

finding the g-spot

BY GUY CRIBB



On a recent trip with Mullet and Whitey to Ireland I learned that despite the widespread pleasure and huge sighs of relief that INTuition Pro Technique has brought to windsurfers,

I'd heard of threads miles long in forums discussing and praising these theories, especially on boom height and harness line positions, but now I also learned of the gossip amongst other instructors around the world, and realise not all of them are convinced of these 'ground breaking' theories.

This feature should extinguish the sceptics amongst you...or ignite the fire that's smouldering.

HARNESS LINE POSITION

Many years ago, I discovered that all the world's best windsurfers used their harness lines within millimetres of each other, assuming they were sailing identical kit. I then set about finding out how to share this info with my guests in an accurate way, rather than all the mumbo jumbo that was out there (and still is!).

I discovered a theory in 1998 and put it to the test, on many of the world's best windsurfers' kit, on my own, and on all my guests' kit to see if it would improve their development. By 1999 the theory was working perfectly, and up and running on my INTuition courses.

especially with regards to giving them structured plans for improving rather than 'if's and 'but's, there has also been much debate.

This INTuition Pro Technique series was partly inspired by Simon Bornhoff's 'Secrets of the Pros' series from years ago, but I felt rather than showing how each Pro did things differently, I've focussed on the aspects of the sport they all do the same. This mostly refers to their tuning, and especially to their harness line positions and boom heights.

Having coached all levels of the sport, especially the intermediate to advanced levels, I know how hard it is for an average weekend windsurfer to get their kit set up accurately, but having worked for years in international kit development and competed for over a decade at the highest international level, I know what a huge difference setting your kit up correctly makes, hence this series. If this sounds like I'm blowing my own trumpet it's because I'm demonstrating I'm qualified to invent and present these theories.

I have tested the harness line theory on many of the world's best windsurfers' kit, and it works. I've tested it on my guests' kit and it works from beginner to expert. I've tested it on my own kit and it works.

FINDING THE G-SPOT



Nik Baker and Guy Cribb found that despite being on different brands, their kit was set up identically

If you're still sceptical about whether a Cribb Sheet can put your harness lines in exactly the same position as Jason Polakow's or Nik Baker's, put the Cribb Sheet to the test, as Timo Mullen recently did. Timo is a great UK windsurfer who hasn't got the foggiest about tuning his sail...but still rips. He was giving me sh*t about the Cribb Sheets (mainly just to give me sh*t and wind me up!) because, like so many, he couldn't believe there was an accurate formula to set up kit, no matter who you were.

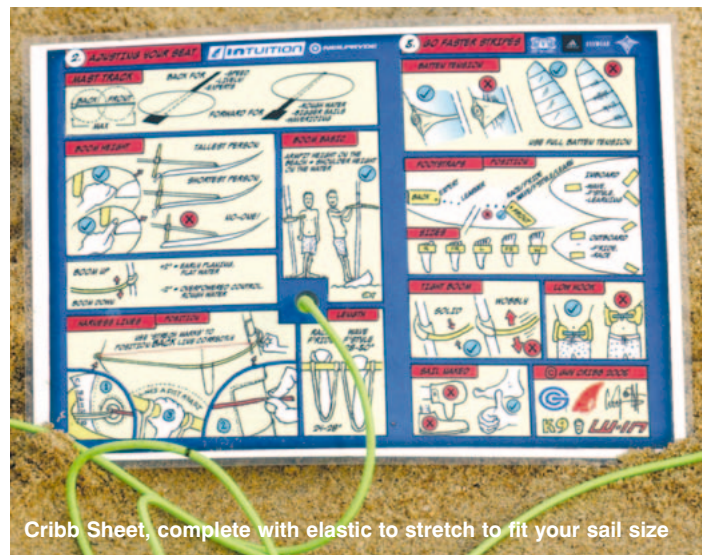
Both Timo and Finn used the Cribb Sheet to set their lines up for four different sail sizes over three different sailing sessions, and were both surprised to find their lines were in the perfect place each time. Without using the Cribb Sheets, they would have, of course, moved their lines to the right place anyway once on the water, but using my theory proved to them that the Cribb Sheets worked, and again confirmed the usefulness of the product.

If you want to sail in your own way, not following this theory, you may find your lines happen to be set up the correct way anyway. But many of you will find your lines are in a different place. Based on the fact that the Cribb Sheet shows you exactly where the world's best sailors use them, if you don't put your lines here, then you are either better than all the world's best sailors (unlikely) or sailing differently from them, and therefore probably windsurfing down the watery equivalent of a dead end street. Your call!

WHERE'S THE G-SPOT?

The G-Spot moves with every sail size/boom length, which is why the Cribb Sheet is part elastic, stretching for every sail size between 4.0m and 8.0m. I recently heard some people misinterpreted my former articles, thinking the G-Spot never moved between different sail sizes – it does move!

Guy putting his Cribb Sheets to the test on Nik's kit in Egypt earlier this year



Cribb Sheet, complete with elastic to stretch to fit your sail size

FINDING THE G-SPOT



Here's Rossa from Ireland showing how easy it is to windsurf well-rigged kit, whether it's JP/Neil Pryde, Mistral/North or for that matter any of the world's



brands, so long as it's rigged right and the lines are in the right place.



