

Wannabe a Wavesailor

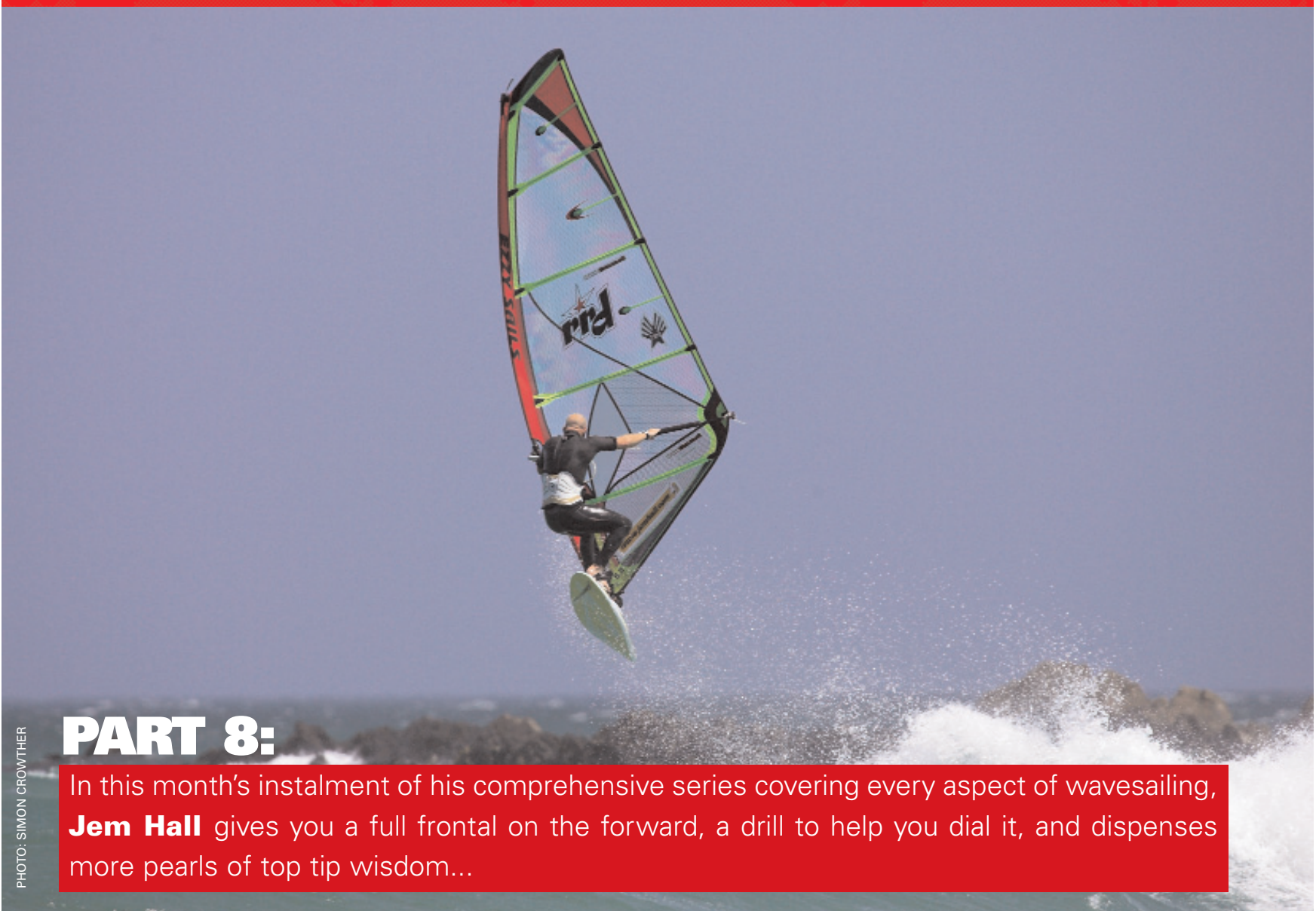


PHOTO: SIMON CROWTHER

PART 8:

In this month's instalment of his comprehensive series covering every aspect of wavesailing, **Jem Hall** gives you a full frontal on the forward, a drill to help you dial it, and dispenses more pearls of top tip wisdom...

PULL THAT TRIGGER!

