

GETTING YOUR LEG OVER

This feature will improve your beach and waterstarts by concentrating on just one specific area. It does not claim to be complete guide to waterstarting.

DOES THIS EVER HAPPEN TO YOU IN YOUR WATERSTARTS?



INSTEAD OF LIKE THIS WHERE EVERYTHING'S COOL?



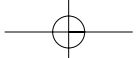
HERE'S HOW TO BE THE FONZ:

Your body should never face the board, it should always face the direction you're going.

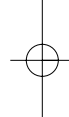
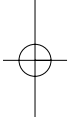
Preventing the Catapult:

Compare the angle of the masts in the two sequences. Note how in the sequence where it all goes wrong, the tip of the mast has passed through the eye of the wind? And thus starts pulling forwards, beyond control.

This was a result of me facing my board. In doing so I naturally moved the mast too far round to my right, through the eye of the wind, causing a catapult. Whereas in the correct sequence, by keeping my body facing forwards the mast naturally stayed in the correct position, further to the left.



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INTUITION



GETTING YOUR LEG OVER



Do not face your board.



Stand alongside your board to get your leg over.



Lift your knee up to your chest.



Then turn your knee sideways, moving only at the hip joint and placing the little toe side of your foot on the board, over the centre line.



Not the big toe side.



Otherwise you'll push the board away.



Which could slam the rig into you.



Like this...Ouch!



Using the side of your foot gives you the correct grip and positioning to enable you to pull the tail underneath you before lift off. This action is imperative for waterstarting.



Pulling the board under your bum naturally levers the rig upright, increasing its power. That's your cue to stretch your head forward and get pulled up onto the board.



When you're out of your depth, aiming to get the side of your foot on the board instead of your sole is a life saver!



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