Highline Ticklist



Seginner Beginner

Level 1

Ħ

ПП

H

ПП

SLIDE TO THE MIDDLE AND BACK MANTLE MOUNT

DEATH DIVE

CLIMB UP THE LEASH

SIT IN KOREAN

CHESTROLL FRONTSIDE

CHESTROLL BACKSIDE

SIT WITH 1 FOOT ON THE LINE (5 \searrow

HANG WITH KNEE PITCHES FROM THE LINE

SPIDERMAN POSITION ON LEASH

_evel 2

KORFANROLLIFET

KOREANROLL RIGHT

LEASHFALL FROM SITTING

SIT WITH 2 FEET ON THE LINE (5 SEC)

SIT IN FULL EXPOSURE

SITMOUNT

AKE FRONT-SOFAROLL

FAKE BACK-SOFAROLL

DOUBLE CHESTROLL

CLIMB THE LEASH IN ONE BOUNCE AFTER

FALLING







ПГ

ПГ

HH

Intermediate

BELLY-ROLL SOFA-FRONTROLL

WALK 1 STEP (& DON'T FALL FOR 3 SECONDS)
LIE DOWN ON YOUR BACK
BUDDHA POSITION
NEVERMIND TO CHEST
WALK 3 STEPS



FLOW
REVERSE ROCKET TO BELLY
BOUNCE WHILE STANDING
WOLF
KNEE-DROP POSITION
WALK 10 STEPS
SITBOUNCE NAME AND PANICROLL

KOREAN TO FEET

TAND IN EXPO 10 SE





Find all the trick-videos and explanations here: slacktivity.com/ticklist



Your Highline **Tick-List**

This Tick-List will help you to pursue your goals on the highline. Try to tick off as many of the challenges as you can and become a Highline Pro in no time!

Overcoming Fears

Highlining has a lot to do with overcoming fears. At the beginning often fears of height, but also fears of facing the unknown. Any new trick you try will be challenging. And because of that, it is often the bigger success to give a new trick the first TRY than to STICK it.



To achieve your goals you should ideally use a Freestyle Highline in a length of 60-80m. But anything between 50-100m will do the job. Rig the highline in a good Highline Freestyle tension (1.8-2.5kN). A great Setup to start with is a pinkTube/LSDTube Type-X. That webbing is soft and nice under your feet, beautiful to walk and performant for Freestyling.

For even better Freestyle performance a <u>Y2K-webbing</u> as backup will help for the more advanced tricks. Once you get more into Highline Freestyle, we recommend using a TrickZone to increase the safety and longevity of your highline rig. Overall we clearly recommend to use a highline rig that is certified for this purpose by the ISA.

<u>pink/LSDTube</u> <u>Type-X</u>



How to rig a Highline







Friends

Rigging Highlines is clearly a team-challenge. And together it is anyway more fun. So just ask a few friends if they want to ioin the Treasure Hunt.

Once you managed a few Highline Freestyle tricks you should absolutely try some synchro sessions or play the Game of Slack! It is tons of fun!

Workshops

You have never been highlining and want to learn from the pros? Then a highline course will be perfect for you. We offer highline courses for beginners and also Highline Freestyle workshops.



Tutorials

Learning tricks is much easier and faster when you can learn them from experienced people. Here you can find some fantastic and more detailed Highline Freestyle Tutorials.





■ We have prepared a short video for you for each Level of this **Treasure Hunt**. There we give some advice for every trick.

Safety

We from Slacktivity cannot take any responsibility for any of your action. Neither for your setups nor for any activityrelated injury. We highly recommend to properly warm-up before the session, watch the tutorials for the tricks, take good care of the leash handling (do not use an unnecessarily long leash) and make sure that you are in good shape to face the challenges.

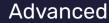
Creativity

On every level, you will find static tricks, Highline Freestyle tricks but also the most logical achievement: Standing up and walking. Learning the different styles will make you more versatile and help you to achieve the goals of the other styles

If you have your own dream-tricks, write them down and on the according level and hunt them too!!

Share your progress

If you film your tricks, tag #highlineticklist on Instagram so that other highliners who are working on the list can follow your progress.



ПП

CHEST TO FEET **FEET TO CHEST**

DOUBLE SOFAROLL CRAB-WALK 10 STEPS HAMMOCK-ROLL **BOUNCEWALK 1 STEP PER BOUNCE 10 STEPS**

CHESTROLL TO FEET **ROCKETMOUNT KOREAN TO KOREAN**

EXPO-BOUNCE 2M+ SEND A HIGHLINE ROCKETMOUNT FEET TO KOREAN HANDPOP KOREAN TO KOREAN MAKAKO TOE-HANG







Expert STICK TRY

ΠП

SURF 2M+

BOUNCEWALK 3 STEPS PER BOUNCE

SOFA-360°

FAKE ORBITAL FEET TO KOREAN

SOFAROLL UP

SHOULDERSTAND

HANDS IN POCKET WALK 10 METERS

BACKFLOP KOREAN TO KOREAN TREE-POSE 5 SECONDS

Level 8

SOFA-360° TO FEET

EXPO-SURF 2M+ LINE-KISS

YODAROLL

SURFWALK 1 STEP PER SURF (10 STEPS)

HANDPOP FEET TO FEET SICK-NASTY TO FEET

SPEEDWALK 50M IN 90 SECONDS



If you can't get enough of Highline Freestyle, we can highly recommend downloading the Highline Freestyle App, where you can find far more than 100 Tricks, each described with a video and labeled with the according Level.

ORBITAL FEET TO FEET

SURF-SEND A 60M+ HIGHLINE

DIRTY SOFA

BACKFLIP



Inspiration

For more inspiration, you should absolutely follow the Slacktivity-Team on Social Media! The crew comes up with new mind-blowing tricks almost every week!

INSTAGRAM: FACEBOOK & YOUTUBE: TIKTOK: @slacktivitytok