

Wannabe a Wavesailor



PHOTO: ADAM THULIN

Slide that tail out and then keep sliding 360

PART 20:

360-ING UPWIND

In this month's instalment of his comprehensive series examining every aspect of wavesailing, **Jem Hall** presents the upwind 360 as a valid move to pep up your riding and lay solid foundations for the future...

In a change from the stated intention this month I am asking you to aspire to, learn, and improve the upwind 360. This is with a view to keep you on your toes in flat water and look to the future in your wavesailing. It is, of course, building on the light wind love you should now be embracing and all those helitacks you now enjoy.

The upwind 360 – or simply 'up 360' – builds towards awesome moves such as the taka, which is achievable in some of the softer, smaller waves our great conditions give us. It is a lip-slide / spin-out that you keep sliding through the wind, and, staying in the white

water throughout, squeeze in an up 360. Going for the move and ending out the back of the wave is all part of the learning process.

Up 360s also build towards backside 360s – a great and complex move involving control and timing. This is where you carve hard upwind into the lip of a soft section of the wave and then float around through an up 360 while staying in the white water, or, as above, you may end up out the back of the wave, which will do for us mere mortals for the time being.

So, onwards and upwards and the sky is the limit, as the only limits on us are the limits we place on ourselves. *[I knew you'd say that. Ed.]*

We'll use our tried and tested formula to cover the whys and wherefores, so let's get into it.

Who? This move is for anyone who can sail front to sail and is making inroads to the helitack and light wind up 360, and for anyone who might like to throw in a frontside taka or backside 360 into their wavesailing and improve their upwind carving skills. (More on the taka and backside 360 in another article.)

Why? Any carving in both straps will improve your ability to keep speed and counterbalance the rig's movements. In this

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case your carving upwind is called into account – vital for aggressive and vertical backside, which also leads into sweet cross-on frontside action. It will give you the front to sail skills required for takas and backside 360s.

What? You carve up and through the wind and then back-wind the sail through front to sail while turning back towards your original course, and then the clew passes back through the eye of the wind as you punch the sail open to get the wind back onto the original side. FYI – takas and backside 360s also require this, and all modern freestyle moves end somewhere akin to an up 360 completion.

Where? In space with good wind and flat water. Between waves is perfect.

When? With a good amount of speed and power so that you can carve hard in your chosen space of water, and not going into a big gust.

How? Let's look at this now.



PHOTO: GREGG DUNNETT

Slide away and then get over the front foot



PHOTO: JOHN CARTER

We will now hand over to Skyeboy, who is back in this piece and all nice and shiny with his new RRD sponsors:

"Top tip for the 'taka' is to sheet out hard on the top turn. This will release the tail and let it slide easily. You'll need to move your back hand forward as you go off the top to open the sail to get the tail to release – de rigueur for all top turns! Then get the back

hand way back down the boom again once you start sliding. If you can get in this position with the sail tucked in and your weight over board's nose, the rest is easy as you just follow through with the upwind 360. (For the freestylers amongst you it's good to practise switch-stance clew-first spocks and flakas.) It's best to learn do them off the white water as it's easier to release the fin. This is the best move to learn in mushy, crappy conditions, as it's a lot harder when conditions get good. Get into it!"

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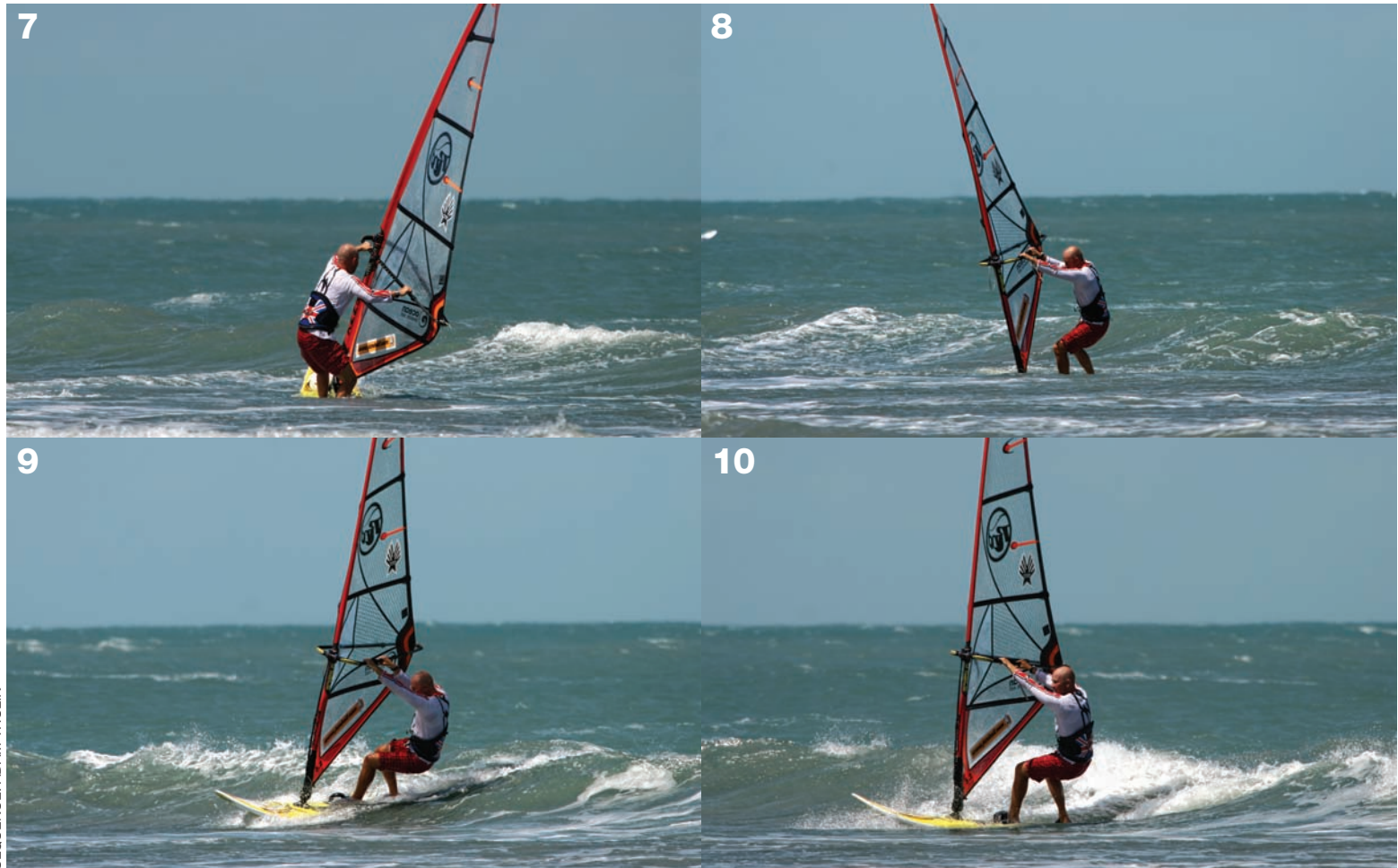
This move was performed in Jeri, Brazil at the main break and in between the waves. The wind was cross-shore and I was on an Ezzy Wave SE 5.2 and RRD FSW 90 (59cm wide) with a 22cm fin. This kit gave me the speed and float required, and the smaller fin loosens up the board for harder carving and then sliding round at the end.

