

Jump!

MAKE YOUR MOVE!

To complete his *Make Your Move* series **Simon Bornhoft** looks at some inspiring training methods to start, improve and master your jumping skills. Photos: **Karen Bornhoft / WindWise**

Getting 'air' is far more achievable than gybing – what's more, it feels great. So what are you waiting for? If you can blast comfortably on a sub-115L board you're at a level to 'pop' that board off reservoir chop or a cresting wave. It's been 18 months since we last covered the aspects of jumping in our Body Mechanics series, so I thought that with the spring breezes approaching we could work together to make this move a reality for you in 2011.

If you're a fearless former motocross rider then simply sail flat out, lean back, and push on the back foot for take-off. If you have some sense of self-preservation, muscles rather than elastic bands, or limited time on the water, it's imperative to build an understanding of what's actually involved and look at ways to get the body to do what you want it to do. So, as ever, this is how you actually learn it, rather than just 'how to do it'. A head full of tips is not as powerful as muscle memory achieved through easy skills training exercises, which enable you to apply the right skill at the right time.

WINDWISE PRINCIPLES

To enable the board to 'jump' we momentarily reverse all the core windsurfing principles we usually rave about!

VISION: *Look down* at the trough of whatever size ramp is in front of you.

TRIM: For take-off destroy this key principle by *weighting the tail* and *un-weighting the mastbase*.

OPPOSITION: We *heavily flex that front arm* and *pull the rig back TOWARDS the body!*

POWER: For take-off the rig is, momentarily, *sheeted out* to reduce mastbase pressure.

STANCE: How often do you hear *"stand upright and push down on the back foot"*?



JUMPING SKILLS & DRILLS

Experiment and exaggerate these achievable *skills and drills* to help your level soar. The colour coding should make it easier to link the separate exercises.

SESSION 1: HOOK OUT & HOLD ON

Practice unhooking and blasting fast out of the harness! Although it's not actually part of the 'jump', this crucially develops your boardspeed, steering and lightens the rig before the explosive jump.

Try 5-10 runs unhooking, blasting, hook in, blast, unhook, blast, etc, without losing speed.

(More detail in BOARDS #267, Nov 2010.)

RIGHT SKILL, RIGHT TIME

VISION & SUPER-7: Take a close reach sailing line adopting a committed *super-7* 'drop-&-push' stance.

TRIM / OPPOSITION & POWER: Back hand down the boom and unhook, pulling down and towards you using bodyweight. Do all you can to stay sheeted in and low after unhooking.

SESSION 1: Hook Out & Hold On

SESSION 2: Coasting

SESSION 3: Trough Spotting

SESSION 4: Upwind Downwinders & Waterstart

SESSION 5: MAKE YOUR MOVE!



SESSION 2: COASTING

Your ability to maintain speed and come up over the board in preparation for the jump is another easily practiced aspect of the move. It's the 'ugly sister' of *hook out & hold on*. Keep the speed up and rig sheeted in to lighten the rig, but bring the body more inboard and hunched prior to hitting the designated trough. Once again you can try this without actually jumping.

RIGHT SKILL, RIGHT TIME

VISION: Look forward and down, heading slightly 'upwind'.

TRIM: Keep weight evenly distributed on both feet.

OPPOSITION & POWER: Pull the hunched body closer to the boom. (I said we'd reverse our normal mantra!)

STANCE: Practice rocking onto your back foot to get the feel of depressing the tail.



SESSION 3: TROUGH SPOTTING

For elevation, come over the board, keep the power on, stand more upright and slightly back (especially if travelling fast). Push down with the back foot in the 'trough' – that's the concave ramp *before* the chop or wave crest. So spot and designate that chosen trough about 3-5m out in front of you. In time you'll be relaxed enough to breathe in and then exhale as you push through the back foot in the shallowest part of the trough. Size doesn't matter – timing does!





UPWIND

SESSION 4: UPWIND- DOWNWINDERS & WATERSTARTS

To retain and control height and reduce spin-out (and injury), practice a tucked exaggerated *super-7 drop-&-push* stance.

