



MAKE YOUR MOVE!

GYBING -PART 2

Simon Bornhoft strongly suggests working on these skill and move enhancing drills, which will help you MAKE YOUR MOVE while having a great time on the water! Photos: Karen Bornhoft / WindWise

Hopefully you've had time to digest and try some of the skills and drills from last month's feature. As we're now heading into winter I thought we'd offer some higher wind action that not only guarantees gybe improvement, but also boosts your overall technique.

UNHOOK & HOLD ON simulates setting up for moves, jumps, gybes and duck-gybes.

FLAT WATER WAVERIDING develops blasting confidence, steering, all gybes, and waveriding.

Finally, the **RIG ROTATOR** is for all gybes, helicopter tacks and any other time you rotate a rig. So break that plateau with these fun run-by-run suggestions – all made, as ever, one accentuated point at a time!

SKILLS & DRILLS

SESSION 1

- **UNHOOK & HOLD ON**

SESSION 2

- **FLAT WATER WAVERIDING**

SESSION 3

- **RIG ROTATOR**

SESSION 4

- **MAKE YOUR MOVE!**



UNHOOK & HOLD ON

ADDED VALUE: The moment of 'unhooking' has a monstrous effect on the success rate of gybes, jumps and transitions. All too often, speed, control and chances of making moves are lost or diminished at this crucial point, yet so many people just don't realise it.

WINDWISE PRINCIPLES

Vision: Look forward.

Trim: Keep your speed and trim by applying the rest of the principles!

Opposition: Rig forward and away from you, body back and to windward.

Power: Pull in and down on that boom.

Stance: Super-7 'drop-&-push'.

RIGHT SKILL, RIGHT TIME

Aim: Blast along and unhook *without* disrupting the rig, the board, or coming up from your sailing position. You can do this many times on one run. It has little to do with arm strength and all to do with technique and using your bodyweight.

- Slide the back hand well down the boom.
- Sink extra hard and low in the harness, with your backside just above the water.
- Pull in and down on the boom to release the line. Don't lift the hips!
- Extend the front leg and flex the back to adopt a low, outboard super-7 'drop-&-push' stance.
- Remaining low and outboard helps handle a powered rig and steer the board downwind using leg pressure.

Q: When do I know I've got it?

A: When you can sail unhooked, maintain control and hook back in without coming off the plane. Sail like you stole it!

COUNTERINTUITIVE MOMENT

The 'natural' reaction is to stand up, unhook and sheet out. This destroys trim and control just when you're trying to steer a speeding board. Eek! Get extra low and unhook by pulling the boom and line towards you.



'FLAT WATER WAVERIDING'

ADDED VALUE: Not only boosts confidence bearing away, but 'FWWR' massively increases your control, steering, gybes, duck-gybes, 360s and waveriding. If you can blast in the straps your level is more than enough to do this exciting exercise.

n.b. A single back strap is best, but you can do this with outboard straps, albeit not as exaggerated.

WINDWISE PRINCIPLES

Vision: Look where you want to go!

Trim: Keep your speed up and drive through the toes (downwind) and heels (upwind) to carve the board.

Opposition: Note how the body always opposes the rig's movement, position and force.

Power: Pull in down on the boom, then release the boom completely.

Stance: Come up over the board, then accentuate that super-7 'drop-&-dig' to carve the board upwind.

RIGHT SKILL RIGHT TIME

DOWNWIND:

- For confidence and security, wiggle feet firmly into the straps.
- Keep low, flex the back leg and blast downwind fast and unhook (see 'Unhook & Hold On', above).

- Slowly come up over the board by sheeting in with the back hand, keeping the mast upright and forward to counterbalance against the rearward body.
- Flex knees and ankles and apply pressure through the toes to carve the board.

UPWIND:

- As the board is almost dead downwind, start to carve upwind.
- Slide the back hand up the boom towards your harness lines and counterintuitively sheet out. (This allows the board to turn 'under the sail'.)
- Look upwind, adopting a low super-7 'drop' (the hips), and massively 'dig' (the heels) to engage the windward rail. This feels great!
- As you head back into wind, force the rig forward, sheet in and carve back downwind again.
- Try linking turns together still planing. Just don't do it heading towards someone – especially if they've read this too.

