

SAILING BACK WINDED



HOW TO GET BACK WINDED

Turn into the wind as for a tack, raking the rig back and sheeting in hard.

Once the nose of the board has actually gone through the eye of the wind onto the new tack, quickly and extremely tip the mast right forwards to get your weight onto your front toes.

If you do this action too tentatively, the board will end up wobbling into reverse and the rig might fall to windward. You must throw the rig forwards really fast.

Lightly push on your back hand to fill the sail with wind from the opposite side, but make sure the power it generates goes through your body onto your front foot, not back foot.

Once the board has turned to it's new direction, ease off almost all the power from your backhand so that the sail is sheeted out, and look where you're going.

BACK WINDED

This section of the 360 feature is to develop your back winded skills, vital for the exit.

The best way to get to the back winded position is to turn the board through the eye of the wind as for a tack, but then back the sail rather than jumping around to the new side.

The key point to remember is to get all your weight onto your front toes once the board has gone through the eye of the wind. This helps continue turning the nose around to the new direction.



BACK WINDED SET UP

Set your feet up like this, so that the toes of your front foot are already over the centre line on the opposite side of the board. This will make getting your weight onto your front toes much easier and the board turn faster.

Sailing



SAILING BACK WINDED

The knack to sailing back winded is best practised in light winds, so next time you're out blasting, if the wind drops, stay afloat and learn this basic freestyle skill, which will greatly improve your all-round windsurfing repertoire. Or, next time the sun is shining and the winds are light, get out there on a floaty board (>120 litres) and go for a cruise.

INtuition INfo - TROUBLE SHOOTING

The harder you push against the sail, the harder it will push back. Better to let the wind exhaust when it pushes against you by easing off / sheeting out with your backhand. Only if you're raking the rig well back will you be able to do this without getting swept off the board as the sail comes towards you. Holding on only with your front hand will help position the sail correctly, once you're in the back winded position. When learning to sail back winded, many of my guests lean or push the rig too far over to windward or too sheeted in, killing the power in the sail and ruining their balance. In this situation the rig falls flat into the wind. Keep it more upright and learn to sheet out to ease the power, instead of leaning it further to windward. Keep the mast pointing into the wind. By keeping the mast pointing into the wind (or

just raked back slightly from it) you can keep control. Rake it further back to ease the power, or tip it further forwards to increase the power.

Keep your weight on your toes. By pushing all your weight through your toes you rail the board slightly, lifting the leeward/heel side out of the water so that the board slides downwind a little. This takes the sting out of the push of the sail when it's back-winded. If your weight moved to your heels, the leeward/heel rail digs into the water and stops the board from drifting downwind and the increased power of the sail could quickly knock you off.

Steering. Achieved in just the same way as light wind steering on the normal side of the sail- put the weight on your front leg to push the nose of the board downwind, or weight on your back leg to push the tail downwind (and nose upwind) as for 360 exit. (Getting the weight onto front or back leg is best achieved by tipping the rig forwards or backwards.)

Look where you're going.



TO TURN BACK INTO THE WIND

Pull the tail of the board underneath you with the toes of your back foot, so the nose turns back into the wind. Two things achieve this- raking the rig back (Pic 1) and pushing through your backhand (Pic 2).