Here's Jim from the UK in complete control at over 30knots, even though he's retired and using a seat harness, with the lines in the right place.



Here's Nikki from Germany loving life in the harness. Harness lines should be in the same correct position whether beginner or expert.



Here's Ali (high level windsurfer learning vulcans etc) sailing with this year's runner-up in the Wave World Championships – Britain's Nik Baker – on different kit but with their harness lines set up identically, Nik using his intuition and Ali using his INTuition.

STILL NOT CONVINCED?

Reading other technique features or listening to basic instructors around the world might make you think there are all sorts of different ways for you to rig a sail, set your boom height and harness lines, and will probably leave you confused as to which of their plethora of possibilities might suit you. I'm not saying all pro-sailors all sail in exactly the same way, as they differ fractionally from each other, but I am saying they differ enormously from the public, and that's why I'm generalising them all into one category, and the public into another. I'm then saying – tune your kit like theirs and you'll be one step closer to sailing like them...and one step closer to how your kit was originally designed to be used.

If you're still not convinced then you probably fit into one of the following categories:

- 1 You've not tried a Cribb Sheet – get one online – guycribb.com/shop
- 2 You're one of those people who try to empower yourself by putting down people who are in the spotlight (other symptoms often include reading the Daily Mail).
- 3 You're Dave White who is 120kilos and regularly sails at over 40knots with sails at least 2.0m bigger than the rest of the world. He's next for the INTuition Pro Technique Series as we head to Egypt together to put his kit and very extreme windsurfing to the Cribb Sheets test – watch this space!

If you're not in these three categories, feel free to email me to discuss, I'd be keen to hear from you!

USING THEIR INTUITION

After a bit of tuition, anyone comfortable in the footstraps should be able to sail for miles, letting go with their backhand; however, letting go with your front hand should be harder.

Not to mention these other world class windsurfers, all using their harness lines in the same place and who've all featured in this INTuition Pro Technique Series so far.

The point is – if you want to windsurf like this, tuning your kit the same as us is a very advisable first step. Faced with your options of guessing, or following the alternative mumbo jumbo out there like 'four hands back for a four metre', 'elbow to finger tip plus five fingers for a five metre,' or checking your tea leaves, I think

you should use your INTuition, and follow this Pro Technique Series.

AB FAB

At INTuition HQ we like to get to the point and get the message across. By making technique articles 'absolute' rather than, 'maybe this way or maybe that', I hope the readers leave remembering what to do, rather than being confused. Whether my 'absolute' really is deadly accurate or not is sometimes irrelevant, as this 'absolute' is a journalist's way to get you to remember things. That said, the recommended harness line position and the boom heights are absolutely correct as used and proved by the world's best windsurfers. **GC**



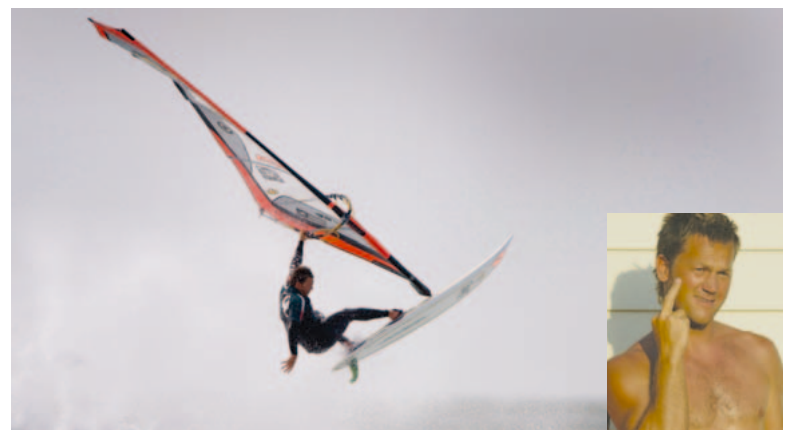
Brazil's Ricardo Campello, three times and current World Freestyle Champion, showing you how it's done, and showing the sceptics what he thinks.



Australia's Jason Polakow, many times World Wave Champion, showing how he does it, and with a message for the sceptics.



Britain's Robby Swifty, third overall in the 2005 World Wave Championships, showing how he does it.



And myself showing you how I like it.

INTuition: Designed and delivered exclusively by **Guy Cribb**

Guy Cribb

• 12 x British Windsurfing Champion • 15 years of coaching from beginners to British teams • Windsurf Magazine technique guru

INTuition – The ultimate windsurfing instruction – accurate, clear, fun and extremely effective

INTuition Holidays:

- Exclusively at the world's best venues at the right time of year to ensure perfect conditions
- Exclusively using the highest quality kit rental centres, only at the very best location at each venue.
- Wonderful accommodation and local knowledge for fine wining and dining with the ultimate socials.
- 24/7 INTuition coaching exclusively from Cribby, including daily video tuition, Cribb Sheets and INTuition DVDs.

La crème de la crème!

Planet Windsurf: Tel: 0870 7491959 for 2006 dates. www.guycribb.com www.planetwindsurf.co.uk



PICS: ANNA EDWARDS © GUY CRIBB 2006