




Throw that tail out and pull down through the mastfoot for balance



WANNABEA WAVESAILOR

lip-sliding away

In this month's instalment of his comprehensive series examining every aspect of wavesailing, **Jem Hall** adds a bit of slide to your frontside top turn.

Winter is well upon us, and while the unenlightened masses moan about the cold and prepare to hibernate in their centrally heated homes, for us wannabe wavesailors it's truly a time for celebration as we relish the prospect of feasting on the succulent swells that this season brings to our fair shores.

To make sure you make the most of them, let's get you freeing up those top turns and getting acquainted with some sweet lip-slides. This is a great move, and definitely one of my favourites as it really lets you get to know both the wave and your board much better. Plus of course it looks and feels amazing. In cross-onshore conditions it's often a must to depower the sail as you head back towards the wind and then reconnect with the wave before you take the usual route into another backside turn to set you up to go frontside again.

The move's all about counterbalance, as you're pushing the tail out with the back leg to get the slide, but pulling down and leaning forward to get some purchase on the vee under your mastfoot. Although you're sliding over your back foot, the lip-slide will help you appreciate that you must initiate your top turn off your front foot so as to use your whole rail, and not just slide out and go out the back of the wave with all your weight over the back foot.

If you're wanting to get all funky and new-school then you can take your slide into a taka, where you slide out and aim to do an upwind 360 as you pivot over the nose of the board. When they are good you stay in the wave, when they're not so good you go out the back, and when they're ugly you get to wear the sail!

DIFFERENT STROKES

Now, as you all know I'm not much of a salesman and don't promote buying new products all that much, but I'll give it a go here. The new-school multi-finned boards with their wide noses, relatively narrow tails and loose slashy turning abilities really assist you in not only releasing the tail but also controlling this slide, as with fins in proximity to the rails you have the grip needed to bring it all back on track. These boards also allow you to initiate tight turns off the back foot and take advantage of this in smaller waves and some of the not so pristine onshore conditions we have here in the UK, while of course fully firing in ripping cross to cross-off winds as well. Best get shopping then!

I will revert to my trusted formula for this move:

WHO? Riders who are controlling dynamic top turns and want to spice it up a bit.

WHERE? On fairly steep clean waves or on sections that aren't too critical and threatening. You can also do it off some white water sections too.

WHEN? As for all moves do it when you're fresh in your first hour of sailing after getting a couple of waves under your belt to warm up. Have a session on it of 30 minutes and no more, and do one or two on every wave!

WHY? The ability to control different types of turns at the lip of the wave is paramount to adding fluidity and style to your riding.

WHAT? A controlled spin-out at the top of the wave as you perform a top turn, which is then pulled back on track.

HOW? Let's go to that now...



HOW TO...

This sequence was shot in cross-off wind at the amazing Punta San Carlos, Baja. I was on a 5.0 Ezzy Wave Panther 2 and RRD Wave Cult Quad 92, and enjoying updating my technique from a twin-fin to a quad-fin.

1. Select a good wave and get some speed along it before making a solid bottom turn and then turning back up the wave for your top turn. You need a bit of speed so don't go too vertical in your frontside attack. Make your top turn by bringing your back hand forward and getting outboard with your heelside weighted. Ensure you're using the entire rail by initiating your top turn over the front foot.
2. As you fully commit to a powerful heelside turn, begin to move forwards with your front knee coming over the board as you push out hard on the back leg. Think counterbalance here, with the back leg straightening and front leg bending as you move forward. Your toes need to go down as you release the tail in order to have a flat board for maximum slide.
3. To assist the tail in releasing further you must move your weight over the nose as you ensure your back hand has come forward in the top turn. This allows you to almost float and pivot on the nose, which is de rigueur in takas and flakas, so the tail can slide, baby, slide... To gain purchase, pull down on the boom to grip on the vee around the mastfoot area – you will soon need this grip.
4. So now you've enjoyed that slide and remained on the wave, it's time to get back on track. As you're already pulling down through the mastfoot via your close-together, extended arms, you'll have some grip over the board to begin the reverse – back leg pulling in on the tail and front leg straightening and pushing the nose away.
5. Keep the sail away and pull up on your toes to facilitate the rail in gripping the water, thereby helping you to continue to pull the tail in and push the nose away. This is like recovering from spin-out, and the sensation is just like the counterbalance as you steer and scissor your board to bear away out of a tack. And you know all about tacks, don't you?!?
6. The slide is finished and you've got the tail sufficiently back under you to assess your options for another turn. Drop down the wave and do it again, or go for a one-handed top turn or maybe even line up for an aerial.

If you're going out the back of the wave then you're starting your top turn too late and possibly with too much weight back on the board. Should you be spinning right out at the top of the wave then you're applying too much back foot pressure and too quickly. You must feel the wave and the rail and let that dictate how much pressure you put through your back foot. When the tail slides right out – and it will – you must recover by getting low, pulling down on the boom and up on your toes and strongly resist the urge to do your favourite move of bench pressing the rig, overshooting the sail and dry humping the rig.

Slide that tail out, enjoy it – hell, even try some takas, as the only limits placed on you are the limits you place on yourself.

lip-slide



After the lip-slide re-engage ready for the next turn.
Photo courtesy of oceansource.net

HALL'S HOMEWORK

Winter's here so it gives you the time and opportunity to work on your fitness and bank some gym time, as the dark nights and time between sailing sessions should be used wisely. Power to weight ratio and the ability to work hard on the water and recover is so important for learning new moves and dominating the conditions and your equipment. If you have an available slot to sail then set your alarm clock accordingly, as the tide and wind may be best early and by 10.00am it's all gone. Two hours' premium sailing will give you a warm glow no matter how cold it is. Please watch and use Winner to Wavesailor to get Jemmed up on wymaros and gu-screws. Lastly, it's SUP time! Bigger winter waves and windless days can see you gaining some serious waterperson time and knowledge.

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.

If you seriously want to improve and have a fantastic holiday book on a 2011 coaching clinic **NOW!** Please book early for 2011 with **Marsa Alam** in Egypt kicking off proceedings and then it's off to reliable Rhodes in June and September. **Moulay** in May and **Baja** in August are already sold out!

Ready to slide away

"Carpe hora!"

Jem Hall

Seize every hour sailing and training like it's your last. It's my own take on 'carpe diem', and after a coaching debrief I often say to my clients before they go out sailing, "What will you do in the next hour to change your windsurfing life?" And yes, this works and focuses them intently!

next month

We will look at a vertical attack on the wave with an aerial spin off it as we embrace, love and cherish the gu-screw.



Next month: Get up that wave vertical and spin round a gu-screw