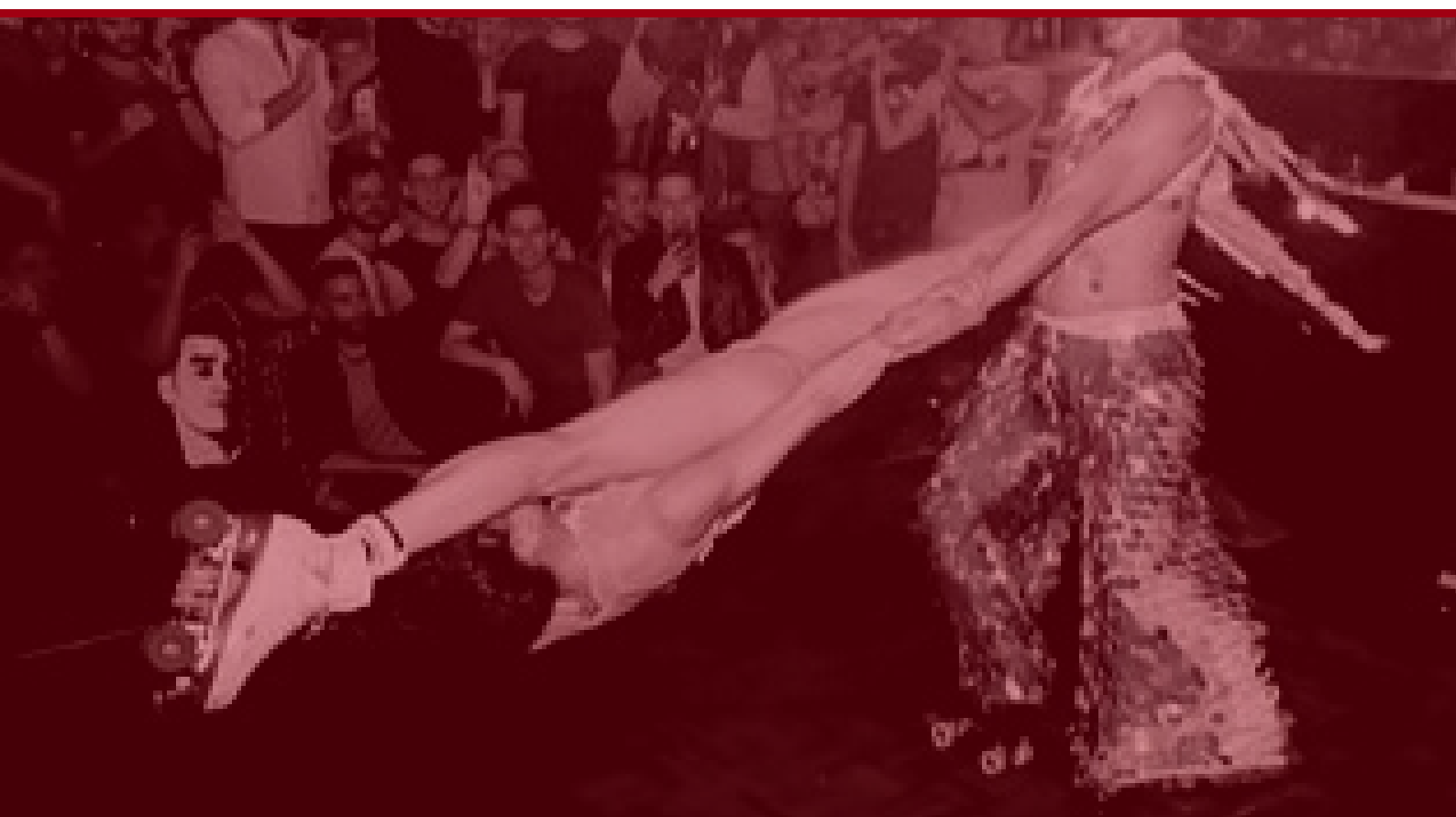
For those with previous background in dance, gymnastics, or others that want to learn acrobatic tricks, please make sure you have mastered all the required elements before throwing yourself into a trick. Everything must be done progressively. Even if your body is trained to do acrobatics your edge and toe stop control must be as well.