Before we go into a testosterone-fuelled attack on the forward and start thumping our chests in anticipation of the rotational mayhem about to ensue, pause for a moment, take a few deep breaths, and relax. If the prospect of going over the front right now doesn't tickle your fancy, or you still feel that you're not quite ready, just remember that ever since you started doing your first chop-hops or tail-up jumps, you've been preparing the ground and putting yourself in a perfect position to forward loop. And you didn't even know it! As I keep saying, ordinary things done consistently well produce extraordinary results. The only limits placed on you are the limits you place on yourself.

OK, let the mayhem begin. A mentor of mine and a big cheese in marketing, John Bainbridge, once told me that in terms of

developing his customers it was all about "Who, where, when, why, what, and how." If we use this as a framework to examine the forward, it looks like this:

Who?

Everyone who is jumping and getting their tail up easily and able to bear away in the air and land without spinning out too much.

Where?

Off small waves, flat water, on the way in and the way out.

When?

Well, when you're ready of course, when you're in the right state of mind and are up for it and within proximity of the beach. If you go too far out before doing it you will sh*t it. Do it when you're fresh in your first hour of sailing.

Limit your looping session to 30 minutes, and no more.

Why?

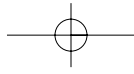
This is a trigger move. It will massively boost your confidence to try (and pull off) many more moves, and it's the best feeling ever once you have mastered the forward.

What?

The description and key skills in the forward were covered last month. It's a catapult and an aerial flare gybe with a jump to get you up there.

How?

Now you're ready for it, let's cover the how with a breakdown of the full forward loop sequence, and back it up with a drill to get you super-prepared and raise your looping success rate a few levels.



ADVANCING & ENHANCING

THE BIG COOKIE

- 1** Approach your ramp unhooked with your back hand right back. Keep your bodyweight low and over the board to pop it. Note how the front hand is back as well – this will assist in getting the rig across. Your sailing line is just off the wind for the last few metres.
- 2** Pop / take-off on your toes and begin extending your front arm towards the nose of the board to **throw** the rig forwards and across you. As you are doing this your legs will scissor the board off the wind by pulling your tail up (I told you those tail-up jumps help). Your front leg is also aiding the bearing away in the air process by straightening to push the nose off.
- 3** Now the rig's forwards and across and your legs have borne the board away and brought the tail up, it's time to **look** behind you.
- 4** Looking behind you will assist you in **pulling** in hard with that back arm, and

because your back arm is way back you can really sheet in. The back leg is also really **pulling** now. As you have taken off on your toes you will be continuing to really push down through both sets of toes to grip the board (keeping you in the straps) and pull it round with you.

- 5** Stay committed and compact and tuck that back foot right into your arse.
- 6** The rest of the rotation and a cleaner landing comes from continuing to push down through that front arm, and as it's back on the boom (by the front harness line) this will give you the leverage to do this.
- 7** Touchdown! Or smackdown, actually. You have probably gone round halfway or more, so here you throw the rig up to catch the wind and bear the board away for the last bit of the rotation.
- 8** If your feet are still in the straps they're also scissoring like crazy – if the back leg stayed bent you'll be all the more further round. You are now coming up to waterstart out of

SKYE TIPS

John's top tip for forwards is to always sheet in hard with the back hand a long way back. Setting up for the move is really important, and getting the back hand positioned well back will also assist in getting the rig more across you. Pop, throw, look and pull. Don't think – just do.



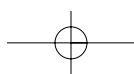
Below Cross-shore and small waves on a 5.2m Ezzy Wave and RRD FSW 86, wig left on the beach. In all its simplicity it is **pop, throw, look and pull**. Pop the board off the wave / chop, throw the rig forwards and across you, look back and then pull in with the back hand and back leg. "Pop, throw, look, pull" is your mantra. PTLP. Think it, see it, say it – and definitely believe it!

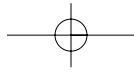
the loop, hopefully in the straps or with your feet on the board somewhere!

- 9** Get the rig up and forward, hands back together, and get planing. Now get very excited and whoop like crazy.

