



THE UPWIND 360

ANOTHER CUNNING STUNT FROM THE INTUITION STYLEMASTER SERIES by Guy Cribb

This is one of the easiest 'new school' freestyle tricks which in planing or non-planing conditions is satisfyingly groovy and well within your grasp, especially if you have any skills sailing 'back winded' or 'heli-tacking'.

The upwind 360 is exactly what it says on the cover – a 360 turn that you start by carving upwind.

Ultimately the goal is to do it staying in the footstraps, but to learn it, like almost every windsurfing move, the basics are best mastered in light winds, out of the straps. Once you've got that sussed, you'll find the only tricky difference in strong winds is initiating the turn. But the techniques in this feature, straight out of INTuition's Stylemaster series, will cover all aspects of the Upwind 360 and you'll be spinning mad soon!

To accompany this article you should refer to some previous INTuition features published in Windsurf. Go online to guycribb.com and download the following INfo from the technique section:

Stylemaster / sailing back winded. (Critical reading for this feature.)

Core Skills / INsight and Downforce.

Now that summer is truly upon us and the evenings are longer, get out more! You'll crack this trick in light winds first, when everything happens in slow motion.

SET-UP

Although sometimes it feels like you complete this move almost still planing, realistically, just like a normal tack, as you go through the eye of the wind you'll come off the plane. In this respect a proper freestyle board with width and buoyancy, and certainly with central footstraps, is a massive advantage.

FOOTSTRAPS

Anyone who's sailed my kit knows I have big feet – size 13 (I know – that's cheating) but having recently sailed Ricardo Campello's kit, who only has size ten feet, you'd be surprised to know his footstraps were even bigger than mine! So contrary to what you may have thought, Ricardo doesn't rely on a snug pair of straps for all those unbelievable freestyle tricks. Watch this space for the Cribby-Ricardo feature coming soon!

Making them this big helps get your feet over the centre line, and ideally, for the upwind 360, the toes of your front foot should reach onto the far side of the board.

This way, as the board goes through the eye of the wind, it's easier to get your weight on the windward side, which is critical to completing this trick; or for that matter, every single trick where back winding the sail is involved. (INfo: guycribb.com/technique sailing backwinded)



UPWIND 360 - NO FOOTSTRAPS



4. Try and look right around to where you want to go, but be careful not to flip the rig yet. (See Flippin' Heck INfo below.)



3. Keep pushing through your front toes to keep the board turning downwind.



5. Transfer all your weight onto your back foot.



6. Tip mast through the wind and yank it upright with front arm.

TURNING

INsight INfo

Looking where you want to go will help take you there. Looking ahead of your moves also prevents you from looking at your hands or feet, which often results in disaster (just like driving a car).

To turn into the wind and back the sail, it's critical you concentrate on looking straight into the eye of the wind. This not only helps you turn that way, but gives you the INfo you need to control the rig.

To keep the board turning around, it is vital you twist your body round to where you want to go. Only do this once you've got control of backing the sail, but then look directly downwind, keeping the board turning that way; then look to the exit to complete the move.

INfo - guycribb.com/technique/coreskills/insight

INfo - guycribb.com/technique/freestyle/rig 360's





2. Get all your weight over your front toes then gently back the sail.



1. Look into the eye of the wind. Turn board into the wind and place front foot toes onto opposite side of the board.



7. Keep pulling hard on the front arm to bring the rig around to new tack. Your front arm should be totally bent (at the elbow...) Ease right off / sheet out with your backhand.



8. Look straight upwind to help bring the rig upright to finish.

FLIPPING

Flipping Heck INfo

To flip the rig, pull the mast upright and around to it's new direction by pulling with all your strength on your front hand. Yes, pulling on the front hand. So hard that your front hand is literally touching your front shoulder, with your elbow totally bent and pointing downwards. This gets the mast upright, reducing the swing weight.

If you flipped the rig with a straight front arm there'd be so much swing weight that you can't control the centrifugal force, man.

Combine this pull with a constant push through the backhand and the rig will flip 'gently'. Just before you start pulling, tip the rig forwards, through the eye of the wind.

