



wannabe a Wavesailor

In this month's instalment of his comprehensive series examining every aspect of wavesailing, **Jem Hall** helps you to get more laid back with your jumping.
Photos: **Dave White**



ABOVE: Jem wants YOU to lay back and believe

DON'T LOOK BACK IN ANGER

Now that you're all embracing the hands-free moments of joy in your top-turns, I thought I'd go back to some good old jumping this month.

As you will all no doubt agree, windsurfing is a path strewn with unique moments, and these are the freeze frames that we remember best in the future and enjoy most at the time. With this in mind, and with one eye on learning to push loop, I aim to inspire you to once again find comfort in discomfort as I ask you to commit to learning the layback jump.

This move was introduced to me by my good old mate and ex-testing colleague, Ian Leonard, who loved to look right back and check out the view on the beach as he was mid vertical jump. You can also witness the rubbery prowess of pro riders as they arch into some amazing back loops. (Alex Mussolini is a particularly deft exponent of the art.)

The layback jump is a move which, like so many moves, has no real function except that it feels both weird and great. It does however equip you with yet more in-flight control, and also gives you a head-start and view on where your vision goes in a push loop... Which you are all, of course, gagging to learn!

I will revert to my trusted formula for this move:

WHO? This move is for sailors wanting to increase their fun quotient, enjoy a unique view and be ready for call of duty in push loop club.

WHERE? Off small to medium ramps with good space between them, and relatively steep in nature so you get more time to see what's happening back there.

WHEN? As for all moves, do it when you're fresh – *i.e.* in your first hour of sailing after getting a couple of runs through the break under your belt to warm up. Have a session on it of 30 minutes and no more, and do one on every run!

WHY? This is another stunt in your arsenal, and it's a trigger move that will boost your confidence, in-flight technique, orientation, and ready you for push loops.

WHAT? It's a vertical jump in which you look straight back behind you as you're going up so you can check out the beach action

HOW? Just jump, look behind you, and then land. Simple!



1.



2.



3.



4.

how to...

This sequence was shot in ever-so-slightly cross-onshore wind, and I was well powered up on a 5.2 Ezzy Wave Panther 2 and a RRD FSW 96 (with a change down to a 23cm fin).

1. Speed out through the break and identify the ramp that you'll be boosting your airtime on. Get over your board and open the sail in readiness for take-off. Ensure you lean back as you push down hard through the back leg to get the nose up. Begin to both lean and look back as you are about to leave the ramp.
2. Throw your hips at the sail and keep your arms relatively straight. With more flexibility I would be in more of a 'cobrasque' yoga position. You need to really throw your head back and look back at the beach. Keep your eyes open as the sky flashes past you. Your legs should position the board in the air with the back leg pulling in and the front leg ensuring the nose keeps across the wind – *i.e.* that good old scissoring technique.
3. Now that you're looking back and enjoying the view, you can see how the rig is quite open and across you. This rig positioning started ever so subtly in your jump prep. If you really love it then flex some more through straightening your arms further and grinding the boom with your crotch.

4. You haven't got that much time to take in the view, so as you feel the board reach the apex and begin to fall it's time to look forwards once again and pull the boom in to you. This will get the kit in a position to float down and not land like a pogo stick.
5. As you should be doing from all vertical jumps, begin to drop the nose and pull the tail up so that you land slightly tail-first. To assist in this the front arm, which is bent, pushes down on the boom and the back leg pulls up and in. This gets the wind in the rig and under the board so you float out of the sky and land with some momentum, rather than stopping dead.
6. Keep looking forward and hold your tuck until just before landing. As you land tail-first ensure your tail is upwind and the nose is downwind with the legs scissoring, then throw the rig forward and open to get the wind back in the sail and ready for a quick getaway. No time for licking the boom now please!

So how did that feel? What could you see? Did you control the landing? Make sure that you're sheeted out on the way down so that you keep from landing nose first, and get proactive to ensure a nice recovery. Enjoy the view and I will be watching for these jumps around our fair coastline.



5.



6.

“Do or do not... There is no try”

– Yoda

RIGHT: Looking right back is de rigueur for your push loops – PHOTO: Ed Texier / Oceansource.net

BELOW: Let's slide away and throw some spray

HALL'S HOMEWORK

Boost your jumps and aim to do many more in each session – and on the way back into the beach too. If the ramp is a bit round and not that steep, then work on getting vertical off of it so as to give you more opportunities to perform backwards-looking or rotational jumps. See how high you can go and have a jump-off with your mates. Most of all, treat every hour sailing as if it might be your last and ride with passion.



JEM'S BRAND NEW WAVE TECHNIQUE MOVIE 'WINNER TO WAVESAILOR' IS READY TO PURCHASE NOW, AND FOR ALL YOUR FUNDAMENTALS THERE'S 'BEGINNER TO WINNER'

RRD boards, Ezzy Sails, Big Salty Weather, Flying Objects, Prosport Sunblock and Grasshopper Porridge sponsor Jem Hall. Check out jemhall.com for more details.

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next month

We will return to the frontside assault and get you lip-sliding away.