

# INTUITION STANCE/ SERIES

SPEED/SLALOM PRO TECHNIQUE



PHOTO BY: BENJAMIN THOUARD

## "IT'S HIP TO BE SQUARE!"

WHETHER YOU'RE ONLY JUST COMFY IN THE FOOTSTRAPS, or blasting around a race course, over the next few months I'll be helping you to sail faster with some of INTuition's speed secrets. 'Hip to be square' is one of INTuition's mantras or Core Skills when it comes to stance, giving hundreds of guests a turbo boost in recent years.

### HIP TO BE SQUARE 'H2B2'

It sounds like a drug and will inject speed into your sailing. H2B2 is basically twisting your hips to be parallel with the centre line of your board, rather than having them twisted to face forwards. H2B2 will naturally power up the sail, giving you more revs, and sheeting in by using your harness and body weight rather than arm strength. In contrast, twisting your hips to face forwards naturally depowers the sail: producing fewer revs, making you sheet out and putting all the sail's power into your back hand, subsequently losing mast foot pressure and board control. This is one of many classic differences between RYA instruction and coaching versus INTuition (old vs new) and regularly brings me great pleasure when I transform someone's speed with this simple tip, especially if for years they've been held back with the wrong coaching telling them to literally do the opposite of H2B2!

It is such a blindingly obvious solution to sailing faster, please drop the H2B2 bomb next time you're out sailing and feel the power!

Apply it to improve acceleration or top speeds as soon as you're hooked in and in the footstraps.

### H2B2

To get into the H2B2 position, twist your ass towards the direction you're sailing. In doing so fully extend the back leg. You'll feel the power increase into your harness and your board speed improve. Try to keep the back leg locked straight whenever possible and your hips parallel with the centre line of the board.

### LEGS STRAIGHT

A good H2B2 will straighten your legs; concentrating on straightening your legs will help to give you a good H2B2.

In an ideal world the water is totally flat and you can sail with straight legs all the time. This is a more efficient power transfer from the rig (engine) to the board (wheels) than having bendy legs. More on efficiency next month.

Straight legs help increase tension in the harness lines and thus power up the sail, sheet in, give more revs and improve H2B2.

When sailing on a reach at 90 degrees to the wind in theory both legs should be dead straight, whereas sailing downwind your back leg should bend, and sailing upwind your front leg should bend. But at least one leg should always be straight.

Be careful when straightening the leg that you're not pushing down into the tail or pushing it away- the correct action should be a movement of your whole pelvis, twisting round to point your ass more forwards and as a result extending the back leg. It will be easier to lock your back leg straight if your back foot is very outboard, heel wrapped over the rail and using the outboard footstraps. This foot position will help you sail lower (much better), which is crucial for speed and control.





# INTUITION SLALOM RACING

## TECHNIQUE SERIES

### GET LOW

It's the age old classic between good and evil, fast or slow, and experienced or intermediate: getting lower locks everything in place and does wonders for all aspects of your windsurfing, especially in chop. Try to get your ass skimming the surface of the water with straight legs, so you are well 'outboard' rather than above it. Being outboard will prevent you from being bounced around in chop, as the board will rise and fall without launching you up and down, even with straight legs.



This poor chap is wondering why windsurfing is so physical! If he sails into a lull from here, you can be sure he'll be straight off the plane. If he hits chop, he'll be bounced out of the water.

### OLD SCHOOL

Twisting your hips to face forwards and bending your back leg is classic old school coaching and will hold back your windsurfing unless you're a beginner or need to be sailing defensively. As a beginner you will benefit from the depowered defensive position and develop confidence in the harness. But as you progress, this twisting the body to face forwards and bending the back leg ruins early planing, sinks the tail and puts too much pressure on your back arm, making windsurfing very physical and slower. If you could move all the pressure off your back arm into your back leg instead, you'd find our sport a lot less tiring.

As soon as you're comfortable in the footstraps and harness, you should progress to a more aggressive style of windsurfing (as used by the pros) and use H2B2, which gives you full power all the time, rather than only when you pull hard on your back hand. H2B2 will improve your acceleration, top speed, ability to sail through lulls, blasting upwind and preparation for carve gybes.

### NEW SCHOOL (INTUITION)

"I've learnt more in a day with you than I have in years of trying alone, or using other teaching methods". Words to that effect are frequently used on day one of INTuition's windsurfing clinics, largely as a result of trying H2B2. "But hang on, this is exactly the opposite of what I've been taught by another coach" is often commented, and "but this hip to be square works so much better! I haven't catapulted once all week!" was another recent comment regarding the INTuition's pro stance.

### SHOULD MY BACK LEG EVER BEND?

Yes, to push the board onto the plane initially, or when sailing flat out on a broad reach, your back leg should bend. But even then, if you want to increase power and efficiency, try to push it straight.



Clocking the Red Sea speed record of 40.4knots I was on a broad reach and so my back leg was bending.

