



THE BACK STRAP ZAP AND THE ELVIS WIGGLE!

It's 'almost impossible' to move your back foot into the strap when you're at full speed, because the faster you go, the more weight you naturally have on your back foot (making it hard to move it, doh) not to mention the fear of speed. So many windsurfers put it on top or alongside and reckon that'll do. But that's about as safe as bungee jumping with no strings attached, or riding a bike with only one peddle.

This article will provide three main tips to get you into the back strap once and for all;

'The Back Strap Zap' will enable almost everyone who blasts in the front strap only, to now regularly use the back strap too.

Using a single back strap instead of a double, makes a massive difference.

'The Elvis Wiggle' will enable everyone to use the back strap who didn't find total success using the Back Strap Zap with a single strap set-up.

Tip Numero Uno: Back Strap Zap.

Zap your back foot into the back strap immediately after your front foot has gone in the front one, not a split second later. This tip alone will cure most of you because whilst the board is still accelerating, your weight is on your front foot, making it easy to move the back one.

Tip Numero Duo: Single Back Strap.

Most boards have a single back strap option, or at least an 'inboard' option (strap closer to the centre-line). Use the single or inboard back straps for best results. If you have a Bic Techno medium/283, there is a single back strap option, even though you can't see it. The holes are in the seam of the deck pads on the centre-line, approx 5-10cm further forwards than the 'outboard' strap holes.

Tip Numero Trio: The Elvis Wiggle.

If you're already doing warp factor ten, you're in no position to take your back foot off the board! So, here's how to 'wiggle' into the strap without taking it off the board.

ZAP

Weight on Heel



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THE ELVIS WIGGLE:

Above: pics A, B & C

A: Find the back strap by feeling for it with the side of your foot.

B: Pivot on your heel by moving your knee backwards (Elvis Wiggle) to turn your foot to point into the strap.

C: Slide it in like a rock 'n' roll king.

Try the Elvis Wiggle in the comfort of your own home, ideally sat on the sofa listening to your Elvis Greatest Hits Album. Resist the desire to leap up and boogie, try to stay as still as possible, looking over your front shoulder, **only moving your back leg.** You're so cool.

TROUBLESHOOTING:

My board swerves into the wind.

At speed, the board turns by foot steering. In other words, bank the board to the left and it will turn to the left. The reason why your board swerves into the wind whilst you're getting into the straps is most likely because you've tipped the board over onto it's windward side (by weighting your heels), thus the board swerves into the wind. (see pic 1 and 'Heel' pic above)

Keep the board going in a straight line by pushing through your toes, throughout the foot strapping process. With your weight on your toes, the board stays level and wants to accelerate. (see pic 2 and 'Toe' pic above)

I grind to a halt.

At all times; keep looking forwards, otherwise you'll loose speed, direction and control. Keep enough power in your sail by taking a big enough sail and tipping it forwards.

I get catapulted.

Don't sheet in more than about an inch throughout the

foot-strapping procedure, otherwise you'll have surges of power to deal with which send you out of control. Just maintain an even pull from the rig by hanging off the boom with straight arms.

I do a 'wheelie,' grind to a halt, then swerve into the wind.

As you step towards the tail, it's likely that you accidentally rake the rig back or bend your arms, losing the Downforce required to keep the board sailing flat. This causes every problem in the book.

Do I get into my footstraps before I hook in?

There's no law set in stone here, but from a learning point of view to actually get into the front straps it's best to not be hooked in. You're welcome to cruise onto the plane hooked in, but in the actual moment you go for the front strap as a learner, if you are hooked in you are more likely to be catapulted. More on front straps at a later date.

If you were to hang off the boom, (see pic 3 below) there'd be minimum weight on your feet, so they'd be easier to move...

For the back strap, the techniques shown here work equally well if you're hooked in or not, whether beginner or expert.

For more info on Guy Cribb INTuition holidays or dancing like Elvis, visit www.guycribb.com, email intuition@guycribb.com or call INTuition 01273 842 144

Until then, pay respect to The King of Rock 'n' Roll by trying the Elvis Wiggle.

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