- 1** Check you have the space and time to squeeze in the move, and get some speed up by bearing away to enable you to carve hard upwind. Take a shoulder-width grip on the boom, then from a low body position unhook and hang off the boom.
- 2** Bring your hands together and **look upwind** as you start to carve hard off your heelside. Keep the board flat in the carve, aiming to turn the board off the front foot (as always). As **the rig goes back move the body forwards** and in while the sail remains sheeted in.
- 3** The rig will be really sheeted in and your body will continue to move forwards and over the board. This part of the move is where you would be when carving hard for an aggressive backside waveride and looking to go vert. **Your body moves inboard towards the mastfoot by bending your knees and elbows.** This will get your weight forward, keep the board flat, and put you in a position to transition into and control front to sail.
- 4** The board has now passed through head to wind, and it's time to **move forwards with your weight over the board.** You are now **coming over onto your toeside** in

readiness to go front to sail. You will need your big straps now! Start to draw the rig forwards and across you, and keep looking upwind as you slide the back hand way down the boom to assist with pulling the rig in and the front to sail steering.

- 5** Dip the mast into the wind as the power comes onto your back hand. **Keep looking over your front shoulder to where you want to go.** Your mast should be well over to windward with your bodyweight over the board.
- 6** Push the mast more to windward to depower the sail and steer you further downwind. As your back hand is well down the boom it can **open the sail.** Your weight will be over your **front foot and toeside** through a bent front leg. All these actions will depower the sail and steer you downwind, and would be the same if you were on the regular side of the sail!
- 7** Hold the front to sail steering position until you go through downwind. You should feel this by the sail going light. As with all moves the more you look where you want to go

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SEQUENCE: ADAM THULIN

the easier it all is, so **keep twisting your head round over your front shoulder**. (So, baldy, look out of the turn more!) The weight change is about to come.

- 8** With the board through downwind the **weight moves onto the back foot** through a bent back leg. **Punch the sail out with the back arm and bring the mast upright by pulling your front arm in**. Look over your front shoulder more than I am here. You are aiming to **get the sail fully sheeted out** to stop you getting yanked like a rag doll. The **body will move outboard and over the heelside to resist the sail's power** and

help slide the board round. This last part of the turn is just like a top turn, so use your skills here.

- 9** The **rig goes forward as the body moves back**. Most importantly, **stay low**. To keep the tail from sinking you can move your head towards the mastfoot. If you are in waves you can use the next one to get some momentum.
- 10** Get some speed up and look for a cheeky waveride, or unwind yourself by doing a downwind 360 in the straps.



PHOTO: GREGG DUNNETT

Backside vert turn and then follow through with the upwind 360

Next Month

You guessed it – the downwind 360 in the straps to get your front foot carving even more dialled in.

'The pain of discipline is nothing like the pain of disappointment.' – Anon ☺

Jem Hall is sponsored by RRD boards, Ezzy Sails, Flying Objects, Prosport Sunblock and Grasshopper Porridge, and his site www.jemhall.com is sponsored by Oceansource.net

Jem's new technique movie *Beginner to Winner* is out now. If you seriously want to improve and have a fantastic holiday book one of his '09 coaching clinics now as they are selling out quick!

Hall's Homework

As I write this 7/11 should be all systems go, but more in the visualising land-based and gym department, as September has been a bit bad for wind. But let's get those loops nailed now please.

From this piece you should be working on the up 360 in both light and planing winds, and now you can add in some downwind 360s. You may even be researching those takas and backside 360s and trying some for yourself. The only limits placed on us are the limits we place on ourselves.