SK8 LIKE A PRO



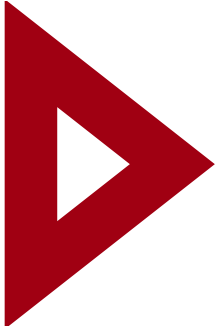


***“Learning to skate on an edge
gives you limitless potential as a
skater!”***





WELCOME TO SK8 LIKE
A PRO!

SKATING IS A DANGEROUS SPORT AND
IS HISTORICALLY TAUGHT WITH A
HANDS-ON COACH. YOU ARE ENTERING
THIS TUTORIAL PROGRAM AT YOUR
OWN RISK AND ASSUME ALL
RESPONSIBILITY AND LIABILITY FOR
ANY INJURY. TO MINIMIZE
POSSIBILITY OF INJURY YOU ALSO
AGREE TO NOT TRY TRICKS UNTIL YOU
HAVE MASTERED THE REQUIRED
ELEMENT.



SK8 LIKE A PRO

Master the edges and you ma

Unlock the keys to skating!



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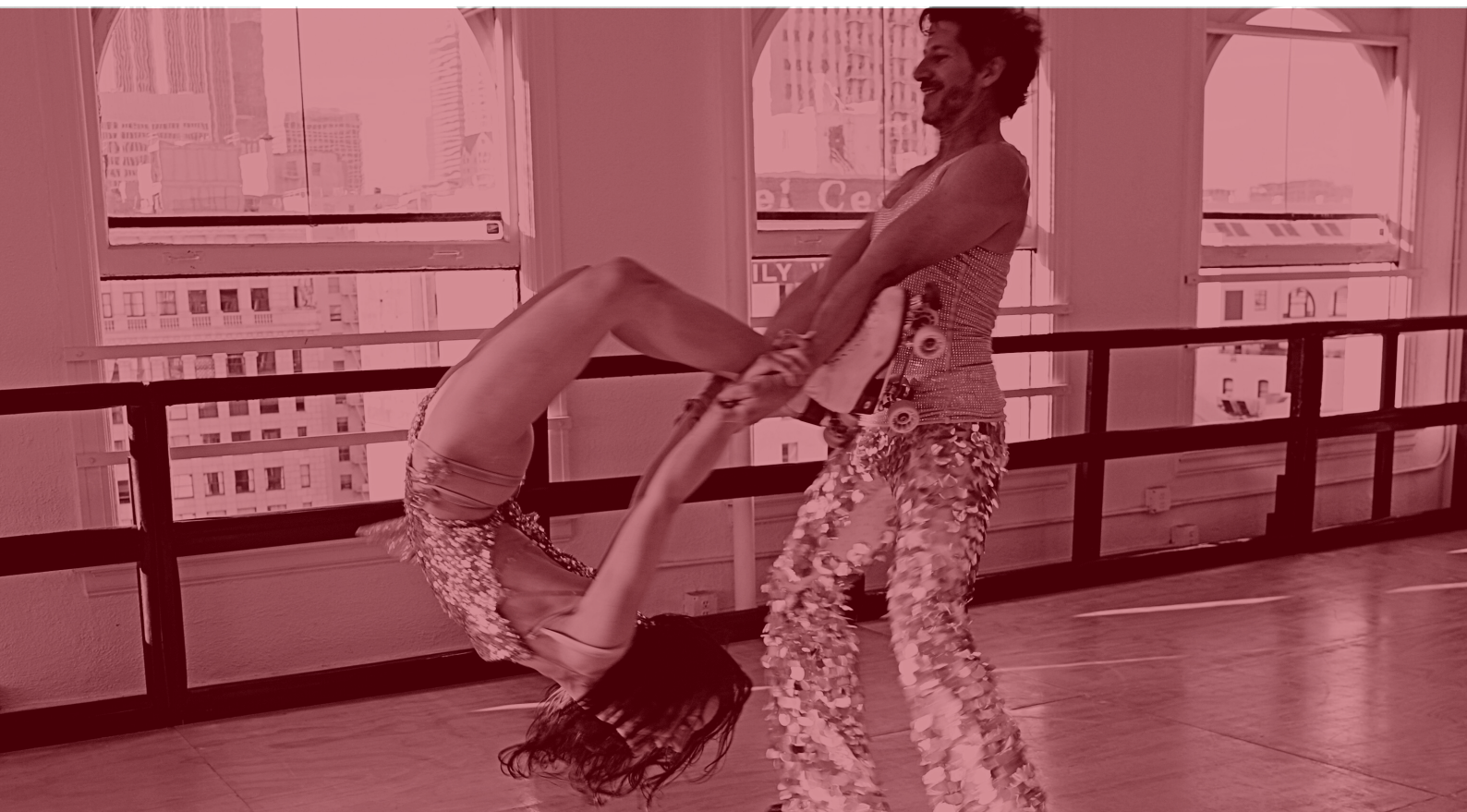
"Skaters are judged by the quality of their edge, not the tricks they can do"