COUNTERINTUITIVE MOMENT

Sheeting out takes the pressure off the mastfoot and allows you to carve upwind, just like a top turn on a wave.

RIG ROTATORS

Okay, time for a break. Let's head back to shore (out of the wind) and practice some *rig rotators*. These are a superb way to 'muscle memorise' the hand, body and rig movement for whenever you rotate a rig, be that a waterstart, gybe, helicopter tack or whizzy freestyle move. Practice, visualise and repeat. Don't just leave it to when you gybe!

WINDWISE PRINCIPLES

Vision: Look forward!

Opposition: If the mast is forward keep the body back. If the rig swings back, move the body forward.

RIGHT SKILL, RIGHT TIME

- Look forward throughout! Not at your hands or lovely rig.
- Whenever clew-first, keep the rig at roughly 90° to the board on a broad reach.
- Pull in and down massively with the clew hand to bring it close to your head.
- Before releasing the back hand, slide the front hand right up to the mast, like a hinge.
- Once the old back hand is released, scoop the mast downwind and away from you.
- The new front hand crosses under and grabs well down the boom on the new side.
- Use either under or over grip on the front hand, whichever ergonomically suits you (I use both).
- The new front arm draws the rig forward as you adopt a low rearward super-7 'drop-&-push' stance.

COUNTERINTUITIVE MOMENT

Booms 'sheet themselves in' if you ignore reaching for them and work instead on moving the mast in a scooping circular action – downwind, back and forward.



BOARDS & BANQUET
Saturday 13th November
Hayling Island SC

Come and join us at the party of the year!

Winds of the World Tour 2011 –
improve, intermediate, advanced
and wave course dates announced...



New Advanced Book just released
– see www.windwise.net

NOT ANOTHER GYBE ARTICLE!

Firstly, it's been a long time since I've done a full gybing feature. My mantra has always been to develop skills that build moves and develop overall skills. These apply to every level, link into many aspects of the sport and they've helped literally thousands of people improve, so I hope they'll do the same for you. You've just got to do them!

Q&A

Q: When should I change my feet?

A: Quickly, just after the dead downwind stage of the gybe.

Q: When do I rotate the rig?

A: If you're planing, rotate immediately after changing the feet. If you're off the plane, stay broad, settle and then rotate.

Q: Why do I grab the mast?!?

A: Usually due to not sliding the old front hand up to the mast before the rig rotator. Practice those clew-first beachstarts boom to boom!

Q: Why do I get pulled over by the rig?

A: Possibly looking at rig, standing too upright, or your foot switch and rig rotation are a tad late.

Q: Why do I pull the rig over to windward?

A: Rig rotation might be too early, or you're too upright and pulling the mast hand towards you rather than scooping the rig downwind.



SIMON BORNHOFT | sb@windwise.net
WINDWISE

For more information on Technique, Tiltion and Travel call Simon Bornhoft @ WindWise on

www.windwise.net

07764 574 201

If you have any questions regarding your technique, or any subjects you'd like covered in the magazine, you can contact sb@windwise.net

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Founder of FastFwd – the new RYA National Coaching System.

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MAKE YOUR MOVE

If you look at what we've covered, the component parts and exercises are not only easy to practice, but they also build up your skills base and chances of making decent gybes. If you just blast and gybe or hope to make more advanced areas of the sport, it can take you years and years to learn it – maybe never! These skills and drills make your level soar and unlock your potential. Additionally, in the case of gybing, for instance, you can focus on a simple mantra that links into every gybe:

LOOK, LEAN AND LEVER!

LOOK – where you want to go!

LEAN – the body in the direction of where you're looking.

LEVER – wide hand and foot spread to help lever the rig in the opposite direction of the body to create a counterbalance.

So, to carve to the left – look left, lean left and lever the rig in the opposite direction (right!)

1: UNHOOK & HOLD ON SET-UP

2: BEGINNING OF FLAT WATER WAVERIDING

3: SHIFTING-&-SWITCHING TO CHANGE FEET (SEE LAST ISSUE)

4: MID CLEW-FIRST BEACHSTART (SEE LAST ISSUE)

5 & 6: END WITH THE RIG ROTATOR TO MAKE YOUR MOVE!

