



## SPINNING AROUND

The Twist is simply the footwork that enables you to spin around in the shortest number of footsteps whilst staying on the centre-line. If you watch tight rope walkers or gymnasts (who also need to stay on the centre-line) you'll see them doing the Twist too.

To tack or gybe, you need to spin around on your board 180 degrees. Plus of course the board and rig needs to turn around too, but that's a different story.



Now that you know the quickest footwork to use, let's introduce a simple tip for spinning your body around faster:

### Move your head first.

Whether tacking, freestylin', gybing, snowboarding, surfing or pushing a shopping trolley; look where you want to go and your body will follow.

For the tack, find a point on the horizon directly upwind of you. Look at it as you enter the tack, then look over your back shoulder and keep turning your head until you can see the same point again. Your body should naturally follow your head around. Try it now, in your living room.

This is one of the best tips for tacking as not only does it speed up your spin, but it also helps you tip the rig forwards for a smoother exit.



## FREESTYLIN' RIG 360

By today's standards, this is a pretty basic freestyle trick, but still looks cool as you leave the beach. Other than aerial tricks, all freestyle moves are best learned on floaty boards with small rigs in light winds.

I've chosen to show you the rig 360 as it is a simple blend of two Twists, therefore a great move to try this month. Please read my Twist feature to understand what I'm on about.

This move could also be called a Body 360, as that's essentially what it is. Because you don't let go of the boom though, the rig does a 360 too.

If you're on a board that is unstable, the rig 360 is literally the only freestyle trick where I'd recommend you look at your feet to ensure they go in exactly the right place, staying over the centre line. After practice, you should always look ahead of the turn instead, Spinning Around.

Generally speaking when freestylin', it's your front foot that moves first, as your back foot is already over the centre-line. The rig 360 is no exception.



**Body 360:**

This move is done out of the footstraps



Front foot does the Twist, a la gybe.

**Rig 360:**

Start with your board on a reach and because you're about to rotate the rig, \*Boomshaka to keep the mast upright.

### **MOST COMMON MISTAKES.**

**Not doing the footwork fast enough.** Which is why I suggest the best way to learn this trick is to look at your feet and just concentrate on getting them over and done with as accurately and as quickly as possible. Best practised on dry land first with no rig.

**The rig flattening you.** If the rig flips before your third footstep, it'll flatten you, crushing your leg against the board. So speed up those footsteps.

Or the rig might be flattening you if there's too much wind in it. To depower it before you begin the turn, lean the mast towards the wind, so that when you 'back the sail' (push against it), it's already leaning over as in picture 8. The windier it is, the further you'll need to lean it over. Better to lean it over too much, than to lean it over too little.

Another likely mistake is right at the beginning of the trick; when you make your first Twist footstep and start sheeting out as in picture 6, the rig loses its power and therefore you have nothing to hold you upright. You must quickly 'back the sail' to regain some kind of control.



Start sheeting out/pushing out with your back hand as you make the first Twist.



Keep pushing hard on your back hand as you go through the footwork as fast as you can.

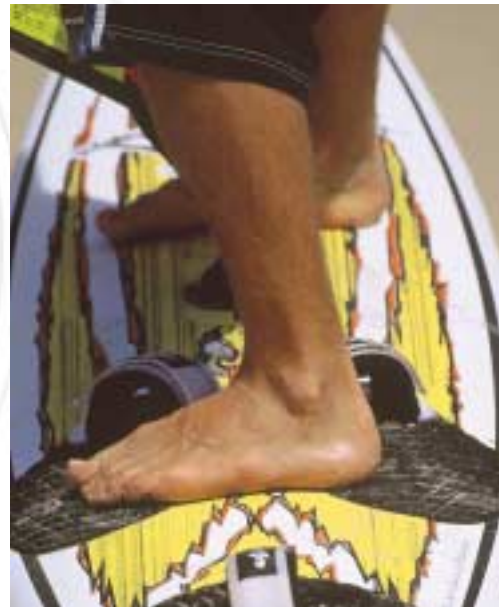
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Back foot wraps around the mast foot, a la tack.



The Twist, a la tack.



Step back to the centre-line, a la tack.

That's it, a perfect combination of the Twist from the gybe and the Twist from the tack, completing a body and rig 360 in only four steps.



Push the clew through the eye of the wind simultaneously with the third footstep.



On the fourth and final step, the two key points are:  
Look ahead of the turn.  
Pull the mast upright with your Boomshaka hand.

\***Boomshaka** is one of **Guy Cribb INTuition's** Core Skills. It was featured in last months Windsurf Magazine and can also be found on his website [www.guycribb.com](http://www.guycribb.com)