

# INTUITION: GYBING

## THE EXIT

There's three kind of exits you might have from a gybe, the first one is the most common for most sailors out there-

### 1. IN THE WATER

### 2. STILL ON BOARD, BUT NOT PLANING.

### 3. PLANING EXIT.

Exits two and three are what we're after and they both share the same technique, except planing exits require more finesse and way more aggression / confidence. Planing exits will come in time, and with next months feature, but this month we'll just focus on getting round without getting wet. 🌊





## INTUITION: THE EXIT

**Getting this far round a gybe is a huge success.** Whether you're objective is to simply get round with your hair dry or to come out planing, you need to be thinking the same key points, INTuition's Core Skills-

**VISION / MISSING LINK** And if it all starts going wrong, just DROP YOUR GUTS to regain control. You'll also need to keep the board turning and throw the rig forwards.

### VISION

The Missing Link gives you a lower centre of gravity, enabling you to deal with large surges of power, for instance exiting a gybe. It also increases the power of the rig by tipping it forwards, and increases Downforce by hanging off the boom, the combined effect of which can get you planing. To do the missing link, point your front foot directly forwards and face forwards. Move your front hand back and hang off the boom by your finger tips with straight, stretched arms, trying to dislocate your shoulders so your arms are as long as possible.

See [www.guycribb.com/technique / magazine articles / missing link](http://www.guycribb.com/technique/magazine/articles/missing-link) for further reading or INTuition Core Skills and Gybing DVD



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## DROP YOUR GUTS

Dropping your guts is collapsing at the knees, literally falling straight down on the spot to hang directly underneath the boom, suddenly swinging all your weight in the rig and onto the mast foot, and taking it off your feet. Use this Core Skill every time something is going wrong to escape falling off. It's especially important when the board's not planing, for instance if your gybe goes wrong.

See *INTuition Core Skills and Gybing DVD* for more info on *Dropping Your Guts*.



## THROW THE RIG FORWARDS

I have already discussed the rig flip in previous mag articles, but use your Boomshaka hand to throw the rig to the exit, then once you've grabbed the new side of the boom, continue throwing the mast to the exit which is crucial for your control. You should aim to exit the gybe with the mast in between you and where you want to go. This is one of the most strenuous parts of a successful gybe.



## KEEP THE BOARD TURNING

Dropping your ass low down into the turn immediately after the foot change / during the rig flip is vital, in fact the sooner you can get low the better. Dropping into the turn like this helps keep the board banked over and carving to the exit. Pushing through your back heel further improves your carving. See *INTuition Core Skills and Gybing DVD* for more info on *Dropping Your Guts*.





## MOST COMMON MISTAKES

### BOARD SWERVING INTO THE WIND

When a board stops planing, with you stood on the tail, it starts swerving into the wind. It is very rare that a poor exit is the cause of this, it is far more likely that something went wrong earlier in the turn, which has caused you to stall at the exit and make it look like an exit problem. So long as your front foot is pointing forwards, and you're hanging low off the boom, a poor exit isn't the cause of this mistake. Check out the previous articles and DVD for more info.

## CATAPULTING

If you're catapulted at the exit it's most likely you haven't turned the board far enough round the corner. This is a very common situation. Keeping the board turning by pushing through the back heel and keeping your body weight leaning into the turn will get the board round to the new course sooner (see footwork articles and the DVD). And pointing your front foot forwards and looking at the exit using VISION will help prevent losing your balance.



## FALLING OFF DOWNWIND

If you fall off downwind the chances are you were facing downwind. Once again, improve by pointing your front foot forwards and facing the exit, instead of looking at your hands in the rig flip. Also getting yourself super light carbon kit makes so much difference to the swing weight of your rig, it might be the answer for you.



## EXIT SUMMARY

**VISION-** look at the exit, not at your hands

**MISSING LINK-** get as low as possible

**PUSH THROUGH BACK HEEL-** to keep board turning and speeding up the rig flip

**POINT FRONT FOOT FORWARDS** at nose of board to improve balance

## HOME WORK

Every time you go windsurfing practise the Missing Link and Dropping Your Guts, especially every time you stall. Try and drag your ass in the water to prove you're low enough, in both light winds and strong winds.

Whilst practising the Missing Link, make sure your front foot is pointing forwards, you're facing the exit and your front hand is a long way back. Getting used to these positions will let you naturally adopt them exiting your gybes, as Ian found on a recent return trip to Dahab with me on an INTuition coaching course. Talking of a recent day out back in the UK-

"...I don't remember dropping one gybe, and many were just about planing exits. I just concentrated on keeping my elbows pointing down, and dropping my weight to the inside, like you said, and everything just seem to flow quite nicely."

### GUY CRIBB INTUITION

Britain's Professional Windsurfing Coaching

Windsurfing coaching exclusively designed and delivered by Guy Cribb, professional windsurfer and 12 x British Champion. Join him for the ultimate windsurfing holiday overseas, only at the best venues, at exactly the right time of year to ensure perfect conditions, or catch him if you can in the UK for his Poole Harbour coaching sessions. Booking, Gybing DVD orders and more technique at

[www.guycribb.com](http://www.guycribb.com)

Pics by Guy Cribb INTuition and Mark Kasproicz.