

Parent/Guardian Information Pack

What is Tricking?

Tricking is an explosive form of acrobatics. Practitioners aim to perform aesthetically pleasing combinations of kicks, flips and twists. Tricking evolved from sport karate in the late 1990s but has since become it's own sport with events all around the world and an ever growing number of practitioners.

Is it safe?

Kojo's Trick Lab is designed to make Tricking more accessible and safer for children/adults to learn. There currently very little information available on how to learn tricking in a safe way. We aim to break tricking down into small simple progressions for children while constantly enforcing the message that you should only move on after perfecting each stage. We advise that parents supervise their child's practice to make sure they are following our beginners guide correctly. All of our coaches are DBS checked, qualified to coach Tricking and have been teaching classes for a number of years in gymnastics facilities.

What can my child learn?

Kojo's Trick Lab contains an ever growing base of instructional videos with new videos coming out every week. The site includes of 10 session beginners programme that will teach beginners to the sport how to learn basic tricks and combinations with an emphasis on training smartly and safely. To minimise the risk of injury the programme only includes moves that can be taught in easy progressions and don't require you to flip over your head.

Whats included?

Video access

Access to all of the video content available on our site, including the beginners programme, a range of tutorials, flexibility and conditioning routines and mindset videos from professional trickers. New videos will be added every week to our library.

Clip reviews

For this service the student will submits clip of their tricks via youtube. Our expert coaches will review these clips and give detailed advice on technique and how the student can go about performing the movement safer. Access to our video library is also included.

Skype Coaching (Only available for 16+)

The coach and student will have a weekly 20 minute call face to face to discuss the students progress and answer any questions the student may have. Access to our video library and unlimited clip reviews is also included.

Where should my child practice?

All the tricks in our beginners programme can be safely learned on grass though we advise finding a padded facility (e.g. Gymnastics facility, Dojo etc) for your child to train if possible. More advanced tricks in the trick tutorial section should be learnt in gymnastic facility.

Can I see interactions?

Our clip review package is available to children. As this involves direct contact between the child and their coach we operate a transparent system. We advise that parents take note of their child's login details for the site. They will then be able to see every message that has been sent in any interaction. If you can't access this for any reason then you can request full disclosure on all interactions with your child via email at: info@kojotrucklab.com

Can I cancel my subscription?

We operate a 1 month rolling subscription for all packages. You can cancel at any time within this month and we will cancel subscription. You will not be billed for any further months.

The Founders of Kojos Trick Lab



Sam Kojo

Sam Kojo has been Tricking for over 7 years and has competed on behalf of the UK at a number of events around the world. He has been coaching classes, private sessions, online students through Skype and seminars at events worldwide for 5 years. Kojo is DBS cleared and certified in Child Safeguarding. He's a BG Qualified Gymnastics & Trampoline Instructor, UTX Tricking instructor and Level 2 Gym Instructor.

Jordan Fung

Jordan Fung has been tricking for 9 Years and is one of the UK's best trickers. He's best known for his unique style and being the former holder of the Gainer Switch world record. Jordan is a Qualified Instructor for Tricking, Gymnastics and Martial arts and has been coaching for over 5 years.