UPWIND-DOWNWINDERS

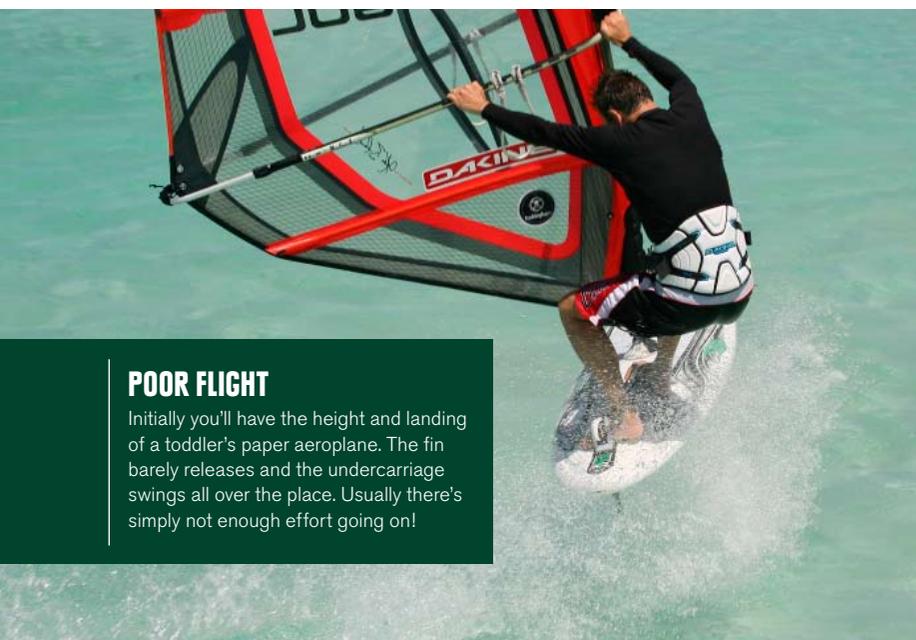
Use this *WindWise skills & drills* favourite. Head up into wind, rig back, body forward, then the action of sinking low and back into a very tucked *super-7 'drop-&-push'* position simulates driving that board high and forward.

WATERSTART

Similarly, waterstarting with both feet in the straps simulates the 'jumping position'. Looking at pic 5 in the jump sequence overleaf, you'll see how, compared to your normal windsurfing position, the hips are low back and near the tail, just like a waterstart! A little practice makes you realise how compact you need to be.



DOWNWIND



POOR FLIGHT

Initially you'll have the height and landing of a toddler's paper aeroplane. The fin barely releases and the undercarriage swings all over the place. Usually there's simply not enough effort going on!



WATERSTART



SESSION 5: MAKE YOUR MOVE

Ready? It's impossible to have a whole jump in your head, which is why it's so beneficial to have accumulated the muscle memory through simulating parts of the move.

- #1 Set up using your *hook out & hold on* training, taking a close reach sailing line to help expose more wind to the underside of the nose on take-off.
- #2 'Coast' along and, like a laser, pinpoint the exact trough in which to exert pressure through the tail.
- #3-4 Weight the tail by standing more upright, leaning back and pushing down on the back foot. This brings the rig back, sheets the boom out enough to un-weight the mastbase and elevate the nose. Like a see-saw, it's tail down, nose high! Don't try to jump the whole board up horizontally like a 'dead cat bounce'.
- #5 Once the nose is high, tuck the tail close to your backside like that waterstart, forcing the rig high and forward. Body mechanics is key, so *super-7 drop-& push* – flex that back leg and extend the front foot and leg up to windward out in front of you, like a kickboxer. It's the effort, right now, that gives you an instant in-flight upgrade!
- #6 For the landing, uncoil just as the undercarriage touches down. If you're losing speed or splattering on your back, force the rig forward to *trim* the board flat and accelerate.

QUESTION TIME...

Q: Can I learn in the harness?

A: Off small chop or swell, you can remain in the harness if you're blasting flat out and get mini-hops of airtime. But to actively jump and land from any height, unhooking is very much part of the game.

Q: Why do I lose speed before take-off?

A: Usually due to sheeting out too much or depressing the tail for too long prior to the split-second push in the trough.

Q: Why doesn't the board leave the water?

A: Don't 'pull' the board up with the feet. Equally, hanging down and out off the boom (usually linked with fear) actually locks that board flatter to the water.

Q: Why do I drop like a stone or spin-out on landing?

A: Increase boardspeed prior to take-off and tuck the back leg up to avoid spinning out (slipping sideways) on landing.

Q: Why do I go over the front?

A: Take a more upwind line on take-off, and also **don't** tuck the back leg up before elevating the nose, otherwise you'll pitch-pole!



CLIENT COMMENT

It's always good to hear from those who've learnt, so here's WindWise client **James Siddalls'** most elevated thoughts.

"For me, speed and pushing with your back foot as you hit the trough was key. I'd always assumed that you jumped off the top of the chop or wave, which isn't really the case. Also, taking yourself from a familiar outboard sailing position to inboard is unsettling at first. But once you get the timing right the fear goes and it takes surprisingly little effort to get decent height."



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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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