When you're learning to flip the rig, the most common mistake is to push through the front hand as well as the backhand, but that just increases the power of the rig so much it'll throw you off or flatten you.

So, pull hard with the front hand; it's an unnatural feeling, but vital to your success.

BACKING THE SAIL

Carve into the turn as fast as possible by sheeting in really hard. This gives the board the momentum to turn right through the eye of the wind.

Look straight into the eye of the wind.

Quickly bring the mast between you and the eye of the wind to 'back the sail' (fill it with wind from the other side), but then quickly ease off the power by sheeting out or raking the rig back.

Vital further reading for this trick -

INfo - guycribb.com/technique/sailing-back-winded.

MOST COMMON MISTAKES

Flipping the rig too early results in you either spinning off or doing a hell-tack. Best not to let the mast pass through the eye of the wind until the board is pointing directly downwind, only then begin the rig flip.

The rig can also flip too early if your board stops turning. Your board will stop turning if your weight goes onto your heels instead of staying on your toes. This happens as a result of pushing too hard against the rig whilst it's backwinded (the harder you push, the harder it pushes back.) Sheet out to lose the power, then get all your weight over your front toes by pointing your knees into the wind, bringing your knee directly above your toes.



UPWIND 360 IN FOOTSTRAPS



3: Back the sail gently and keep absolutely minimum power in it by staying sheeted out. Keep the weight on your front toes to keep the board turning, by stretching your front arm towards the wind.

2: As the board passes through the eye of the wind, quickly throw the mast right into the eye of the wind, by stretching your front arm as far as you can. In doing so get all your weight right over your front toes by radically leaning forwards, bending your front leg. At this stage if any weight is on your back foot it's game over.

4: When the board points downwind, shift all your weight onto your back foot by radically bending back leg.

5: Pull with all your strength on your front hand and look towards your exit.

USING YOUR WEIGHT

Put all your weight onto your front toes by bending your front leg, to turn the board through the wind and keep it turning downwind, then shift all your weight onto your back foot by bending your back leg to keep board turning to the exit.

This is vital to the 360, whatever the wind, in or out of the footstraps. (See pics below.)

MOST COMMON MISTAKES

Not being able to throw your rig forwards as the board points into the eye of the wind. Check out the sequence above and note how, although I'm super low carving into the wind, I am already getting my body weight over the board by bending my knees and elbows. Only by pulling my weight inboard so early on is it possible to stand over the board (as it goes into the wind) and tip the rig forwards.

To tip the mast so far forwards, you'll need to stretch your front arm and radically bend your front leg (second photo). As the board goes through the eye of the wind, 'feather' the sail and tip it right into the eye of the wind.

FRONT FOOT



BACK FOOT





1: Lean your bodyweight forwards to keep the speed up, but keep the rig raked back and sheeted in to carve tightly.

6: Keep pulling the mast upright and ease right off with your backhand, sheeting out.

360 SUMMARY

Getting control for this stunt and many other Stylemaster tricks relies on being able to sail back winded – please download ‘Sailing Back Winded’ from guycribb.com

Get out more in light winds this summer and you’ll be amazed that many ‘new school’ freestyle tricks are actually within your grasp.

GUY CRIBB INTUITION

Join Britain’s leading coach for 24/7 INTuition and see your windsurfing improve beyond your wildest dreams, and have the holiday of your life with guaranteed perfect windsurfing! Or book a package holiday with a little instruction here and there and a couple of windy afternoons?

Your choice, but with about five hundred guests a year and virtually 100% repeat business, Guy Cribb’s INTuition is the only coaching and windsurfing holidays that guarantees the best conditions, venues and coaching at the right time of year for your specific needs. Waste your time elsewhere and watch INTuition guests leave you behind.

For the latest online resource for windsurfing technique and travel INfo, regularly updated – go surf the all new www.guycribb.com

INTuition. Clearly, the best coaching.

Guy Cribb is sponsored by JP, Neil Pryde, Animal and Adidas Eyewear.

All pics by Whitey or JC
Copyright Guy Cribb 2004

