



THOSE SUMMER NIGHTS

Paying tribute to Those Summer Nights, the classic cheese from John Travolta and Olivia Newton-John, this article's all about getting out more during these long evenings, especially when the winds are light.



PIC 1



PIC 2

GET OUT MORE!

Right, no one reading this lives more than an hour from water, the nights are long (most of you will have at least four hours of daylight after work), and most of you have got boards which just about float. So, no excuses, you should be getting out more in light winds to find solace, escapism, sun tans and improving your windsurfing skills by practising them in slow motion.

Much of my INTuition coaching program involves INTuition Muscle Memory, the repetition of movements until they become as intuitive as walking. From there we go afloat in light winds and practice them in what I call INTuition Slow Motion, perfecting the timing and balance of moves like carve giding, tacking and freestyle so that at full speed, when you've no time to think, your body just reacts naturally and cracks the move. That's the theory, and it works.

Not to mention that even when it's windy, you'll still spend heaps of time not planing.

So, this feature is designed to help your high wind technique, by firstly making your light wind sailing lazier and more enjoyable this summer.

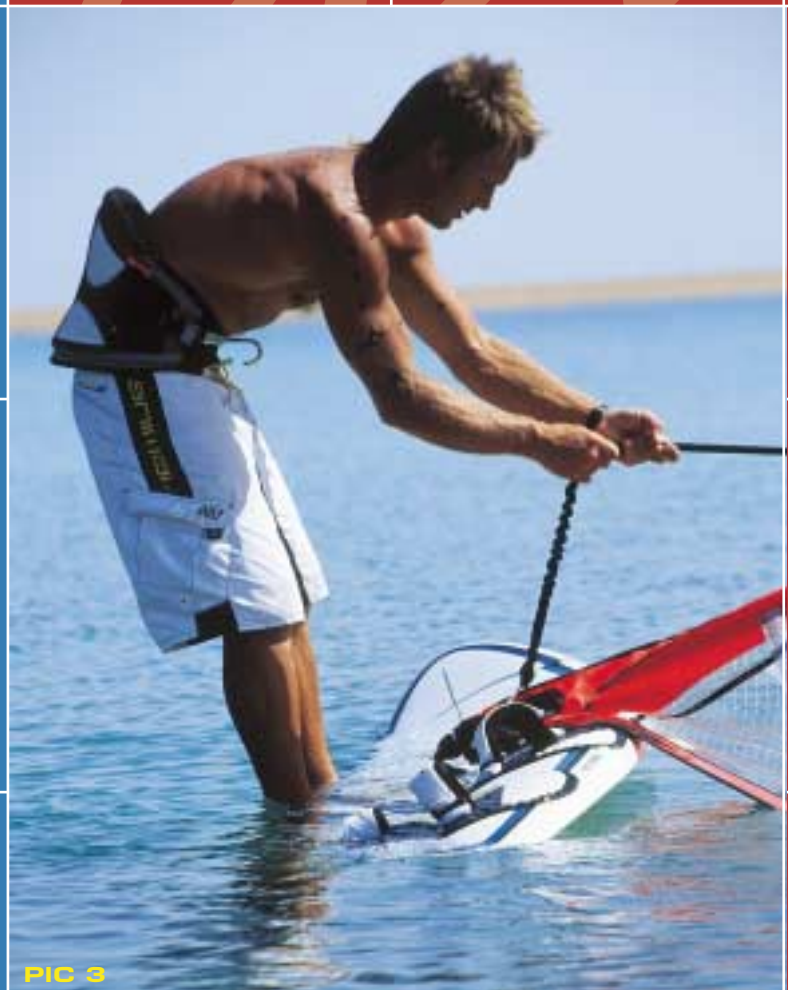
Recommended kit is your floatiest board and a no-cam sail between 5 and 6.5m max (to keep the swing weight down), a pair of shorts, sunnies, instant BBQ, sausages and cold beers (most of which can be bought en route to the beach or lake).

Practise plenty of rig flips, referring to my INTuition Core Skills features published over the last year, especially Boomshaka (flipping rigs keeping mast upright) (pic 1) and The Twist (shortest number of footsteps to go from one side of the board to the other keeping your weight balanced over centre line) (pic 2) to help master your tacks and gybes.

Before I get on with the techniques here, I've got to say the tattoos are henna, painted on the last night of my INTuition course in Dahab in May- and they were mediocre compared with some of the gang!

CRIBBY'S LAZY UPHAULING

- Pic 3: Line the mast up at right angles to the board, then stand right on the rail to tip the board over, levering the rig out of the water.
- Pic 4: Get back onto the centre line for balance once the rigs feeling much lighter.
- Pic 5: Look where you want to go, not at your hands.



PIC 3



PIC 4



PIC 5

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CRIBBY'S LAZY BEACH START

When the winds not even strong enough to beach start, here's the laziest form of windsurfing there is.

- Pic 6: Stick the clew end of the boom into the seabed, then line the rig up so the mast base points directly into the wind and there's no power in the sail.
- Pic 7: Get your leg over and foot onto the centre line of the board.
- Pic 8: Heave yourself up pushing off the boom, mast and board.
- Pic 9: Job done.



PIC 6



PIC 7



PIC 8



PIC 9

IMPROVE BALANCE

The best way to balance on any board, especially if it's sinking, is to get as much weight as you can into the rig and therefore onto the mast foot.

- Pic 10: Achieve this by pointing your elbows downwards and pull down into the boom, taking the weight off your feet (which could be in the wrong place) and putting it bang smack in the middle of the board at the mast foot.

This INTuition feature was brought to you in a last minute rush, written at Windsurf HQ when we discovered the INTuition feature supposed to be published was too big for this months mag. So, watch this (bigger) space next month for another INTuition Core Skill: The Missing Link!

INTUITION: CLEARLY, THE BEST COACHING 01273 842144

INTuition is the brain child from eleven times British Champion and all round jammy git Guy Cribb. His INTuition holidays are INTensive training sessions all over the world, but as usual are fully booked until September.

However, the INTuition UK tour is right here right now for afternoon sessions with the guru at your local beach or lake. Don't miss your opportunity to experience radical improvement and good times in the UK with Cribby, check out the advert on page 92 for dates and venues.



PIC 10

INTuition by Guy Cribb
Photos by Alex Craster

