## Unicycle

- 1. Know the name and purpose of the various parts of a unicycle.
- **2.** Define these basic unicycle terms:
  - **a.** free mount
  - **b.** idle
  - c. UPD
- **3.** Know what safety gear one should use while unicycling and why one should use it.
- 4. Name 5 different types of unicycles and explain what makes them unique.
- 5. How is unicycling thought to have been invented?
- 6. Repair a punctured unicycle tire
- 7. Be able to free mount, ride 50 meters/150 feet, turn right and left, and gracefully dismount, all without falling off.

## **Skill Level 2**

**Original Honor 2008** 



Recreation North American Division 2008 Update