



'BOOMSHAKA!'

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Boom = Boom
Shaka = Hawaiian hang loose hand sign

Guy has discovered and highlighted windsurfing's core skills; the very blue print of the sport. These skills are easy to master as individual movements, then simple to apply during manoeuvres. For instance in a gybe, you combine three 'core skills'; the same three you'd use during a tack and many freestyle tricks, whether you're a beginner or an expert.

Guy has allocated each Core Skill with an appropriate name. Boomshaka, the Missing Link, the Moon Walk, Downforce, the Twist and the Old John Wayne are, believe it or not, all suitably labelled and easy to understand after a little explanation! His discovery of windsurfing's core skills combined with his Muscle Memory program is the most efficient way to develop your windsurfing. Windsurf is proud to present the first of these Core Skills: **BOOMSHAKA!**

Boomshaka is the movement of sliding the front hand from its normal sailing position, as far as it will go to the very front of the boom. Applied every time you flip a rig.

Boomshaka encourages the rig to flip around a vertical mast, which helps you keep your balance whether a beginner or an expert.

It enables you to reach the new side of the boom, (after the flip) regaining your normal hand position with much greater ease.

(Unlike the actual Shaka where your little finger points up, during Boomshaka keep your fingers together.)



During the carve gybe, failing to do a Boomshaka is the third biggest cause of disaster, partly because it's the third stage of four, (entry, footwork, rig flip, exit). You can find out why in this feature.

However the main aim of this feature is simply to introduce you to Boomshaka and to tell you roughly when to use it. In future articles when Boomshaka happens, we'll label it with a Boomshaka icon, instead of explaining it verbally, so keep this article nearby for reference.

WITH BOOMSHAKA

WITHOUT BOOMSHAKA



During deep or shallow waterstarts when you're flipping the rig, it's critical to keep it out of the water. Boomshaka helps you achieve this. Also, using the board for buoyancy is very handy.



HOLDING THE MAST?...

Some people are still teaching to hold the mast when flipping the rig. This is detrimental to your windsurfing and progression because:

- Downforce (called Mast Foot Pressure in the 'old-school') cannot be applied when holding the mast.
- If you've got small hands, (all kids, most women and many blokes) the mast is too thick to hold with a solid grip.
- Holding the mast hinders you from throwing the rig forwards sufficiently to exit gybes planing.

Whereas **Boomshaka** enables you to:

- Create Downforce.
- Grip the rig whatever the size of your hands.
- Throw the rig far enough forwards for planing exits in gybes.

And it still keeps the mast vertical when the rig is flipping.



TACKING...



HANDS IN NORMAL POSITION

BOOMSHAKA!

GYBING...





↑ During the tack, your new front hand must pass over the top of the Boomshaka hand, (remember this by calling it 'over taking'). This enables you to keep pulling down into the boom with your Boomshaka hand, thus taking some of the weight off your feet as you precariously step around the front of the board. (Unfortunately this actual moment of pulling down with my Boomshaka hand was missed in this photo by about 1/100th second.)

To exit the tack or gybe with any speed requires throwing the rig forwards. Boomshaka helps this in two ways. Firstly by giving you the perfect hand position to throw the mast forwards. Secondly because it enables you to reach the new side of your boom in your normal sailing position quickly in one hand movement.

↓ During the gybe, your new hand passes underneath your Boomshaka hand to encourage you to stay low with bent legs for suspension and balance. If you pass your new hand over the top (as you do for a tack), you'll stand too upright, straightening your legs and stall.





WHEN TO BOOMSHAKA...

FREESTYLE:

For most manoeuvres (tacking and freestyle), get the Boomshaka over and done with before beginning the manoeuvre. In the case of the Vulcan shown here, Boomshaka is done before lift off.

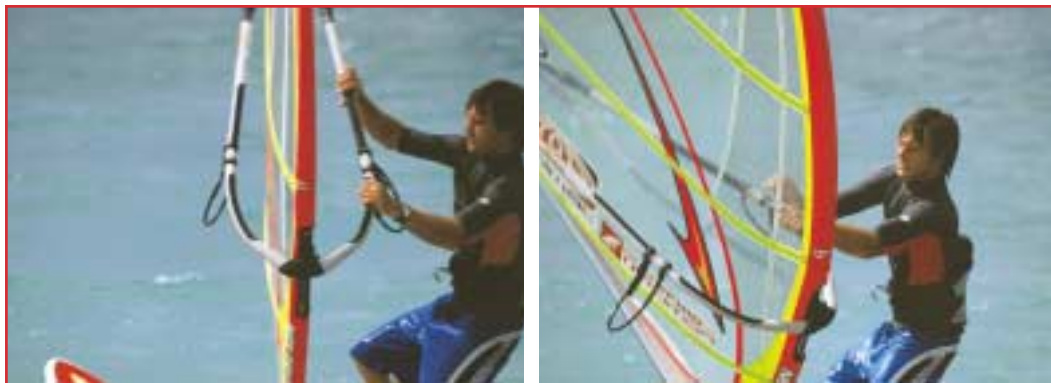
TACKING:

When tacking the first thing you do is a Boomshaka. This naturally leans the rig back a sufficient amount to turn modern boards. (In the old days, when boards were long and thin, one had to lean the rig way back to turn them. Now that boards are short and fat, leaning the rig back just pulls you off balance when you step around the front. In the words of John Lennon: a Boomshaka's 'all you need'.)

GYBING:

During the gybe it's critical **not** to Boomshaka until you are ready to flip the rig. Trying the Boomshaka early in the gybe pulls the mast back, killing your control and speed.

GYBING: The Third Most Common Mistake Revealed!...



Failing to do a Boomshaka results in the rig swinging heavily behind you, causing you to stall and the board swerve into the wind.

To recover from this, sometimes you'll scramble for the mast, but this virtually guarantees you won't come out planing.



It's virtually impossible to exit a carve gybe planing without a Boomshaka. Compare the vertical-ness of the mast during the correct Boomshaka gybe sequence (on previous page) and the sequences without Boomshaka (shown left).

Note that as the rig in the failed attempts falls behind me, my head starts looking behind me too? Well, that's another story for another article, but between you and me that could well be the catalyst for the fourth most common mistake in a carve gybe!

For more information on Guy Cribb INTuition and his Core Skills visit www.guycribb.com and subscribe to Windsurf magazine!

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