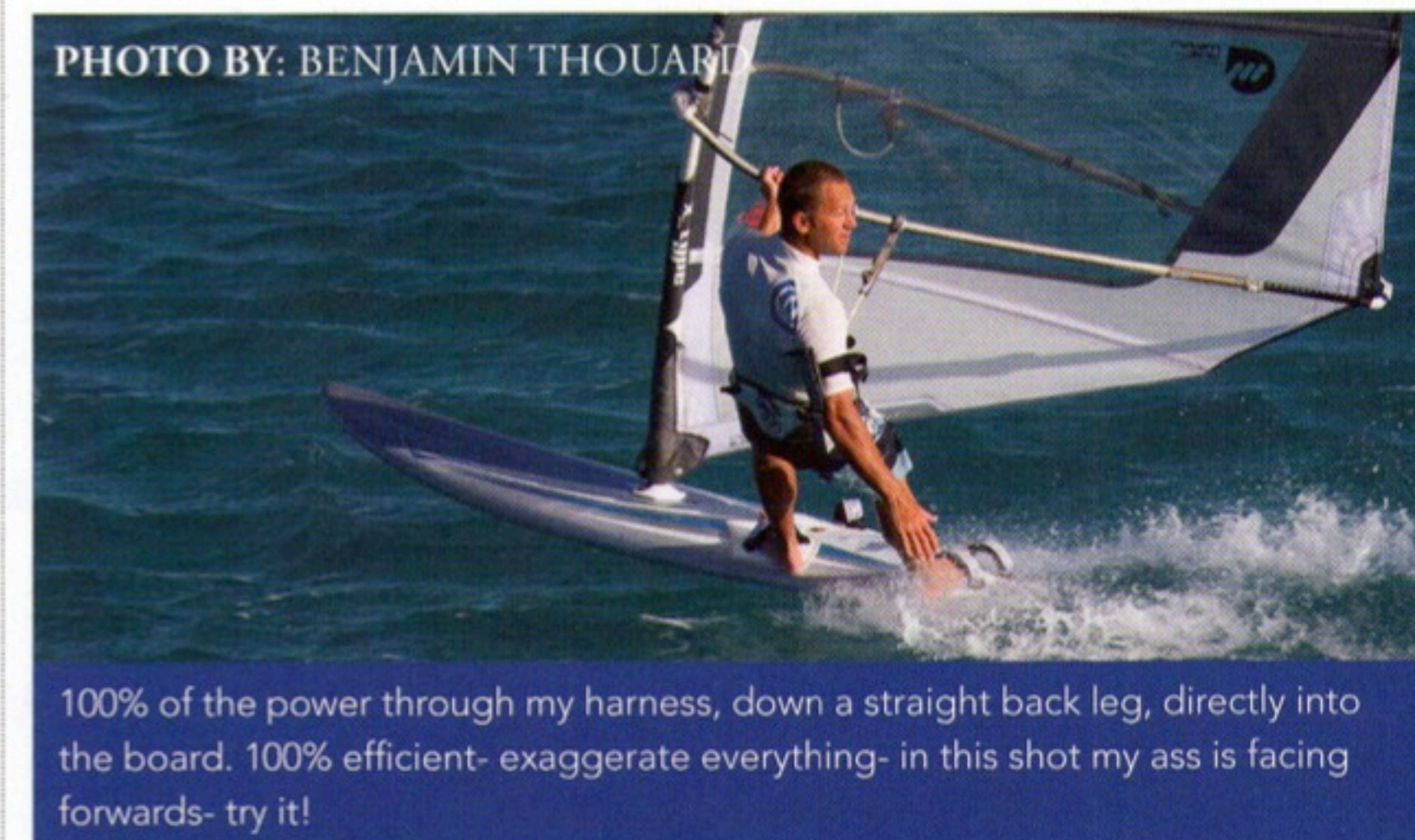
### TUNING

Using a Cribb Sheet will provide you with the harness line position, so your bodyweight does the work rather than your muscles. Available at [www.guycribb.com](http://www.guycribb.com). More on fine tuning soon.

### SUMMARY

To turbo charge your windsurfing

- \* Keep your hips parallel to the centre line of board
- \* Put your back foot right out on the rail
- \* Lock your back leg straight
- \* Have your ass skimming the surface
- \* Use the correct harness line position



100% of the power through my harness, down a straight back leg, directly into the board. 100% efficient- exaggerate everything- in this shot my ass is facing forwards- try it!

Exaggerate everything. Even if you think you're doing it right, try exaggerating it; twisting your ass to even face slightly forwards to make your hips slightly beyond parallel with the board. This will at least ensure you're really trying. Bending the front leg a little will often help straighten the back one. Many thanks to Richie White (a regular INTuition guest) who on the Maui trip last year gave this INTuition Core Skill the label 'Hip to Be Square.' Clearly he's a big fan of Huey Lewis and the News.

### NEXT MONTH

Meet the Man of Steel

### Guy Cribb INTuition

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