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kim@kimmanning.com.

photos including partner Trey Knight, photo creds: Mo Jackson, Lee Tonk, Apellusa, Mike Quain

thanks to all my many coaches



IN CONSIDERATION OF the risk of injury that exists while participating in ROLLERSKATING (hereinafter the "Activity"); and IN CONSIDERATION OF my desire to participate in said Activity and being given the right to participate in same; I HEREBY, for myself, my heirs, executors, administrators, assigns, or personal representatives (hereinafter collectively, "Releasor," "I" or "me", which terms shall also include Releasor's parents or guardian if Releasor is under 18 years of age), knowingly and voluntarily enter into this WAIVER AND RELEASE OF LIABILITY and hereby waive any and all rights, claims or causes of action of any kind arising out of my participation in the Activity; and I HEREBY release and forever discharge SK8 LIKE A PRO , located at 5042 Wilshire Blvd # 18353, Los Angeles, California 90036, their affiliates, managers, members, agents, attorneys, staff, volunteers, heirs, representatives, predecessors, successors and assigns (collectively "Releasees"), from any physical or psychological injury that I may suffer as a direct result of my participation in the aforementioned Activity. I AM VOLUNTARILY PARTICIPATING IN THE AFOREMENTIONED ACTIVITY AND I AM PARTICIPATING IN THE ACTIVITY ENTIRELY AT MY OWN RISK. I AM AWARE OF THE RISKS ASSOCIATED WITH PARTICIPATING IN THIS ACTIVITY, WHICH MAY INCLUDE, BUT ARE NOT LIMITED TO: PHYSICAL OR PSYCHOLOGICAL INJURY, PAIN, SUFFERING, ILLNESS, DISFIGUREMENT, TEMPORARY OR PERMANENT DISABILITY (INCLUDING PARALYSIS), ECONOMIC OR EMOTIONAL LOSS, AND DEATH. I UNDERSTAND THAT THESE INJURIES OR OUTCOMES MAY ARISE FROM MY OWN OR OTHERS' NEGLIGENCE, CONDITIONS RELATED TO TRAVEL TO AND FROM THE ACTIVITY, OR FROM CONDITIONS AT THE ACTIVITY LOCATION(S). NONETHELESS, I ASSUME ALL RELATED RISKS, BOTH KNOWN AND UNKNOWN TO ME, OF MY PARTICIPATION IN THIS ACTIVITY. I FURTHER AGREE to indemnify, defend and hold harmless the Releasees against any and all claims, suits or actions of any kind whatsoever for liability, damages, compensation or otherwise brought by me or anyone on my behalf, including attorney's fees and any related costs. I FURTHER ACKNOWLEDGE that Releasees are not responsible for errors, omissions, acts or failures to act of any party or entity conducting a specific event or activity on behalf of Releasees. In the event that I should require medical care or treatment, I authorize Sk8 Like A Pro to provide all emergency medical care deemed necessary, including but not limited to, first aid, CPR, the use of AEDs, emergency medical transport, and sharing of medical information with medical personnel. I further agree to assume all costs involved and agree to be financially responsible for any costs incurred as a result of such treatment. I am aware and understand that I should carry my own health insurance. I FURTHER ACKNOWLEDGE that this Activity may involve a test of a person's physical and mental limits and may carry with it the potential for death, serious injury, and property loss. I agree not to participate in the Activity unless I am medically able and properly trained, and I agree to abide by the decision of the Sk8 Like A Pro official or agent, regarding my approval to participate in the Activity.

