

[GUY CRIBB INTUITION SPOCKS]



By: Guy Cribb

SPOCKS!

The INTuition Stylemaster series has steadily got trickier month by month, shedding more and more of the audience until now we arrive at a freestyle stunt only a small percentage of the windsurfing world might attempt – the Spock. But read on even if you just want to know what a Spock is.

In order to Spock you must be able to already control super slidey Vulcans. I will cover the key points for these here, but for more info check out my Stylemasters article on Vulcans in the Jan/Feb issue of Windsurf or online at guycribb.com. Whereas the Vulcan is a 180 degree spin of the board, the Spock is a 360 degree spin, basically beginning with the Vulcan, but then spinning the board the extra 180 degrees to carry on sailing in the direction you were going. Both the basic Spock and the one-handed Spock share the same INTuition Core Skills and are best learnt at around the same time, hence this article is dedicated to both of them.

The ideal conditions and kit for learning these Spocks are –

Flat water
A large freestyle board
A small fin, ideally a dedicated freestyle fin around 22cm
Warm water (you'll be spending most of your time in it)

As well as the Vulcan, other freestyle tricks to be proficient at to prepare you for the Spock are the Cowboy, Upwind 360's, Heli Tacks and sailing Back to the Sail, as all of these have a strenuous rig flip with similar timing and positioning to Spocks.

Check them all out online at [guycribb.com / technique](http://guycribb.com/technique). Despite looking as though you'd have more chance of shagging Julia Roberts than pulling off a Spock, once you've learned to do slidey Vulcans, the Spock is relatively easy and won't take long to suss.

I've been able to do Vulcans on and off for years, but when I started trying Spocks I realised my Vulcans needed massive improvement and change before I could enter these higher echelons. The change was all about learning to slide backwards in reverse, for as long as the momentum would allow me, rather than quickly scrambling for the rig on the new side.

Once you can slide in reverse in control you will find the time and technique to suss Spocks very quickly.

Here are the most important tips you'll ever hear about taking off for a Vulcan or a Spock to allow you to slide in reverse, as recommended in my INTuition Stylemasters Vulcan feature last month.

[GUY CRIBB INTUITION SPOCKS]

SPOCKS - FIRST THERE WERE VULCANS...



1. PREPERATION



2. TAKE OFF



3. SPINNING



4. SPINNING



5. SPINNING



6. SLIDING

Preparation:

Wedge your feet deep into huge footstraps.
Slide your front hand to the very front of the boom (Boomshaka!)
Turn onto a broad reach and try and stand directly on top of the board.
Look behind you.

Take Off:

Pop/bounce/cork/spring/bunny-hop the board off the water and lift it high under your butt to push the nose downwards into the water. With the nose dug in, the tail catapults around in mid-air to land smoothly in reverse.
Do not do a traditional chop hop because this sends the nose of the board skyward, when in order to Spock or Vulcan you need to dig the nose downwards into the water. Furthermore 'popping' keeps you directly above the board whilst it spins underneath

you, whereas a 'chop hop' lifts the board out in front of you giving you no chance of digging the nose in. Whereas a standard chop hop would turn the board slightly into the wind before take off, to initiate a Spock you should be sailing on a broad reach. So pop/bounce/cork/spring the board out of the water by leaning forwards directly above it, rather than leaning back on take off.

Spinning:

Gripping with your back toes, sweep the board right around behind you, fully extending your back leg on landing.
Throughout this action try to pull the mast back in the direction you came from, extending it over the nose of the board. This speeds up your rotation and helps get your bodyweight over the centre of the board, onto the mast foot and your front foot, which will allow you to slide in control in reverse.

SLIDING - WEIGHT OVER THE CENTRE OF THE BOARD

UPWIND VIEW



SLIDING

Being able to slide in reverse is all about keeping your weight over the centre of the board, rather than on the tail, resulting from the following tips clearly demonstrated in these two photos.

SIDE VIEW



Pulling down into the rig (to take the weight off your feet and put it on the mast foot)
Bending your front leg (to get weight onto front foot instead of back foot)
Leaning rig over the nose (to get your weight over the centre of the board)

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BASIC SPOCK
(aka Josh Stone original style)



ONE HANDED SPOCK
(aka Swifty super style)



SPOCK 540
(aka Ricardo stylemaster style)

As you can see from these three pics, whatever variant of the Spock you're going for, the board, body and rig position are virtually identical.

Your handwork is the only real difference between each kind of Spock. In this respect, before you take off, you need to decide where you're about to put your hands, depending which Spock you're going for. Over the next few pages the sequences will show you the different hand movements. Only experts can switch from one Spock to another halfway round.

I recommend you firstly try the Basic Spock as holding the mast helps to get your weight over the mast foot and bend your front leg, allowing you to spend more time sliding in reverse and thinking Spock Spock Spock!

However, very shortly after you feel like you're making progress, get on with the One Handed Spock which is arguably easier because with only one hand on the boom, there is zero opportunity for you to backwind the sail too much, making the move more about spinning the board and less about rig control. Only once you're getting a few in the bag, try the Spock 540, which has boom to boom handwork; the complete guide to Spock 540's next month.