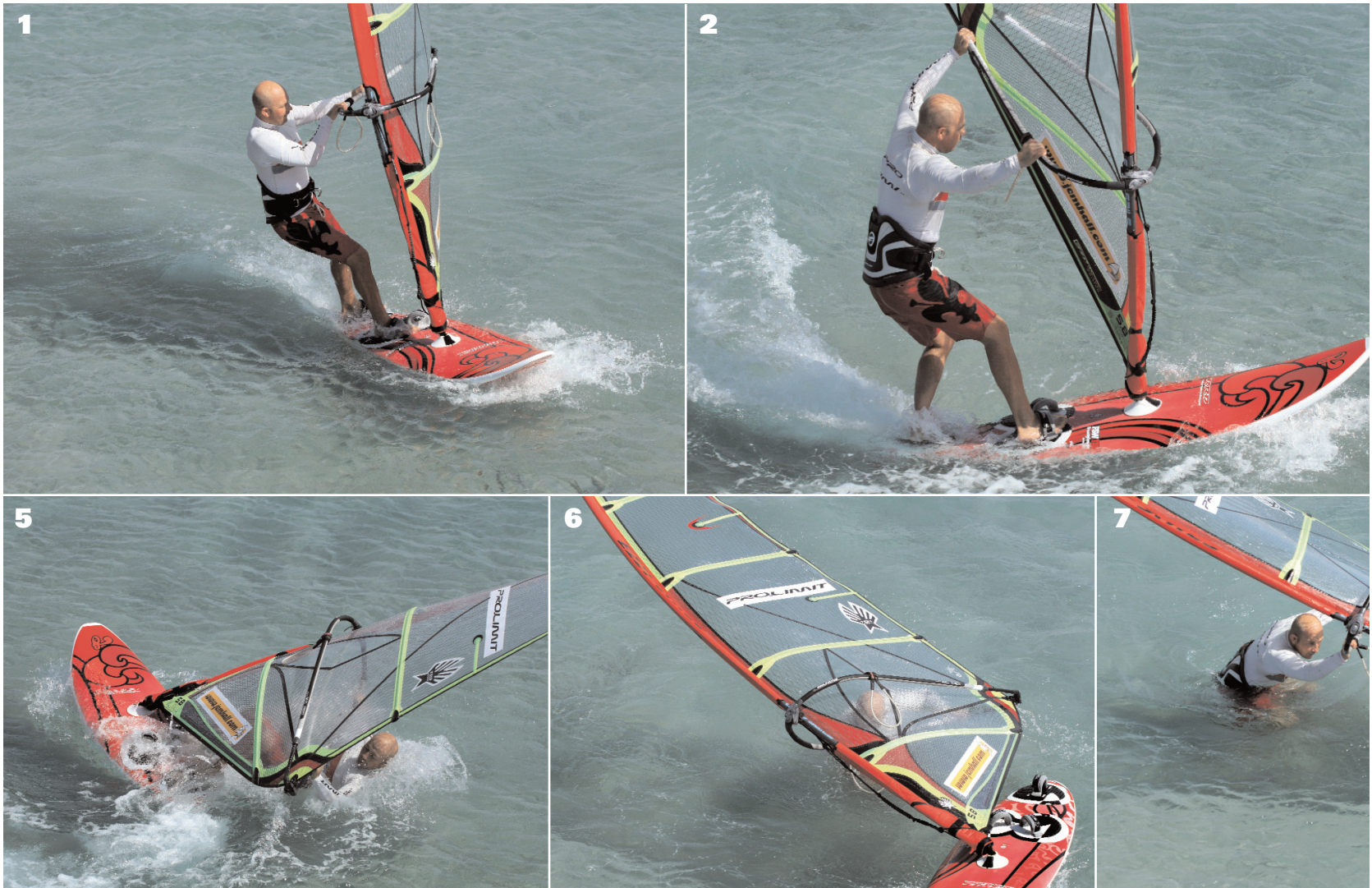


SEQUENCE: GREGG DUNNETT





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SEQUENCE: ANDRZEJ JOZWIK

WYMAROO DRILL

Along with the tail-up jumps and tail-grab jumps (both ways), this is a great training manoeuvre because you have to work both the board and rig through your arms and legs respectively to bear the board away. The move

“This move, while a little tough at first, is a huge part of learning to forward loop...”

itself is a fully planing flat-water wave 360 and a freestyle move – kind of a gybe into a forward. It's a bit of a mouthful, but for you in this drill it will be more like a flare gybe in the straps with a look behind you, a pull in of back arm and leg, and then some very watery steering and rig recovery. Perform this in light winds on a floaty board with a medium-size sail (RRD FSW 110 and 5.8m for me here).

1 Get into the straps across the wind. (Yep, you'll need those generous straps now.)

Keep the board flat, pulling down through the mast hand, pushing down through your toes and pulling the tail up with your back leg.

