

INTUITION: GYBING

BY GUY CRIBB

Gybing is the toughest move in windsurfing. At full speed getting out of the footstraps, carving your board around 180 degrees, flipping a rig from one side to the other, and getting your feet back in the footstraps to head back the way you came, without falling off, uses a balance and timing that can take years to master. And no other sport has a comparable move that is such a vital requirement for your general well being on the water, rather than in it.

As such, learning the gybe is the biggest and most frustrating hurdle in windsurfing, but with the right coaching and conditions the carve gybe has become very achievable.

This series on gibling is complimented by the INTuition Gybing & Core Skills DVD, so you can have perfect video images and loads more technique information to back up the tips you read here.

This month's feature is actually just an intro to the gybing series, demonstrating how INTuition breaks the gybe into five stages for intermediates to best learn to gybe with easy to achieve goals. ●

Words by **Guy Cribb**

Pics by Thorsten Indra and INTuition

GYBING

APPROACH

Get everything under complete control and start turning downwind. (Get control with the INTuition series on Pro Technique- all about tuning and stance from www.guycribb.com/technique)

ENTRY

Unhook and lean the mast into the turn by dramatically extending your front arm, allowing the rig to pull you right over your board to the inside of the turn. Throughout the gybe, your bodyweight needs to be leaning into the turn, this is the 'roundabout theory' / centrifugal force- leaning to the centre of a turn.

All gybes are made up of five stages; the approach, the entry, the foot change, the rig flip and the exit. They're best learned as individual techniques, but by the end of this series you'll know how to bring them together into one flowing gybe.

Your main objective gibing is to keep the board turning at full speed, because the faster the board is going, the lighter the rig feels, giving you more control during the foot change and making the rig flip easier. If the board slows down, not only does the rig become out of control, the board becomes unstable and you'll probably join the thousands of windsurfers who regularly fall off!

Making the turn wider is a great way of maintaining your board speed and gives you a chance to actually think about what's going on. As such, a carve gybe should have a minimum diameter of about 15 meters, and should be approached on a broad reach at full speed.

Ideal conditions would be totally flat water, on a board over 110 litres with sails between 6 and 7m ish.

GYBING ARC DIAMETER APPROX 15-20M



EXIT

Get low and throw the rig forwards to increase power asap. Catch it using the Missing Link (www.guycribb.com/technique/coreskills)

FOOT CHANGE

When the board points downwind, quickly change your feet from one side to the other using the Twist to keep the board banked over and turning (www.guycribb.com/technique/coreskills/thetwist)

RIG FLIP

Flip the rig using a Boomshaka (www.guycribb.com/technique/coreskills/boomshaka) to keep the rig under control.

The rig flip and the exit happen so close together that we could actually say they're just one stage, but I keep the exit as a separate stage because when you learn to gybe your priority is simply to get round without falling off, only once you've got this sussed does your focus turn to getting round still planing at full speed, which I cover in the advanced section of the DVD.

Very shortly after you've started going for gybes, the approach and the entry quickly blend into one stage too. But to help you learn, I've spread them into two realistically achievable stages for intermediates.

So for people learning to carve gybe, by the end of this series, you'll understand the five stages of the gybe, but as you progress to a more advanced level you'll see it more as a three stage move of just entry, foot change and rig flip.

Breaking the gybe down into these stages makes it easier to understand and gives you realistic goals to learn and achieve.

Apologies for the short article this month, but tune in over the next months for the clearest gybing series ever published. ●



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(DVD trailer online at guycribb.com)

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