BASIC SPOCK

Try the Basic Spock first because grabbing the mast makes you get lower, leaning over the board more to help it slide.



Before take off look at the mast about a foot below the boom to locate where your back hand is about to grab, but just before lift off, look behind you prepare to turn your body and board around.



Grab the mast with your backhand on lift off. Lift the tail of the board right under your butt to dig the nose downwards.



Extend the mast back in the direction you came from by virtually lying down over the board (thus committing all your weight onto front foot.) Grab the new side of the boom with your old front hand but do not push against it, merely locate it, to ensure the sail remains neutral/powerless.



How the Spock works:

Once you're sliding in reverse, these are the key points to spinning the board around, turning Vulcans into Spocks.

1 Pushing through the front of your front foot – this keeps your weight over the centre of the board and banks it over, lifting the windward rail and enabling it to slide freely. By physically pushing through the little toe side of your front foot, you can push the nose around. Try feeling that now wherever you're sat – putting your foot onto it's little toe side and pushing down. Big footstraps make this easier.

2 Leaning the mast away from you – acts like a lever, pushing the nose of the board around. The further away you lean it, the more leverage it has. Note how extremely stretched I am in all the photos over the following pages, leaning the rig away from me. This action also commits your weight over the centre of the board.

3 Looking to the exit – this is in many ways the most important point of all as it twists your body round, helping to bring the rig around and slide the board round. Of all these tips, it should be the first thing to think about when converting from Vulcans to Spocks.

4 Full speed – Spocks are easier at full speed. Also, if you're travelling really fast in reverse and the fin catches, the board is likely to spin right round, with or without you still intact.



As you're sliding in reverse, look over your shoulder to the direction you want to spin, turning a Vulcan into a Spock. If all the weight remains on your front foot, the board should start sliding around. If you are used to rigs flipping around from an experienced level of freestyle, this position is actually quite intuitive to handle.

With the board spinning rather than just sliding in reverse, the rig naturally flipped around me in these photos when the mast passed through the eye of the wind. To speed that up, consciously pull the mast through the eye of the wind.

This whole rig flip is rather like a Heli-tack, so try to look at the exit for balance and orientation before grabbing the boom on the new side. Check out guycribb.com / technique Heli-tacks

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ONE HANDED SPOCKS

To do a one handed Spock, grab the mast with your back hand on take off, then immediately grab the very front of the opposite side of the boom with your front hand (fourth photo in sequence from left). Let go with your mast hand and if you've got time give the cameraman the V's and slide on.

Because your hand is in the Boomshaka position (right at the very front of the boom), the rig rotates around an upright mast, reducing the swing weight and making your life easier.

Key points for the one handed Spock are careful positioning of your new front hand and remembering to tilt the rig away from you. (Holding the boom this far forwards doesn't naturally allow you the same angle of tilt on the mast as the basic Spock.)

Dr Spock- Trouble Shooting

Problem: Grinding to a halt when sliding in reverse (becoming a Vulcan) rather than the nose spinning round the last 180 degrees to make a Spock.

Likely causes: (a natural stage of learning the Spock is the board not spinning fast enough, this will improve with experience.) Other reasons – back-winding the sail too much, which pushes weight onto your back foot, sinking the tail instead of keeping weight on your front foot enabling sliding.

Solution: Push hard through the front/mast hand and none through your backhand. The sail should only backwind just enough to rotate the battens and no more.

Problem: Being flattened by the rig.

Likely cause: As above, or bringing the mast between you and the eye of the wind too soon.

Solution: As above or push harder through your front foot to spin the board faster.

Problem: Rig flip too heavy to handle at end of Spock.

Likely cause: Front hand too far back, making swing weight of rig terrible.

Solution: One-Handed Spocks – make sure your boom hand is right at the front of the boom.

Basic Spock – try to hold the mast a little higher, giving you better leverage.



Summary

Totally suss slidey Vulcans (guycribb.com / technique)

Try Spocks in totally flat water on a broad reach.

Whilst sliding in reverse, tilt the rig as far over the nose as possible (the direction you came from) by extending your front arm and bending front leg.

Look over your shoulder to the exit and push through the front of your front foot.

Pull the mast through the eye of the wind with your front hand.

Wwhhhaaacckkkk – an enormous surge of power as the rig literally rolls around you, trying to flatten you, but with grunt and basic freestyle skills, hang in there by keeping focussed to the exit.

Sorted.

WIDE SPLOCKS

Guy Cribb INTuition

INTuition is the unique coaching program invented and delivered exclusively by Guy Cribb, twelve times British Windsurfing Champion and Windsurf's technique guru with over fifteen years of professional coaching expertise.

Cribby takes guests all over the world (and the UK) for the ultimate windsurfing holidays and coaching to radically improve their windsurfing.

INTuition Holidays are scoring 98% wind and surf statistics, one of the many reasons why Guy Cribb has more guests than all other windsurfing 'coaches' put together.

So whether you want to learn to waterstart effortlessly, or nail your first Spocks, join British Champion Guy Cribb for best results, on a dream INTuition holiday this year and radically improve!

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