



# THE 360 & OTHER CUNNING STUNTS

by Guy Cribb

The 360 is a classic 'old school' freestyle trick, which the competent carve gyber could seriously achieve in a day's sailing, unlike the new school mid-air tricks like Spocks, Grubbys, Flakas and even Vulcans, which can take months.

The 360 keeps you firmly attached to the water, and is basically just carving the board around as in a carve gybe, but rather than going through all the palaver of swapping feet positions and flipping the rig, you just keep on carving until you're heading back the direction you were already going, having completed a flamboyant 360 turn.

I split this move into two sections, the **CARVE** (which is the first half) and **BACK WINDED** (to finish). Chances are you'll quickly get the carve sussed, but then find yourself being flattened by the sail time and again when you're straight downwind. Sound familiar?

Fortunately, once the **CARVE** is completed you are no longer planing, so the **BACK WINDED** section of this manoeuvre is exactly the same in light winds. In this respect, you can master sailing back winded on light wind days this spring, which you'll find vital for learning other freestyle tricks, from Heli-tacks to Spocks.

Like most freestyle tricks, the 360 will be easier in flat water, however don't let that become an excuse. Sail upwind for a bit to give yourself some room, then get on with it, following these **INTuition INstructions**.

**This article is split into two sections – the 360 and sailing back winded in light winds, to best assist your learning.**

## **CARVE** (See picture above)

Whether carve gybing or 360'ing, maximising the Downforce on your approach is vital (INfo- [www.guycribb.com/technique/coreskills/downforce](http://www.guycribb.com/technique/coreskills/downforce)). Downforce keeps the board under control by increasing the weight onto the mast-foot (mast foot pressure) by pulling down into the boom with your front hand and sheeting the sail right in with your back hand.

But the difference in entering a 360 compared to a carve gybe is to focus on looking straight into the eye of the wind, over your backhand. This helps turning that way and encourages you to sheet the sail in.

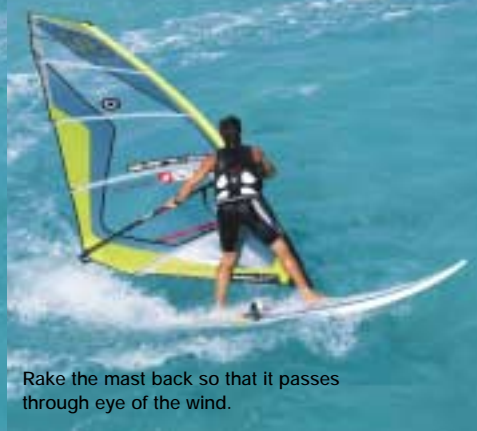
As you're looking upwind, rake the rig back, then rake it back some more, and more and more and more, until the foot of the sail is sawing through your shin and the mast passes through the eye of the wind. This is your first major hurdle, which once achieved, you're in business to finish the turn. (See next page.)

To help keep your board turning, keep non-stop pressure on your back toes.

# INtuition INfo



Look straight upwind.



Rake the mast back so that it passes through eye of the wind.



With the rig so far back, any surge of power into the sail can be exhausted by sheeting out.



Failing to rake the rig back this far will result in the wind pushing the rig right into you and knocking you off backwards.

# Step f

## FOOTLOOSE



### STEP FORWARD AS THE BOARD POINTS STRAIGHT DOWNWIND

With so much effort going through your back foot to turn the board, and so much weight pulling down into the boom to create Downforce, you should be able to free your front foot from the strap and step right forwards in front of the mast foot. This will prepare you for better board control once you've come off the plane, any second now.

Once your front foot is in front of the mast foot, make sure you still keep all your weight pressuring through the back toes to keep the board carving (by raking rig back). If any weight goes onto your front foot now, the board will stop turning and it's game over.

*It is possible to complete the 360 staying in the footstraps, especially on a wave board that turns on the spot, or by doing a Wyamaroo (flat water Gu-screw) or a Gu-screw or wave 360, but to achieve any of those you've realistically got to have another few years constant windsurfing under your belt in decent wave sailing conditions.*

# GUY CRIBBY INTUITIC

# 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).

# THE 360

Enter turn as for carve gybe (back-foot out of back strap, backhand back) ([www.guycribb.com/technique/coreskills/downforce](http://www.guycribb.com/technique/coreskills/downforce)).



Look straight upwind (over your back shoulder).

Step front foot forwards in front of mast track.

Rake mast back through the eye of the wind.

## THE 360 SUMMARY:

Your learning process will be something like this- turning the board around about 180 degrees then being flattened by the rig. This will happen time and again until you remember to look upwind and rake the mast right back.

Once you're getting the mast raked back, you'll start dropping the rig into windward because you're laying it too flat. To improve this area you need to work on your back winded skills, which can only come through experience, best gained practising in light winds.

Then you'll start forgetting to keep all the weight on your back foot and continue falling off backwards, only this time almost into a waterstart position ready to sail away. With the rig raked back, 100% of your effort should be to keep the board turning by pulling the tail underneath you with your back foot.

Once you've got the rig balanced your exits will come quite naturally, as they're very similar to exiting a short board tack.

On flat water the competent carve gyber or short board tacker could master the 360 in a day, or less with the help of INtuition and video feedback!

To go for this cunning stunt, head upwind first ([www.guycribb.com/technique/crankingupwind](http://www.guycribb.com/technique/crankingupwind)) to get the confidence to go for a really wide arc to begin with, then get on with it, the next time you're windsurfing. Because every time you try something new, even if at first it feels terrible, it'll improve your windsurfing and make the impossible stunts seem within reach.

# 360 intu

# 360 intuition

Don't carve too tightly - aim for an arc about 20m wide with a fast shallow entry and a tight finish.

Hang low and turn board downwind to get going again.  
([www.guycribb.com/technique/coreskills/themissinglink](http://www.guycribb.com/technique/coreskills/themissinglink))

Concentrate all efforts to pulling tail underneath you with back foot.

Gently back the sail and use power to push tail underneath you.

## TURNING INTO THE WIND TO FINISH

Rake the rig back, and push against it, filling the sail with wind to generate power into your back leg and onto your back toes, keeping the board turning. Once the board is pointing towards the wind, you can stop pushing against the sail and back toes, and sheet in instead, tipping the rig right forwards and pushing through your front foot to turn the nose through the wind and onto its new course.

Two tips for turning away from the wind right at the end of this stunt are INTuition Missing Link (hanging like a monkey off the boom) ([www.guycribb.com/technique/coreskills/themissinglink](http://www.guycribb.com/technique/coreskills/themissinglink)) and to literally drag the tail underneath you by pulling on your back foot.

## GUY CRIBB INTUITION

Clearly, the best coaching.

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