





PIC: Open, up, and at it

WANNABE WAVESAILOR

The Gu-Screw

In this month's instalment of his comprehensive series examining every aspect of wavesailing, **Jem Hall** continues the all-out assault on your frontside frolics and gets you all gu-ey. Photos: **Dave White**

Even with the winter chill and all that rubber, you're still ready and willing to add some more weapons to your waveriding armoury. So let's get you all revved for the gu-screw. This move opens the door to rotational stunts around the lip of the wave, and is the one to be cracked on your path towards the elusive wave 360. (The 'gu' bit comes from the resurgent Mark Angulo, now with added fame on the Windsurfing Movie II.)

It's quite a versatile move, as it can be performed in most wind directions, and, because you're landing the move behind the wave your timing isn't as important or critical. The wave 360, on the other hand, is performed on the wave-face or even just above it, and you actually land back on the face. It's an altogether toothier animal to tame.

As with many wave moves, the gu-screw presents the challenge of getting up vertical while still going fast, so working on this move will also improve your general riding. Time is of the essence though...

Einstein once said that "The only reason for time is so that everything doesn't happen at once." He'd have made a good wavesailor. As is the case in so many moves, time is a key ingredient, and in the gu-screw your bottom turn is a lot further in front of the wave to give you sufficient time to get enough space to turn and get back up the wave vertically and continue the rotation.

This is a fun move and requires timing, speed, a vertical attack and then some aerial scissoring and rig steering skills similar to the actions in the forward, so it will even improve your forwards too. Even more of a bonus!

You can do a lot of the movements in light winds while practising those wymaroos that you're no doubt doing to facilitate both learning and improving your forwards. (The wymaroo got its name from American '90s ripper Chris

Wyman, who in terms of moves was way ahead of his time.) You can even have a shot at it when planing as you do half a carve gybe into a forward loop spin, and hey presto you're a freestyling machine.

You'll see sailors performing the advanced version of the gu-screw in both cross-onshore and cross-shore conditions, so the opportunities are endless. As all good wavesailors are comfortable with being uncomfortable, I have no doubt that you're itching to 'have some' of this move.

Poor Whitey was kept waiting quite a while during these shots as I worked on getting it better, and he missed the best sequence as he nodded off. *[You'd nod off after 9 hours too. Whitey.]* Still, writing these articles means that I've got to step up too and get comfy with some new moves, so here we go...

WHO? Riders who want to step it up and work towards the wave 360. Yup, your only limits are the ones you place on yourself.

WHERE? On fairly steep, clean waves, or on sections that aren't too critical and threatening. As you get more into them you choose the more powerful parts of the wave.

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! This really worked for me.

WHY? It feels great and will get you improving in other areas of your wavesailing while you conquer it.

WHAT? A vert attack up the wave as you jump switch clew-first and spin the kit round in the air. Not as hard as it sounds!

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 5.5 Ezzy Wave Panther 2 and RRD Wave Cult Quad 92, and enjoying updating my technique from a twin-fin to a quad-fin.

1. Choose your wave, get some speed along it and then go for a bottom turn with plenty of speed. As you start to go up the wave, and as for all vertical assaults, you need to keep the sail open and get twisted so you can carve hard. The previous shots in the article show this position with your weight over your toe-side and the upper body counter-rotating to open the sail.
2. Look up at the lip and begin to angle the mast-tip back. This will help you to start the rotation and keep the clew clear of the water. Note that as you're looking to get as far round as possible to get into the rotation, you must carve really hard over your toe-side.
3. When you pop the board off the lip lean back and slightly outboards to position the rig above you. This is where you start to look back just as for a forward. The popping bit comes from extending the back leg to get the nose up, and after you leave the lip that back heel comes in quick to get the board scissoring sharpish.
4. Your arms will need to begin reversing the rig. Your back arm goes from being straight and sheeted out to sheeting in aggressively to get the sail back across you and help with the aerial steering, as you're now in sort of loop mode. With that in mind, the front arm and leg are pushing down and away as the back arm and leg pull up and in, as is *de rigueur* for forwards.
5. The front arm also needs to work hard here. It comes in close as you pop the board off the wave, and then extends to bring the sail across and get it upright. Furthermore, the arms will help you swing through the rotation and then move you back over the board for the landing.
6. While the arms do their work the legs will have to whip the board around by performing a scissoring action so you get back over the board to land tail-first. So, Baldy here should be extending his front leg more and really pulling up on the back leg to get that tail up and the board round. You can see here that I'm assisting the rotation by looking behind me, as in a forward.
7. You land the move behind the wave, and I'm not going to lie here – a bit of rig flying and front leg paddling was assisting me in this one. I have landed some bolt upright and clean though, and it was all because I was more dynamic and had more speed (and the section of the wave helped me too).
8. Get back upright and check your cameraman isn't asleep. Now go out and do it again. And do some light wind and powered-up wymaroos on flat water to get some practice.



If you're not getting enough pop off the lip then you've either not got enough speed or haven't opened the rig. When you are getting pop off the lip but aren't rotating sweetly, just work harder and be more active on the scissoring and aerial steering part. Just like last time and as always, no bench-pressing the rig. Get it away and work those arms and legs hard!





ABOVE: Get that nose up and bring the sail across you



ABOVE: Lower body keeps carving and upper body opens sail
BELOW: Pull that trigger

next month

We will revisit the best tips and insights I can offer for you to finally walk the walk and stop talking the talk as you join (forward) loop club.



HALL'S HOMEWORK

Time to set yourself some fitness and sailing targets. But don't just say them on New Year's Day with a hangover – actually write them down, text them to yourself, and email them to you and yours.

What will you do? When will you do it by? And exactly how committed to these targets are you?

For 2011 consider where you sail, when you go out, what you do on the water, on what kit and with whom you sail. To paraphrase the words of another great man, you will fight them on the beaches and this can be your finest hour (or rather, year).

Do plenty of tail-up and tail-grab jumps to set you on the forward loop journey.

Happy New Year!

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. It's off to reliable Rhodes in summer and Mauritius in September, Ireland in October and a NEW Brazil combo clinic in winter. Marsa Alam, Moulay, and Baja are all already sold out!

“In order for things to change, you must change.”

Jem Hall

It's been said before and I'll say it again – just as I would suggest that you get that damned back hand further down the boom!