

## COMPLETE GUIDE TO WAVESAILING – pt 1

FEATURING  
**John Skye & Chris Audsley**



Introducing a brand new technique series by **Jem Hall** covering everything – and we do mean *everything* – you need to know to be a wavesailor. Pix by **Gregg Dunnett**, Jem and **Julia Toms**.

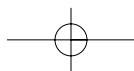
# Wannabe a wavesailor?

**W**elcome to the most comprehensive wavesailing technique series the world has ever seen! Over the next few seasons I will take you through everything you need to know to get out there and rip with style, consistency and efficiency. Whether you're only just taking your first jaunts in the ocean or already getting some decent jumps and starting to ride waves, the series will help you harness all of nature's energy in your wavesailing. The series will also offer tips and

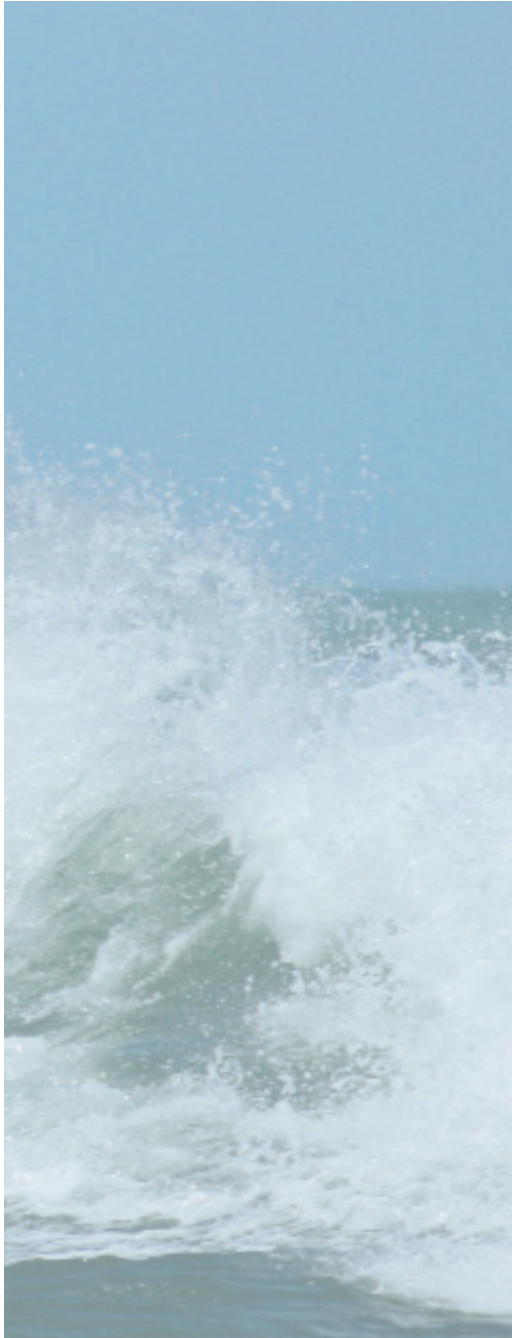
improvement to those of you who maybe already think you're legendary wavesailors – but actually are really just people who sail in waves. That's not meant to be derogatory. But the truth is that you're not a true wavesailor until you're seeking to get the best ramps on the way out, and pick and ride the best waves on the way in. It's a mindset – and I'm going to help you achieve it!

*Wannabe a Wavesailor?* will offer a multitude of tips and provide you with a range of skills

which I have gleaned from my own sailing, coaching individuals and groups, and from my work with many pro sailors. I have been fortunate to be involved in coaching wave maestros Chris Audsley and John Skye – British Wave Champions both – and it was undoubtedly a two-way process. While I was tidying up their act, I was learning *huge* amounts from them. So I'll be utilising their assistance in this series too; they will be offering their own tips on moves and talking about how they developed their wavesailing







both in the UK and overseas. I will also be tapping into other legends of the sport for their input, including the female perspective from Nayra Alonso. But, as said, this isn't just about pro sailing. I will primarily be drawing heavily upon the findings and results from my coaching of ordinary sailors. It's here where I see my tips put into practice, and have discovered what actually works.

The series is going to be presented with one or two skills being covered each month, and Professor Hall will be giving you homework too. We will also be looking at the game-plan – tactics to not only keep you intact but also to wavesail in style. It will put you in the position to execute *“the right move at the right time in the right place”*. From now on that is your mission, so repeat that mantra, again and again.

## On the Syllabus

Over the next dozen or so issues of **BOARDS** we will be covering the following...

**Fundamentals:** Wavesailors need to have the holy trinity of windsurfing skills

very much dialled. They must be able to plane early, sail fast and fly upwind. Without these you aren't going to last long in the challenging environment of waves. *“A good sailor produces power and controls power,”* never is this more true in the beautiful but often harsh world of wavesailing. Also, you are sailing on much smaller equipment, which is more technically demanding and requires a lot more subtlety.

**Getting out:** In a variety of wind directions, under and overpowered. How to deal with shorebreak, the importance of timing sets in big waves, ‘survival’ techniques.

**Jumping:** Basic jumps, planing jumps, one-handed jumps, vertical jumps, tweaked jumps, and looping!

**Getting in:** Finding the best position to catch waves, catching them and riding backside and frontside. Gouging, slashing, smacking the lip and maybe even popping the odd aerial.

