



MAKE YOUR MOVE!

MEGA

MANOEUVRABILITY

With deep winter on us **Simon Bornhoft** looks at a fun, dynamic, body warming windsurfing exercise with great added value. Photos: **Karen Bornhoft / WindWise**

sb technique

Considering the time of year I've decided to give you a fun, easy, rigorous winter warming exercise that will instantly improve your manoeuvrability, help your gybes and most definitely assist in riding swell or waves. Even if you're at a non-planing improver / intermediate level you can still do this exercise - the only difference is that you can't lean the body so acutely into the turns as you have less inertia and support from the rig. As ever, we're going to break the move down into component parts and focus on proven methods that develop the muscle memory to **MAKE YOUR MOVE**. Accentuate and repeat each session, rather than just blast up and down all day. Finally, close observers will notice that the first three sessions link into previous *Make Your Move* features, such is the value and importance of these WindWise skills.

SESSION 1: Hook Out & Hold On

SESSION 2: Switch-Stance

SESSION 3: Clew-First Beachstart

SESSION 4: Extreme Flat Water Waveriding

SESSION 5: Strap-to-Strap Gybing



SESSION 1: HOOK OUT & HOLD ON

It's the crucial seconds spent setting up for moves that make the sail go lighter and more manageable, so try to avoid that counterintuitive moment of standing up to unhook!

RIGHT SKILL, RIGHT TIME

VISION & SUPER-7: On the broad reach approach look forward and adopt a very low super-7 drop-&-push stance.

TRIM / OPPOSITION & POWER: Move your back hand down the boom and unhook by pulling the boom **down** and towards you.

Do all you can to initially stay sheeted and low **before** bearing-away (feet firmly in the straps).

Do 5-10 runs of unhook, blast, hook back in, blast, unhook, blast, etc, without losing speed!

(Learn about hook-out hold-on in greater detail in BOARDS #267 November 2010.)



SESSION 2: SWITCH-STANCE

'Switch-stance', albeit briefly, links into tight turns and that split-second before we all have to change our feet in non-planing, planing, and duck gybes.

RIGHT SKILL, RIGHT TIME

VISION: Look forward, keeping the mast upright and boom slightly sheeted out.

Switch those feet round, keeping the pelvis pointing towards the wind.

Make 5-10 attempts until you can sail 'switch-stance'.

Try this on the land as well to gain confidence.

(Learn about switch-stance in greater detail in BOARDS #268 December 2010.)



SESSION 3: CLEW-FIRST BEACHSTART

Clew-first beachstarts are superb at quickly developing control for non-planing and planing gybes, waveriding, helicopter tacks and loads of other clew-first moments. They're well within the level of anyone who can beachstart, and certainly warm you up!

RIGHT SKILL, RIGHT TIME

VISION: Look forward and keep on a broad reach!

TRIM: Adopt a wide foot and hand spread to steer the board.

OPPOSITION: Keep the rig at roughly 90° to the board, mast forward and downwind and hips back and to windward.

POWER: Pull in and down with the rear placed clew hand to bring it close to your head!

STANCE: Low super-7 'drop-&-push' stance.

Do 5-10 practice moves until you can sail away broad clew-first and rotate that rig.

(Learn about the clew-first beachstart in greater detail in BOARDS #267 November 2010)



#1



#2



#3



#4



#5



#6



#7

SESSION 4: 'EXTREME' FLAT WATER WAVERIDING

We've covered flat water waveriding (FWWR) in the past, but we just take this a little further to sail virtually back the way you've just come from. This is technically called 'clew-first switch-stance'.

WHY? It boosts confidence bearing away and increases your steering genes, gybes, duck gybes, 360s and waveriding!

LEVEL: If you can blast in the straps, this is well within your grasp!

KIT TIPS: A single back strap is best.

Let's see how the previous components and skills make the move.

KEY PRINCIPLES

VISION: Look and lean 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 leans in the opposite direction to the movement of the mast.

POWER: Initially pull in down on the boom, before excessively sheeting out to carve hard upwind.

STANCE: Come over the board to carve downwind, then accentuate that super-7 'drop-&-dig' to crank that board back upwind.

MANTRA: Like so many carving moves, our WindWise mantra is **LOOK, LEAN & LEVER!**

RIGHT SKILL, RIGHT TIME

#1-2: DOWNWIND

- For confidence and security, wiggle both feet firmly into the straps.
- Keep low, flex the back leg and blast downwind fast and unhook (see 'hook out and hold on' above).
- Slowly come over the board, keeping the mast forward to counterbalance the rearward body.
- **Look** into and through the turn (left in pic).
- **Lean** the hips and shoulders sideways and slightly forward, roughly in line with the leeward front strap (left in pic).
- Start to **lever** the rig towards the outside of the turn (right in pic).
- Flex, knees, ankles and apply pressure through the toes to carve.

#3: SWITCH-STANCE

#4: CLEW-FIRST

- **Look** out of the turn.
- **Lean** the whole body (45°) towards where you want to go (left in pic).
- **Lever** that mast massively the *opposite* way to maintain that counterbalance (right in pic).
- You'll sense becoming 'switch-stance' and then clew-first heading back the way you came from!
- Continue **leaning** forward heavily, pulling in and down with the clew hand to keep the board flat.

#5-7: UPWIND

- Before the board slows too much, prepare to turn back onto your original direction.
- Come more upright to reduce the pressure down through the boom / mastbase.
- Slide the back hand up the boom towards your harness lines to *counterintuitively* sheet out!
- **Look** upwind adopting a low super-7 'drop' (the hips) and massively 'dig' (the heels) to engage that windward rail.
- As you head back into wind, force the mast forward and sheet in to drive the board forward again!

COUNTERINTUITIVE MOMENT – #6

Sheeting out takes the pressure off the mastfoot, allowing you to 'carve' upwind from your downwind gybe line, just like a top turn on a wave! Stay sheeted in and you'll go straight ahead.



PROBLEMS

Q: Why do I lose speed going downwind?

A: Excessive weight on the back foot. Sheeted out too much. Or your head's too close to your mast hand rather than clew hand.

Q: Why does the board stop turning upwind?

A: Don't 'pull' the body too close to the boom. **Push** the mast hand forward for extra drive.



MAKE YOUR MOVE!

THE MOVE: STRAP TO STRAP GYBING

Here's the bonus. Not only does this extreme flat-water waveriding make you feel like a wave god, it also links into strap-to-strap gybes! You'll blast into this move with the confidence, belief and gusto of a prize fighter.



#1

Unhook, stay low, blast downwind – and this time, before you carve, place the back foot (toes on rail) next to the back strap.



#2

Carve hard, look and lean the body in line with the leeward front strap, just like the FWWR. To improve your opposition, keep the mast forward and away from you with an extended front arm.



#3

Look forward and release the boom just after the board has passed 'dead downwind' – BEFORE the foot change.



#4

As the rig swings over the nose, switch the hands (see November issue) to leave you momentarily 'switch-stance'.



#5

Keep the mast forward to sheet in again and switch those feet to normal.



To help Make Your Moves, grab an enlightening SB Intermediate or Advanced windsurfing book or sign up for a personalised progression session on a WindWise holiday or UK course. Check windwise.net for the new full 2011 schedule!

SIMPLE SUMMARY

This series highlights the benefits of breaking moves down into component skills and drills to make moves. However, the word *move* also highlights exaggeration and moving our bodies with more purpose, poise, power and belief. That alone can make a massive difference. So really throw yourself into this month's *Make Your Move!*

NEXT MONTH What will you achieve in 2011?



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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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