

THE FINALE

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BY GUY CRIBB

PHOTOS: INTUITION AND RAY SMITH

→ Many thanks for joining me in this extensive series on gibling- this is our final article. Hopefully they've been useful memory joggers to support the INTuition Gybing DVD. This month we summarise the series on how best to learn to gybe.



What gybe?

There is really only one kind of gybe. Despite various names for slight variations, all gybes are made up of the same INTuition Core Skills, and the same sequence of events- approach, entry, footchange, rig flip and exit. It's commonly known as the step gybe, since you step forwards during the footchange rather than stepping straight into the front footstrap, known as a strap-to-strap gybe.

Light winds or strong winds, large or small board, the step gybe is the most universal gybe and gives you the best platform to progress in our sport.



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INTUITION: THE DREAM GYBE

How to learn?

The gybe is best learned by splitting it into **five achievable stages** rather than one massive splash. Develop each stage individually then bring them together into one flowing move as you progress.

Each stage is best learnt in specific ways, so don't forget your homework from this series and the DVD-

The **approach** and **entry** are best practised on the water.

The **foot change** is best learned with Muscle Memory ashore.

The **rig flip** is also good to suss with Muscle Memory, but is really mastered in Slow Motion in light winds.

The **exit** is also practised in light winds but should be perfected every windy day too.

So more than half your gybe can be totally sussed on the beach and in light winds, in conditions where you hardly have to get your hair wet!



Using INTuition's Core Skills throughout your windsurfing sets you up to learn to gybe easily since many of the core skills will happen naturally having practised them in other areas of our sport.

It goes without saying, studying the INTuition Core Skills and Gybing DVD gives you a massive short cut, as does time on the water, whatever the weather.



Where to learn?

Flat water makes so much difference to learning to gybe, it's no wonder I have so many guests join me in Dahab time and again. This heavenly spot is exceptionally good to make your first turns with no chop to upset your balance. Shallow water is also handy since if you fall off, it's that much easier to get going again, places like Margarita in the Caribbean (at the upwind end of the beach), Alacati in Turkey or Poole Harbour are therefore very handy, so it's no surprise these are regular INTuition coaching grounds too!

That said, everywhere and anywhere is a great place to improve, but by sailing a hundred metres further upwind or downwind may be the key to finding flatter water. Take Hayling Island for instance- some of the choppiest water in Britain, but sail upwind into the immediate lee of the sand bar, and you can find totally flat water. Or if it's high tide, launch from the service station to sail at the north of the island rather than the terribly refracted waves, chop and shorebreak off the beach. Finding flatter water will rapidly improve your turns.



Coaching-

There's three or four professional UK windsurfing coaches running courses pretty much all year round, only frequenting the windiest venues for virtually guaranteed wind on your windsurfing holiday. Armed to the teeth with video cameras to catch you in action and replay over a few beers so you can see where you're going right and where you're going wrong. With a dedicated knowledge of our sport that's second to none, and a genuine enthusiasm and incentive for you to improve, if you really want to crack your windsurfing, these are the holidays you should be looking at. As you can probably guess the next sentence is something along the lines of check out www.guycrabb.com for more info!



Key points-

Leaning in- So long as you lean into the turn, you can potentially make your gybe. Leaning in helps bank the board over and keep it turning, improving control and speeding up the rig flip. If you don't lean in, well, rather like leaning to the wrong side of the turn on a bike, you'll be history. So don't fear the surge of power on the entry, embrace it and use it to pull you over the board and into the turn.

Extending your front arm- will help get you and the rig forwards, giving the board and rig much more control.