I HEREBY ACKNOWLEDGE THAT I HAVE CAREFULLY READ THIS "WAIVER AND RELEASE" AND FULLY UNDERSTAND THAT IT IS A RELEASE OF LIABILITY. I EXPRESSLY AGREE TO RELEASE AND DISCHARGE Sk8 Like A Pro AND ALL OF ITS AFFILIATES, MANAGERS, MEMBERS, AGENTS, ATTORNEYS, STAFF, VOLUNTEERS, HEIRS, REPRESENTATIVES, PREDECESSORS, SUCCESSORS AND ASSIGNS, FROM ANY AND ALL CLAIMS OR CAUSES OF ACTION AND I AGREE TO VOLUNTARILY GIVE UP OR WAIVE ANY RIGHT THAT I OTHERWISE HAVE TO BRING A LEGAL ACTION AGAINST Sk8 Like A Pro FOR PERSONAL INJURY OR PROPERTY DAMAGE. To the extent that statute or case law does not prohibit releases for ordinary negligence, this release is also for such negligence on the part of Sk8 Like A Pro , its agents, and employees. I agree that this Release shall be governed for all purposes by California law, without regard to any conflict of law principles. This Release supersedes any and all previous oral or written promises or other agreements. In the event that any damage to equipment or facilities occurs as a result of my or my family's or my agent's willful actions, neglect or recklessness, I acknowledge and agree to be held liable for any and all costs associated with any such actions of neglect or recklessness. THIS WAIVER AND RELEASE OF LIABILITY SHALL REMAIN IN EFFECT FOR THE DURATION OF MY PARTICIPATION IN THE ACTIVITY, DURING THIS INITIAL AND ALL SUBSEQUENT EVENTS OF PARTICIPATION. THIS AGREEMENT was entered into at arm's-length, without duress or coercion, and is to be interpreted as an agreement between two parties of equal bargaining strength. Both Participant, and Sk8 Like A Pro agree that this agreement is clear and unambiguous as to its terms, and that no other evidence shall be used or admitted to alter or explain the terms of this agreement, but that it will be interpreted based on the language in accordance with the purposes for which it is entered into. In the event that any provision contained within this Release of Liability shall be deemed to be severable or invalid, or if any term, condition, phrase or portion of this agreement shall be determined to be unlawful or otherwise unenforceable, the remainder of this agreement shall remain in full force and effect. If a court should find that any provision of this agreement to be invalid or unenforceable, but that by limiting said provision it would become valid and enforceable, then said provision shall be deemed to be written, construed and enforced as so limited.

by entering this program you agree to all the above.



CONGRATS ON JOINING THE INTERMEDIATE PROGRAM

Everyone's path is different, but this could take several months to years to master.

- Mastery of 2-3 stops
- Cannonball
- Comfort in falling
- Ability to hold outer forward edge on one foot both feet for a 2-5 second hold
- Skating forward on outer edges with strikes