



PULLING POWER!

Last month we looked at the 'Missing Link' – the INTuition Core Skill that gets you planing when not in the harness. This month INTuition's 'Pulling Power' keeps you going through the lulls and helps you accelerate when you're hooked in.

Three of the main things to help you accelerate or stay planing are:

- Keeping the board flat, (reduces drag).
- Tipping the rig forwards, (powers up the sail and keeps board flat).
- Sheeting in/pulling on your backhand, (increases power).

And the way to achieve these is by using INTuition Pulling Power:

Stand up onto your front toes, in the form of a slow motion pelvic thrust.

Because you're connected to the rig by your harness, at your hips, a pelvic thrust forwards will tip the rig forwards.

Standing onto your front toes takes your weight off your back foot so as not to sink the tail. Also as your front toes are closer to the centre line, you can prevent the board from rocking from side to side.

The pelvic thrust should basically be an arching of your back, done quite slowly to avoid catapulting.

Putting your hands together makes them longer, allowing you to arch your back more, tipping hips and rig forwards more. Also moving your front hand back is a brilliant acceleration tip.

PULLING POWER:

Pretend Kylie Minogue's on your mast and tip your hips towards her, therefore tipping rig forwards and increasing power.

Neutral position, basic planing stance as shown by Cribby and Chris Audsley, UK Wave Champ in background. Trouble is, too much of the windsurfing public only use this stance, not maximising their potential wind range.

Increase your wind range by moving your hips forward (Pulling power (previously known as 'Offer it!'), or lowering your hips (previously known as 'Sit on it!') now known as Arsel!).



NEUTRAL POSITION

POWER

COMPARISON PICS; RIGHT AND WRONG.



RIGHT, FRONT VIEW

RIGHT

Keeping the rig forwards keeps the power on and keeps the board flatter for acceleration.



RIGHT, SIDE VIEW



WRONG, FRONT VIEW

WRONG

Some sailors hook in, get into the straps and grind to a halt. Chances are this is not because they're too heavy as they claim, but because too much of their weight is sinking the tail, creating drag. Sinking down into the harness too early and/or bending the arms, rakes the rig back, killing the power and sinking the tail.



WRONG, SIDE VIEW

HAZARDS

- Adopting the right stance, but not tipping the rig forwards or pumping enough.
- Catapulting: proof though that you're tipping rig forwards and increasing the power!
- Find the balance somewhere in between!

GUY CRIBB INTUITION

CLEARLY, THE BEST COACHING

INtuition Windsurfing Holidays are 24/7 windsurfing action and coaching, socials and good vibes delivered by Guy Cribb, eleven times UK Champ and all round quality motor. Only visiting the world's best windsurfing venues and centres at the right time of year, you can expect the best windsurfing conditions for your level and you can be sure of the best tuition known to mankind.

INtuition@guycribb.com

01273 842 144

All pics by John Carter



GUY CRIBB.com
INTUITION

intuit