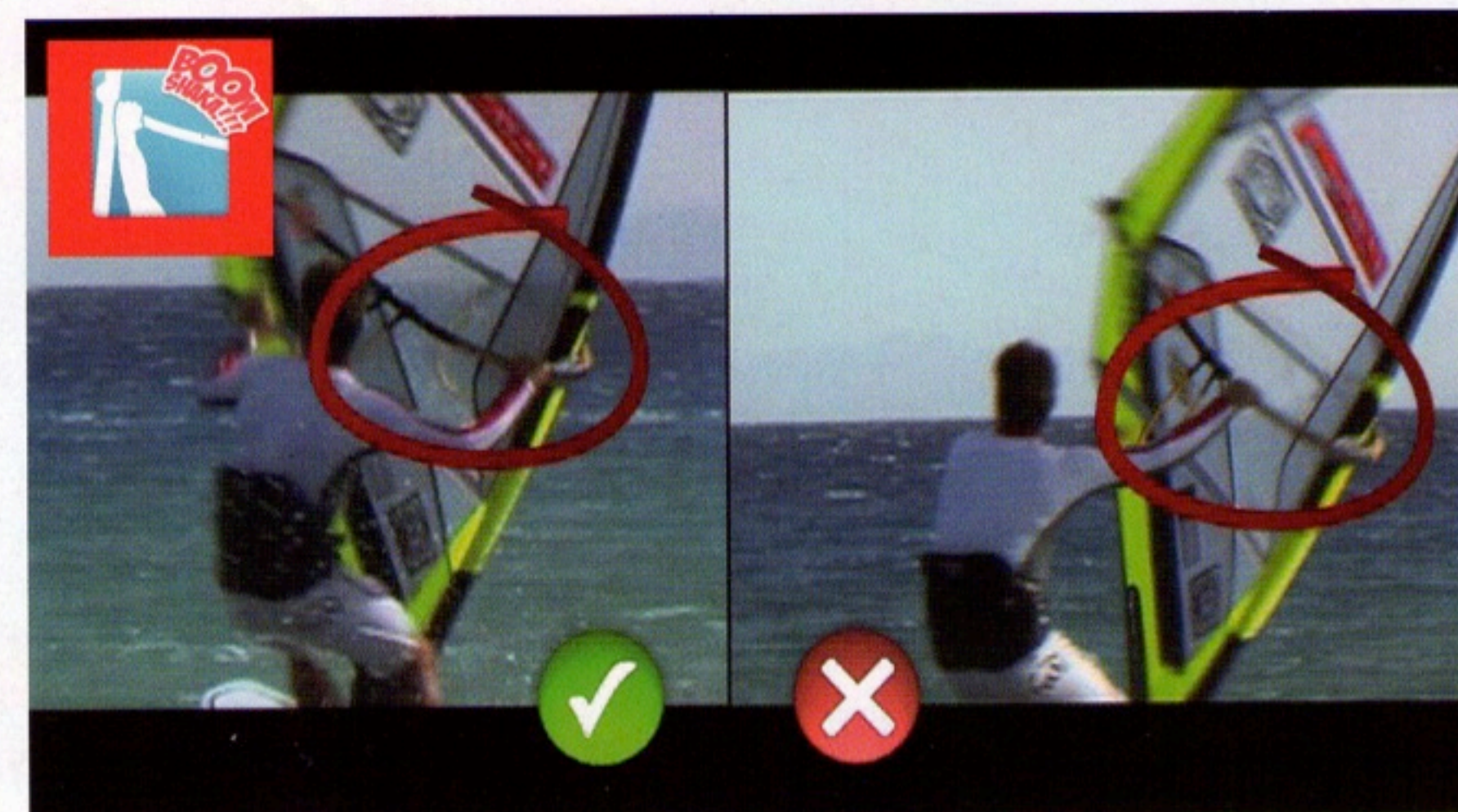
Back hand back- move your back hand back as far as you can reach to help tip the rig forwards to improve board control and sheet in to improve rig control on the entry.



The Twist- use the twist every time you go from one side of the board to the other to ensure the board stays banked over and turning the whole time.



Boomshaka- use a Boomshaka every time you flip the rig to radically reduce swing weight and enable you to reach far back on the new side for faster exits.



Vision- look at the exit to go there, rather than looking at your hands or feet.

You'll notice that half these top tips refer to the entry of the gybe, since this is make or break - if it goes wrong in the entry, there's little chance of recovering even with perfect footwork and rig flipping skills. Whereas if your entry goes to plan, you might be able to wobble round with hair dry even with a dodgy rig flip.



Gybing's Four Most Common Mistakes

Four mistakes account for literally 90% of the problems people make gibing, so if you can't gybe, the chances are you're making one or more of these errors.



No Downforce (mast foot pressure) on the entry, usually by sheeting out and/or bending your front arm, resulting in the board doing a wheely and losing all control. Tip the mast further forwards and into the turn to improve, using these tips too- More downhaul, outhaul, back hand further back, leaning into the turn, extending the front arm and bending the front knee.

No Twist, preventing the board from turning properly and ruining your new front foot position. Practice this ashore and pull down hard into the boom to make the Twist easier.

No Boomshaka making the rig flip too heavy and stalling the tail of the board. Light wind practise is the key to perfecting your Boomshakas.

No Vision, ruining everything. Try and look to the exit of your gybe to help turn your body and kit around to the exit. It's never too early to look where you want to go, in fact a really good tip is to look at your exit just before your even enter the turn! Not to mention there's a safety issue at stake too.



Summary-

Get the INTuition Core Skills and Gybing DVD, print out these articles, get out more, whatever the weather and best of all, join me for a full week of coaching to literally guarantee your carve gibing success.

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2008 INTuition course dates out now at guycrabb.com for the windiest holidays with non-stop action and coaching to ensure you have the most fun and your windsurfing most improved. OK, so 24/7 windsurfing might hurt, but it'll be the best windsurfing holiday of your life.

If your windsurfing starts here, it doesn't stop. For example, plenty of the INTuition guests who joined me years ago to learn to waterstart on INTuition Freeride courses are still with me now on INTuition Surf Gods trips, developing their wave sailing. Some even join me on the INTuition Extreme Surf Gods courses- annual trips in search of the world's best waves. In April 2008 we'll be in Maui training to sail Ho'okipa with Jason Polakow. Another trip of a lifetime with INTuition.

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