

---

Subject: Double Backflip of a Swing ?

Posted by [mr£ÄŞÄ-z](#) on Thu, 28 Aug 2008 01:17:01 GMT

[View Forum Message](#) <> [Reply to Message](#)

---

OK what do you guys think, is it a good idea to do a Double Backflip of a Swing ? Im doing pretty much and diffrent jumps of walls, now i thought about something cooler and got this idea...

I never trained in any Halls/GYM's like all these PRO's on YouTube... i learned everything into water by myselfe and then i did many tricks of some walls... now i want to do that of a swing, should i really try it ? because in my city or near my city isnt a good public hall / gym...

Maybe i do it tomorrow and will film it then.

Anyways on this video (of me) you see a bit of the swing (behind the wood house)

<http://www.youtube.com/watch?v=xXFGyUd8IOM>

---

---

Subject: Re: Double Backflip of a Swing ?

Posted by [nikki6ixx](#) on Thu, 28 Aug 2008 01:20:05 GMT

[View Forum Message](#) <> [Reply to Message](#)

---

Depends how much value you place on your spine.

---

---

Subject: Re: Double Backflip of a Swing ?

Posted by [u6795](#) on Thu, 28 Aug 2008 01:57:19 GMT

[View Forum Message](#) <> [Reply to Message](#)

---

nikki6ixx wrote on Wed, 27 August 2008 21:20Depends how much value you place on your spine.

This honestly made me laugh out loud.

I've always wanted to be able to do some stuff like this but I'm wayy too big a pussy out of fear of some horrific injury or something.

Also, did you say a double backflip off a swing? Seriously, theres other more inventive ways to commit suicide

Good luck?

---

---

Subject: Re: Double Backflip of a Swing ?  
Posted by [Memphis](#) on Thu, 28 Aug 2008 09:02:15 GMT  
[View Forum Message](#) <> [Reply to Message](#)

---

Do it, it will be funny.

---

Subject: Re: Double Backflip of a Swing ?  
Posted by [Goztow](#) on Thu, 28 Aug 2008 11:14:51 GMT  
[View Forum Message](#) <> [Reply to Message](#)

---

Unnecessary risk.

---

Subject: Re: Double Backflip of a Swing ?  
Posted by [R315r4z0r](#) on Thu, 28 Aug 2008 13:02:13 GMT  
[View Forum Message](#) <> [Reply to Message](#)

---

Buy a pair of those weighted straps and tie them around your ankles for a few days. (Like 20lbs each).

Keep them on all day and do some sort of jumping exercises to speed up the process.

By the time you take them off, you will be able to run faster and jump higher. The only problem is, is if you don't have a pair laying around, they cost like \$40-50...

---

Subject: Re: Double Backflip of a Swing ?  
Posted by [mrÃ£ÄŠÄ-z](#) on Thu, 28 Aug 2008 15:17:40 GMT  
[View Forum Message](#) <> [Reply to Message](#)

---

I think i will do it tomorrow because i get back my camera then

and heres my double backflip into water  
<http://www.youtube.com/watch?v=ZYGHPPrMJGpl&fmt=18>

---

Subject: Re: Double Backflip of a Swing ?  
Posted by [JoeBro](#) on Thu, 28 Aug 2008 16:55:07 GMT  
[View Forum Message](#) <> [Reply to Message](#)

---

DO NOT ATTEMPT ANY DANGEROUS MANEUVER ON SWINGING DEVICE. WARNING!  
SEVERE INJURY MAY OCCUR.

C'mon. Do you really want to risk your life and possibly kill yourself? Its not worth it. Believe me.  
They've tried it on Mythbusters (TV show) and FAILED.

---

Subject: Re: Double Backflip of a Swing ?  
Posted by [Starbuzzz](#) on Thu, 28 Aug 2008 18:31:56 GMT  
[View Forum Message](#) <> [Reply to Message](#)

---

it's dangerous man  
<http://www.youtube.com/watch?v=vVJGEeQ0yrg&feature=related>

---

Subject: Re: Double Backflip of a Swing ?  
Posted by [mr£Ä\\$Ä-z](#) on Thu, 28 Aug 2008 18:46:17 GMT  
[View Forum Message](#) <> [Reply to Message](#)

---

What a n00b, im doing jumps of walls for like 2 years now...  
and nothing brutal happend to me...

---

Subject: Re: Double Backflip of a Swing ?  
Posted by [renalpha](#) on Thu, 28 Aug 2008 20:40:03 GMT  
[View Forum Message](#) <> [Reply to Message](#)

---

lol random

---

Subject: Re: Double Backflip of a Swing ?  
Posted by [Goztow](#) on Thu, 28 Aug 2008 21:01:18 GMT  
[View Forum Message](#) <> [Reply to Message](#)

---

madrackz wrote on Thu, 28 August 2008 20:46What a n00b, im doing jumps of walls for like 2 years now...  
and nothing brutal happend to me...  
I've been walking over the street without watching for 2 years and nothing brutal happened to me.  
That doesn't mean it's not stupid...

---

Subject: Re: Double Backflip of a Swing ?  
Posted by [Cabal X39](#) on Fri, 29 Aug 2008 00:42:01 GMT  
[View Forum Message](#) <> [Reply to Message](#)

---

Nice madrackz...  
I hear "I DID IT" at the end

---

Subject: Re: Double Backflip of a Swing ?  
Posted by [JoeBro](#) on Tue, 02 Sep 2008 16:11:32 GMT  
[View Forum Message](#) <> [Reply to Message](#)

---

madrackz wrote on Thu, 28 August 2008 13:46 What a n00b, im doing jumps of walls for like 2 years now...  
and nothing brutal happend to me...  
Oh, but something will...<http://www.youtube.com/watch?v=9u5zTel5eRk...> now do you want to do a backflip?

---

---

Subject: Re: Double Backflip of a Swing ?  
Posted by [mrÄ&Ä\\$Ä-z](#) on Tue, 02 Sep 2008 16:42:23 GMT  
[View Forum Message](#) <> [Reply to Message](#)

---

i always make 1 backflip of a swing... (from the top of the swing)

---