

INTUITION: GYBING THE FOOT CHANGE & THE TWIST

Photos: Thorsten Indra & Mark Kasprowicz.

Having carved the board downwind it's time to change your feet position from the security of one side of the board to the other. This transition can be a hell of a challenge if you don't know what you're doing, but when you get it right, should be as easy as moving your feet on dry land.

This relatively simple two-step is made harder because your board is probably bouncing like it's on ice moguls, and there's an incoming mouthful of boom, so you need to move accurately and quickly.

As the board passes down wind (from one tack to the other) step from one side of the board to the other, using INTuition's Core Skill- The Twist.

Oh, and another thing- whilst moving your feet, you need to try and keep the board banked over to keep it turning at all times... •



INTUITION CORE SKILL- THE TWIST.

The twist is putting the heel of each foot to the toes of the other. Using the twist is the fastest footwork and the shortest number of footsteps to go from one side of the board to the other, speeding up this tricky stage of any manoeuvre, where so many people lose their balance. In the gybe, the twist is vital to keep the board turning. Twist right across onto the inside rail, so that when you step forwards your weight naturally keeps the board banked over. Loads more must read info at [guycribb.com/technique / magazine articles / core skills / 'the twist'](http://guycribb.com/technique/magazine/articles/core_skills/'the_twist') and for the total visual explanation- check out INtuition's Gybing and Core Skills DVD.



THE FOOT CHANGE USING THE TWIST.



Cranking round the corner with the board banked over and you leaning forwards and into the turn.



Start pulling down as hard as you can into the boom to take the weight off your feet so that you can move them easier. .



As the board points downwind, do the TWIST to change from one side to the other.



Step forwards pointing your front foot directly forwards...



But keep all your weight on your back heel to ensure the board stays banked over and turning.



Check out my wake and you'll see my board still carving by pushing off my back heel.



The faster the board carves round, the quicker the rig flips so the sooner you can get your hands safely to the new side of the boom- more on that next month.

JUICY TIPS.

Pulling down into the boom takes the weight off your feet making the Twist easier. Point your elbows down and pull down as hard as you can. And if you've had a perfect entry and the rig's gone light, the Twist is easy, and just requires good timing. The further across you can twist, or the more weight you can get on your twisted heel, the better the board will carve. Drop your weight to the inside of the turn to help push into your twisted heel. The TWIST will transform your gybes, and the cool thing is it's easy to perfect without even getting wet, as you'll find in your homework later in this feature.

FOOT CHANGE - MOST COMMON MISTAKES.

Not keeping your weight on the inside rail is the second most common mistake in all of gybing because it stops the board from turning around the corner.

NO TWIST

If you don't do the twist your weight goes on the wrong rail and the board swerves off course. Even if you eventually recover from this, it makes the rig flip slower and the board come off the plane.



WRONG FRONT FOOT POSITION

Pointing your front foot sideways rather than forwards gives you hopeless balance usually resulting in catapults. Despite it only appearing to be a minor difference, on the water it's an absolutely massive change and vital for any kind of controlled rig flip and exit.

TWIST TOO LATE

Leaving the foot change too late makes the rig flip too late and therefore out of control. Get the foot change completely over and done with as the board points downwind, giving you more time and a better stance to handle the rig flip.

WEIGHTING YOUR FRONT FOOT

Putting weight on your front foot stops the board from turning, so only put weight on it once your board is pointing all the way round to it's new course. Keep your weight on your back heel by bending your back leg and letting the rig flip sooner.

NOT LEANING INTO THE TURN

Even if you've done a good twist, if you're standing too upright, or let the rig swing to the outside of the turn, weight could go onto your toes, banking the board the wrong way. This is best improved by leaning the rig into the turn more during the entry and dropping lower just after the twist.

POOR INSTRUCTION

One of the biggest problems with people's footwork is as beginners they have had poor instruction and have been told to put their heels together or shuffle their feet around the board. Fast forward a few years and their carve gybes are suffering as a result. So use your INTuition and use the Twist from day one.

HOMEWORK.

Get your board out, take the fin off, crack open a beer and learn how to do the twist with INTuition's unforgettable muscle memory.



Move your back foot right over to the other side of the board pointing sideways, with it touching the back strap.



Point your knees into the turn to weight the balls of your feet, which would bank the board over and turn it.



As the board points downwind, do the twist, turning your whole body not just your foot.



The Twist



Step forwards keeping all your weight on your twisted heel to keep the board naturally banked over on the inside rail.



Point your front foot towards the nose of the board and place it slightly to one side of the centre line, but keep ALL your weight on your back heel.

Step back into the footstraps and try it again on the other side. Practise the twist slowly at first to get it right, but then speed it up, as it's just a transitional stage to quickly get from one side of the board to the other. Once you've got your balance, practise the footwork actually banking the board over by placing a wetsuit boot or something underneath the tail. Repeat the footwork loads of times developing your muscle memory, even saying Twist in your mind to help trigger that reaction on the water, until ultimately the foot change should happen so fast, and so intuitively you'll never be able to walk straight but you'll be able to carve gybe. After developing your Muscle Memory ashore, perfect the timing of the Twist on the water in light winds on a huge board, for the second phase of the 'INTuition Threesome.' So ultimately, half way round a high wind gybe, with spray in your face and no time to think, your body will react INTuitively and you'll do the Twist.

ADVANCED

To carve the board harder or tighter, give it some MOON WALK with your back foot. A quick MOON WALK into the tail, just before the foot change, really helps TWIST your heel across.

(see last month's feature for the Moon Walk or on the INTuition DVD from guycribb.com)

FOOT CHANGE SUMMARY.

PULL DOWN INTO BOOM

TWIST

WEIGHT TWISTED HEEL

POINT FRONT FOOT FORWARDS

GUY CRIBB INTUITION

Catch him if you can on this years INTuition UK Tour, bringing the best windsurfing coaching to your doorstep throughout the summer, or join him for the ultimate windsurfing holiday overseas.

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INTuition UK courses- email guy@guycribb.com

INTuition Gybing and Core Skills DVD- guycribb.com

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BAD BACK FOOT POSITION.

Last month we looked at the correct back foot position shown here.



If you put your back foot forward of this position you won't have room to do the Twist... Resulting in this:



Paul quickly developed his footwork with the correct backfoot position and twist and his first ever carve gybe was caught on camera as a result!



INTUITION: GYBING

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