

SHORT TAKE-OFF AND LANDING

YOUR COMPLETE GUIDE TO CARRYING KIT, LAUNCHING AND LANDING

How you carry your kit often reflects how good you are at windsurfing. It's the first aspect I see of my guest's technique, instantly giving me an idea of what level they're at.

This feature explains the main four techniques; INTuition's Standard, Standard Deluxe, Super Standard Deluxe and The Drag. It explains who should use them, under what circumstances and how to learn them.

Beyond the big four here, there are other ways too, for instance 'standard deluxe' but holding the back strap when you're walking straight into the wind, or hanging the whole lot on your shoulder, (Ho'okipa Beach Park style). But neither is practical for 99% of conditions.

Oh, and you could also carry your kit separately, taking your board down first and pointing it into the wind or burying the fin in the sand. But whenever you leave your rig unattended ashore, be sure it's secure, even if it's just wedged under your car. More sails are torn ashore than at sea, and more people have been injured by rigs flying out of control than people doing back-loops. (Sourced from Cribb Nat Stats Dept.)

Whatever method you chose to use for carrying kit, launching or landing, here's three things you should remember:

- Never let the rig touch the water.
- Relax your grip and arms.
- Keep everything low if it's too windy for you to control it.

Newcomers Tips:

- Always stand on the windward side of your kit.
- If you're carrying the board alone, carrying it tail first is easier, with the wind always blowing against the underside of the board.
- Try to let your kit 'soar' on the wind, making it as light as possible. (Rotate your sail so the camber is pointing up.)



STANDARD

Good for carrying kit across the wind (on a reach), downwind and slightly upwind in any wind strength.



Hold the windward strap so that the wind blows against the underside of the board.

Not the nearside strap, as the wind then blows onto the deck pushing the board downwards, making it feel heavy.



THE DRAG

The easiest way to walk upwind, not so much carrying kit but dragging it. Good for rental kit, your husband's kit or plastic boards; also ideal when it's very windy. Grab the back footstrap and very front of the boom. In this photograph I'm facing forwards, but sometimes it's easier to face backwards.



SUPER STANDARD DELUXE

Good for carrying kit straight upwind and over rough ground when you need clear view of your feet. Tricky over a force 5.



STANDARD DELUXE

Good for carrying kit across the wind and upwind in winds up to a force 5 (and scoring good beach cred.)

With your front hand at the front of the boom, hold the rig totally upright, trying not to look as dull as me.



Using the back strap, flip the board on top of the mast. At this stage you could hook your harness lines over the fin to help secure board into position.



Keeping the rig upright, reach down for the windward front strap crouching as low as possible.



Clasp the front strap and mast together with your front hand.



Forcefully lift the board up and forwards towards the wind, using your head as a pivot point low down on the sail (usually just under the bottom batten). During the lifting most of the weight should be carried in your arms, not your head.



Crouch down and lift the lot up with your backhand on the boom.



Keep the underside of the board slightly facing the wind and the mast at right angles to the wind. **WARNING:** Make sure your head, neck and spine remain in a straight line. To find the most comfortable position, move your head around on the sail until you can almost let go with both hands, as though you're wearing a hat.



Nice hat. Keep your head, neck and spine in a straight line.

Try to hold the front strap and mast together, with priority grip on front strap if your hand is too small to clasp both. To walk upwind, your backhand should now hold the bottom of the sail, trimming it for improved control.



LAUNCHING



STANDARD

Fine for launching in calm water, but if you're launching on the sea, lift the kit well clear of the water...

...otherwise the leech...



...or the mast tip could get caught in the swirling water...



...then you'd be up sh*t creek. So always keep your rig out of the water at all costs.



STANDARD DELUXE

Carrying the kit well above your head is safest when entering rough or moving water. It's also quickest for a fast getaway, like in a Super-X race, because your front hand is already at the front of the boom.

Dropping the board to land flat in the water...

step on whilst you're still running...

and tip the rig forwards for maximum power to accelerate.



LANDING



COMING ASHORE

Come in on the back or top of a wave so the water is deepest and you can almost sail right up the beach. If you come in just in front of the wave, you can be sure it'll take control, give you a good spanking and wash you up the beach.

Step off to windward keeping the rig totally upright...



...so that you can use the 'Standard Deluxe' technique to coolly walk out of the water.



WRONG WAY: Do not get off downwind of your board.



If it's windy you might want to get your rig low down for better control, so spin the tip of the mast through the eye of the wind...



Do not, under any circumstances...
...let the rig hit the water.



...letting the rig flip, so you can hold it low once you're on dry land.



If in doubt, in rough water keep everything clear, especially the rig.



GUY CRIBB INTUITION

Clearly, the best coaching.

Guy's INTuition courses help people learn everything from harness and footstrap technique, to waterstarting, carve gybing, freestyling and wave sailing. (And of course this fine art of carrying kit).

With courses to suit all levels, all over the world, every month of the year, he's the world's busiest windsurfing coach with over a decade of experience. Not to mention twelve times British Champion.

Each week is 24/7 INTensive INTuition on and off the water, with professional video filming and daily playback sessions over a few beers.

Only going to the world's best windsurfing locations at the right time of year virtually guarantees a windy holiday and ensures you'll have good rental kit, accommodation and fantastic socials with the ultimate host and coach.

Check out this month's advert for the full calendar, or contact INTuition: 01273 842 144 intuition@guycribb.com

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Pics by JC