2 Building up from last month's light wind drills, bear the board away, pushing the sail forwards and across you with both hands way back on the boom. Already we're making you get your hands back to prepare for those forwards!

3 Your arms are **throwing** the rig across you and your legs are continuing to bear the board away by pushing through the front foot and **pulling** through the back foot – and, of course, heavily through your toe-side. Bear away towards and past dead downwind.

4 Now you're past dead downwind (a run) you can start to **look** behind you. Check out how far the rig is across you and how wide apart those arms are. Learning these **CRUCIAL** points is far easier and less painful doing this drill!

5 Time to get wet. **Pull** in with the back arm and back leg (give it loads on the back leg). As you fall to the outside of the turn here,

give the board a last big push off the wind with the front leg.

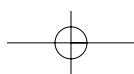
6 This is all very wet as you thrust the rig up and attempt to steer the board the last bit of the way round – in shallow water you stand and push or just steer it off like in a waterstart. This part will really help you after your first halfway-round forward as you swim / steer the last bit of the loop around.

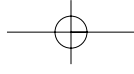
7 Having both hands back here will also help you to bear the board away until you get it across the wind.

8 Beach or waterstart away.

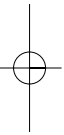
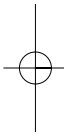
9 Smile – and now do it again. Both ways.

This move, while a little tough at first, is a huge part of learning to forward loop. It has certainly improved my forwards, and it has massively helped loads of my clients. We can thank Remko DeWeerd, Dutch freestyle legend, for highlighting this as a training drill for forwards. OK, the pop may be missing, but it's **throw**, **look** and **pull** for sure, and your hands have to be back to do it. Genius!





ADVANCING & ENHANCING



SPOT THE PROBLEM!

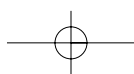
To highlight some of the top tips throughout this series, wherever possible I'll use actual examples of people I have taught. Whilst in Brazil together last year I spent a lot of time working on Gregg Dunnett's forwards. The main tip was to get the rig across him a lot more, so I got him to practise this when jumping so he could feel the impact it has on bearing away in the air. The next element was then getting him to bring the rig back and land normally.

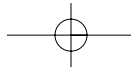
It's common for me to have to deconstruct lots of people's sailing, from intermediates to top pros. Not everyone finds all of it easy to accept, but those that do and come with me on the reconstruction process improve the most. You *can* teach an old dog new tricks! It's an adventure and a journey, so enjoy it.

Right: Gregg's looking and pulling but needs that rig more across him



PHOTO: JEM HALL





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Reality Loop

For this section I will hand you over to Kevin Crilly (3rd from left in pic), committed windsurfer and hard-working, dedicated family man. The loop has been his nemesis, but now he feels the fear and does it anyway. Over to him.

"The reason I needed to start looping was that I was getting bored with just jumping, going fast and racing everyone. It

got to the stage where it wasn't enough. A few guys down the beach had been talking

“...ordinary things done consistently well produce extraordinary results...”

about looping for about a year or so, but I didn't want to be all talk, so I said to myself it's got to be this year (2006) or it won't happen. I started to read everything I could on looping, watched loads of videos, and even started to do front somersaults on my daughters' trampoline to get the feel of going arse over tit. Every time I went out on the water all I could think about was

Once you're in the looping circle it gives you the greatest buzz."

Kev set his goal, stepped up and did it. Like so many before him he discovered that the aftermath is joyous, and other facets of your sailing and life will be affected, too. I went through a lot, if not all, of the emotions Kev did – it was a trigger move for both of us. Do it! ☺



PHOTO: SIMON CROWTHER

Next month we look at going higher

Part 9: Next month we'll look at polishing your forwards and talk about how to do them higher. We'll also discuss doubles and go through jumping more vertically to work towards some move called a back loop...

Jem Hall is sponsored by RRD boards & Ezzy Sails, Pro Limit, www.2xs.co.uk and his site www.jemhall.com is powered by Herringbone.co.uk.

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 coaching clinics – the last few places in Ireland and Rhodes are still available.

John Skye is sponsored by F2, Naish Sails & Helly Hansen
John has been coached by Jem during their time in Team Fakefish.

Kev Crilly has his own business, goes very fast and can now be seen grinning ear-to-ear after pulling off (and crashing) lots of forwards.

