

# Highline Ticklist



STICK  
TRY



## Beginner

### Level 1

- 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 \(5 SEC\)](#)
- HANG WITH KNEE PITCHES FROM THE LINE
- SPIDERMAN POSITION ON LEASH

### Level 2



- [KOREANROLL LEFT](#)
- KOREANROLL RIGHT
- LEASHFALL FROM SITTING
- SIT WITH 2 FEET ON THE LINE (5 SEC)
- SIT IN FULL EXPOSURE
- SITMOUNT
- [FAKE FRONT-SOFAROLL](#)
- FAKE BACK-SOFAROLL
- DOUBLE CHESTROLL
- CLIMB THE LEASH IN ONE BOUNCE AFTER FALLING




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## Intermediate

### Level 3

- [STAND ON YOUR FEET FOR 5 SECONDS](#)
- [KOREAN-180°](#)
- BELLY-ROLL
- SOFA-FRONTROLL
- [SOFA-BACKROLL](#)
- WALK 1 STEP (& DON'T FALL FOR 3 SECONDS)
- LIE DOWN ON YOUR BACK
- BUDDHA POSITION 
- NEVERMIND TO CHEST
- WALK 3 STEPS

### Level 4



- FLOW
- REVERSE ROCKET TO BELLY
- BOUNCE WHILE STANDING
- WOLF
- KNEE-DROP POSITION
- WALK 10 STEPS
- [SITBOUNCE FROM FEET](#)
- [PANICROLL](#)
- KOREAN TO FEET
- [STAND IN EXPO 10 SEC](#)



Find all the trick-videos and explanations here: [slacktivity.com/ticklist](https://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!

### 01 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.

### 02 Setup

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 [Y2K-webbing](#) 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.

[pink/LSDTube Type-X](#)



[TrickZone](#)



[How to rig a Highline](#)





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### 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 join 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!

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### 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.




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### 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.

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### Safety

We from Slacktivity cannot take any responsibility for any of your action. Neither for your setups nor for any activity-related 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.

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### 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 too.

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

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### 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.




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## Advanced

### Level 5

- CHEST TO FEET
- FEET TO CHEST
- [CHESTROLL FROM FEET](#)
- [WALK 5 STEPS, TURN, WALK 5 STEPS](#)
- [FLOWFLIP](#)
- DOUBLE SOFAROLL
- CRAB-WALK 10 STEPS 
- HAMMOCK-ROLL
- BOUNCEWALK 1 STEP PER BOUNCE 10 STEPS
- [SOFA FROM FEET](#)

### Level 6

- CHESTROLL TO FEET
- ROCKETMOUNT KOREAN TO KOREAN
- [WALK BLINDFOLD 10 STEPS](#)
- [SURF 1M+](#)
- EXPO-BOUNCE 2M+
- SEND A HIGHLINE
- ROCKETMOUNT FEET TO KOREAN
- HANDPOP KOREAN TO KOREAN
- MAKAKO 
- TOE-HANG 




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## Expert

### Level 7

- SURF 2M+
- BOUNCEWALK 3 STEPS PER BOUNCE
- SOFA-360°
- FAKE ORBITAL FEET TO KOREAN 
- SOFAROLL UP
- SHOULDERSTAND
- HANDS IN POCKET WALK 10 METERS
- [FLARE](#)
- BACKFLOP KOREAN TO KOREAN
- TREE-POSE 5 SECONDS

### Level 8

- [ROCKETMOUNT](#)
- SOFA-360° TO FEET
- EXPO-SURF 2M+
- LINE-KISS
- YODAROLL
- SURFWALK 1 STEP PER SURF (10 STEPS)
- [TANDEM STAND UP](#)
- HANDPOP FEET TO FEET
- SICK-NASTY TO FEET
- SPEEDWALK 50M IN 90 SECONDS

## SLACKTIVITY



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## Pro

### Level 9

- SHOULDERBOUNCE FROM FEET
- 1-FOOT EXPO 10 SECONDS
- FIREFLIP
- TANDEM 10 STEPS
- [ALMIGHTY FLIP](#)
- TURTLE FREEZE
- BACK-SHAPESHIFTER
- [REVERSE ROCKETMOUNT](#)
- SPEEDWALK 50M IN 60 SECONDS
- SHRIMP MOUNT

### Level 10

- SHOULDERROLL
- DARTH VADER
- DARKSIDE-ROLL
- SUPERSONIC
- TANDEM 1 PERSON TURNS -> 10 STEPS
- HANDS-IN-POCKET ALMIGHTY
- ORBITAL FEET TO FEET
- DIRTY SOFA
- BACKFLIP
- SURF-SEND A 60M+ HIGHLINE

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### Highline Freestyle App

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.



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### 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: [@slacktivity](#)  
FACEBOOK & YOUTUBE: [slacktivity](#)  
TIKTOK: [@slacktivitytok](#)