



Wannabe a Wavesailor



PHOTOS: ADAM THULIN

Let's throw some spray

Part 15:

In this month's instalment of his comprehensive series examining every aspect of wavesailing, **Jem Hall** looks at a variation in the regular frontside top turn as he inspires you to go one-handed...

I trust you're feeling inspired after reading all the great tips my wavesailing crew bestowed upon us last month. The one theme that ran through their tips was being challenged – either challenging themselves, or having challenges set for them by me. When you're challenged you progress, you improvise, adapt and overcome. As in fitness, if you do not overload your body and force it to attain progression, well, then you will stay the same.

One-handed moves get you to really counterbalance the pull of the rig using your body, and force you to consider the position of your head, hips and hands. This is crucial to developing some style in your wavesailing, and particularly here in your riding. When I get people sailing one-handed their stance transforms. If I get them going one-handed front to sail they truly understand sail control, and if you do tail-grab jumps, well you know what that does for you.

OK, enough of the sales pitch. Let's use our trusted formula for new moves.

Who?

This move is for people who are happy making competent frontside bottom and top turns.

Where?

Off small to medium and relatively blue waves, *i.e.* not too steep or critical and on an open face.

When?

As for all moves do it when you're fresh in your first hour of sailing after getting a couple of rides under your belt to warm up. Have a session on it of 30 minutes and no more.

Why?

This is another trigger move that will boost your confidence and style. It will improve your hand movement and positioning in waveriding and

therefore your ability to keep speed and make sweet turns. The one-handed top turn will also put more style into your sailing.

What?

As you're going up for your top turn it is a dropping of the front hand as you drive through the wave to redirect.

How?

Just drop the front hand dude. (OK, I'll be a bit more technical and cover it in the sequence later.)

I teach beginners and all sailors to sail one-handed in light winds to understand where the power in the sail comes from and to pull down on the boom while keeping the back leg bent in order to maintain their sailing line. You can be training to be a better wavesailor from your first day of sailing by seeking challenges and receiving good coaching.



Wannabe a Wavesailor

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ONE-HANDED TOP TURN

1 Skulk around at the bus stop (out the back / the peak) as you wait for a good set wave, and ensure you are upwind and have right of way. Choose the recipient to be ridden and get on it. Hold your middle line, taking the energy from the wave and

going down-the-line (DTL) while having a good look along the wave for a nice section to appear.

2 Bingo! That fatter part of the wave has a steep section next to it that's looking very

smackable. Go into your bottom turn. Drop over your front foot and get that rig forward through the good old extended front arm as you carve hard with your back hand way down the boom, and increase the pressure through your toeside.

Skye's Section

This month John and I discussed the merits and style of the one-handed top turn. We both concluded that Messrs Angulo and Siver are the main exponents of this move, and use it to great effect to help long rides flow and also to bring themselves back to a more critical section so that the rest of the wave, further down the line, has some time to jack up. Check out their turns in Cabo Verde in *The Windsurfing Movie*. Pure, deep joy!

Skyeboy and I also identified the importance of hand position when sliding the back hand up the boom in readiness for the hand drop:

- Too far forward (even coming in front of the harness lines) and you don't have any power in the rig to turn properly.
- Too far back and the rig will either get blown away from you, or you have too much power still in the board to actually be able to turn.

John leaves us with this. "Josh did one at the last Ho'okipa comp that was ridiculous. Full vertical lip hit, one-handed into a sort of air. Possibly the raddest smack I have ever seen! No idea how he did it, and if I did know I would keep it secret and do it all day!"

So, if you don't go one-handed you won't know.



ADVANCING & ENHANCING

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3 As you come through the middle part of the turn and are going back up the wave, open the sail with your back arm and begin to shift your weight through your hips over to your heelside rail. As we know, your head will play a big part in assisting the redirection in the top turn, so begin to turn that. In all good frontside turns you slide your back hand up towards your front arm, so do that and when it's got ALL the way there drop your front hand.

4 "Dohn fink... Fheell!" (thanks, Bruce Lee). With your back hand up at the back harness line and your head continuing to look out of the turn, you're able to start driving more through your rear hip and heelside rail to make your top turn. Note how the dropping of my front hand brings my front shoulder and therefore whole body position lower.

5 Let the rig come forward to open the sail and just counterbalance a natural amount of the rig's weight. Rig huggers are not welcome here, so get the rig away from you! Drop lower and push harder through your back foot and hip, and you will go into a lip slide here.

6 Get the rig right forward to fully open the sail and weight the nose so as to begin to flatten the board to get your speed back up. Enjoy this feeling of throwing up some spray and being totally free. Those heads, hips and hands have worked hard, and this is your reward.

7 It's not over yet! There is another section rearing up so keep on the wave and ready to smack that next section. Fancy risking another one-hander? Ah, go on then.

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PHOTOS: ADAM THULIN

ABOVE This move was performed on the point break in Jeri, Brazil, with a 5.2 Ezzy Wave and RRD FSW 90 with a 23cm fin. My harness lines are relatively close together to allow maximum hand movement. The wind was cross to cross-off, I was fairly powered up but not overcooked, and the waves were shoulder high.

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PHOTO: CAPESESSIONS.COM

Get those hands together and you can drop a hand

Hall's Homework

As we come into summer we are looking to those all important fundamentals, so let's get those tacks, gybes and freestyle moves attempted, completed – and most definitely polished. Everyday sailing is a great way to make yourself a better wavesailor, but it is you who has to want to do this. Failure to do your homework will mean you have chosen not to develop and improve.

“Surf the boom like you surf the wave”

– Francisco Goya, legend.

“Don't be a plonker all your life”

– Del Boy Trotter, market trader.

**“ THE ONE-HANDED TOP TURN
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INTO YOUR SAILING... ”**

Next Month

In the quest to make you the sort of wavesailor who's always looking to get out the back, score the most jumps on route and get the maximum number of rides possible, we'll be looking at the best moves to transition on the inside and outside. That inside planing gybe will get you out, and that solid outside tack will get you on and upwind of your wave of choice... **C**

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John Skye is sponsored by F2 boards & Naish Sails

John has been coached by Jem during their time in Team Fakefish.