**Transitions:** Carve gybe, chicken gybe, pivot gybe, duck gybe, exit gybe, tacking, heli-tacks. Which one, where and why?

**Plus:** Forecasts, psychology, tuning, dealing with rocks and crowds, getting pummelled, surf rules. Flat-water wave training, surfing, fitness. New-skool, old-school styles, and how to develop your own style.

So that's what you have to look forward to. Now toddle off and get that homework done, and you'll be in finest fettle for part two of this series, next issue. Happy sailing! →

## ADVANCING & ENHANCING



### HALL'S HOMEWORK

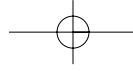
OK, three things for you to work on until next article: Two are general pointers for any *wannabe wavesailor*, and should be practised wherever possible.

**EXERCISE TIME:** Wavesailing is very much the business end of windsurfing, and the fitter and stronger you are, the more you will get out of it. If you're really serious about becoming a wavesailor then you need to make the lifestyle commitment: Less pies, more gym and fitness action. Waveriding in particular is exceptionally aerobic, and strength in the arms, legs and core will all help your general sailing no end. So get in the gym, dive into the pool, row, run, get on your bike and do some specific muscle toning work, whether it's bodyweight movements (squats, crunches, chins, press-ups) or weight training in the gym. It's winter and with our weather we can have big gaps between sailing sessions, so invest in your windsurfing by getting fitter. My most improved sailors are the fittest and the most persistent, even though they're not always the most naturally talented!

**FUEL UP:** If you piss in your petrol tank your van will go nowhere. A healthier diet – with good nutrition pre, during and after wave action – will most definitely see you on the right path.

**JUMPING:** As per the next page, get some airtime and really concentrate on keeping your tail up, and landing light!





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Because it's winter and cold out there, to kick things off we're going to whet your appetite with a look at something that shouldn't see you spending too much time under the water – the basic jump...

# THE BASIC JUMP

This sequence is performed in sideshore conditions on a 5.2 and an RRD 84 Wave Cult, with waist-high waves. The technique is the same for cross-on and medium chop, except that in these environments you have to head upwind more for the take-off in order to present your nose to the ramp to get the required projection skywards. Therefore, sideshore wind makes jumping a tad easier.

### Prep #01

Unhook and hang down off the boom a couple of board lengths before the wave. Bring your body inboard from the regular blasting stance, and face slightly up the board so as to open the sail. The back leg is bent prior to take-off; mine is already extending here to get up the wave. All these actions weight the tail and bring the nose up.

### Take-Off

**#02** Push down aggressively through the toes of the back foot as you bring the rig back towards you, this gets your nose up the wave and begins to project you vertically.

### #03

As you leave the wave pull the front leg up and extend it forward, as you simultaneously pull up and forward on the boom.

### In Flight

#### #04

The body drops down and out to windward now, as the rig comes in. Pull the tail up with your back leg to flatten the board off, and at the same time straighten the front leg, in order to scissor the board slightly off the wind.

#### #05

Hold the tuck here and concentrate on keeping the boom in, hips low and tighten your core (stomach muscles). You can see here how by pointing your toes you keep the windward rail high to get the wind under the board – so do just that.

#### #06

Ready yourself for touching down by sheeting out and looking at your landing spot. If you sheet in and hold the tuck longer you can delay this a little further. Most importantly, hold the tuck and keep that boom close!

### Touchdown

#### #07

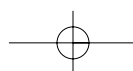
On the way down now, so open the sail further to drop the tail (until you're really comfortable with your in-flight control, it's best to always go for tail-first landings to protect you and the board.) Extend the back leg a little, but keep it slightly flexed as you really don't ever want to come down straight-legged! You will be landing across the wind due to your aerial steering from scissoring the legs.

#### #08

Get the rig upright and land with both legs slightly flexed (more so than mine are here) and then absorb the impact by sinking down low. With the sail open and your board across the wind you'll avoid the dreaded spin-out.

#### #09

The board will sink into the water and it's here that you must throw the sail open to get the wind back in the sail – remember, you no longer have apparent wind. Now it's up to your in-the-straps-but-unhooked early planing skills!







### Game Plan

Good jumping skills are essential if you *wannabe a wavesailor*. In order to get out through a lot of waves, particularly big ones, you need to be able to pull off controlled and planing jumps. There's nothing worse than labouriously working your way out over the white water and smaller ramps, only to make a sketchy jump off the penultimate wave of a big set and wipe out (or just lose all speed) on landing, then get fully pummelled by the last one and washed all the way back to the inside again!

Keeping that tail up helps maintain control in the air, and also makes your jumps more likely to be of the planing variety. Getting the wind under the board through pointed toes makes your jumps bigger and stops you falling out of the sky like a sack of spuds. Also, with your tail up you're that one step closer to being able to go for forward loops!



**Jem Hall is sponsored by RRD Boards, Ezzy Sails, Pro-Limit & 2xs.co.uk**  
**His site [www.jemhall.com](http://www.jemhall.com) is powered by [herringbone.co.uk](http://herringbone.co.uk).**

Jem's new technique movie *Beginner to Winner* is now available. If you seriously want to improve and have a fantastic holiday too, book one of his coaching clinics now!

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