

{ Cruising stance: straightish arms and legs, on a reach across the wind, neither under or overpowered, just cruising }

STANCE ANGLES

I'LL BE HONEST WITH YOU, I've got one hour before I'm going to Mexico, so this is going to be a fast article. However, it's also going to be a useful guide as to how and why your stance needs to be flexible. One of the main differences between a 'pro' sailor and an intermediate is that the 'pro's' stance is much more flexible. They can sail better upwind because they contort their body into tougher positions, they can plane earlier because they are more comfortable being on the very edge of a catapult, and so on. We should have great flexibility in our stance, not just one stance for all situations.

This series of images demonstrates the different stances to adopt for different situations. As usual, to take this info from a magazine feature and apply it to your own windsurfing, you need to exaggerate everything, and never more so than now. So if I say bend your front leg and straighten your back leg, you should bend your front leg 90 degrees and lock your back leg dead straight.

GIVING AND RECEIVING

Receiving ASS

For control - push your ass out (and therefore your harness) increasing tension through the harness lines. To push your ass out, bring your head in, with your elbows bending downwards.

Giving

To accelerate - encourage the rig to pull you in over the board towards a catapult. Since your primary connection with the rig is your harness, bring your harness (or hips) inboard and shift your head outboard - the opposite to an overpowered stance.

Much more from me next month

If you wish you were going to Mexico like me for a week of the world's best wave sailing with constant supervision, coaching and daily videoing by yours truly, then please send me an email - guy@guycribb.com. Whether you are a beginner or an expert, I have exclusive windsurfing clinics devoted to your fastest improvement, on and off the water, to get you to the top of this wonderful sport.

My clinics are held all over the world (and on forecasts in the UK) exclusively at the best time of year and only at the best centres for guaranteed good winds and good times.

OK, I'm off to eat a tequila worm, adios amigos! Guy Cribb

www.guycribb.com



{ Sailing upwind requires a BENT FRONT LEG and straight back leg }



{ Sailing downwind or broad reaching requires a BENT BACK LEG and straight front leg }



{ When overpowered or in need of more control, point your elbows down and bend your arms, pushing your ass as far out as possible }



{ When underpowered or if you want to accelerate, straighten your arms to let the rig go forwards and away from you, moving your hips inboard }



{ Hands together to accelerate, immediately either side of harness lines (or front hand back) }



{ Hands wider apart for control (even using underhand front hand grip if overpowered) }