

[GUY CRIBB INTUITION STYLEMASTER SERIES]



SPOCK 540!

One good turn deserves another

By Guy Cribb

The Spock 540 is basically a normal Spock (360 degree spin) plus a further 180 degree spin on the end. A bit like a Spock into a gybe as the board comes out, pointing back the way you came from, but with a difference. With a Spock 540, just like the Spock, the whole move is done sliding rather than carving. In this respect no sooner than you've said the words Spock 540, the move is completed.

This is Cribby's penultimate feature from his INTuition Stylemaster series, finishing next month with Grubbys, thus covering virtually every single freestyle trick in the book for 99% of the windsurfing world.

This Spock 540 feature is a continuation of last month's Spock article, which is vital accompanying reading. Further useful reading and skills, to have before attempting this move are the Vulcan and Upwind 360's, both of these can also be downloaded from guycribb.com/technique.

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LEARNING TO SPOCK 540

The Spock 540 is an exact blend of a Vulcan and an Upwind 360, which you must already be comfortable with to try this trick. If you are, then the Spock 540 is in some ways easier than a normal Spock as there's actually less hard work going on.

To prove their absolute similarity, here's a photo merge of the two moves and the exact text taken from previous articles on Vulcans and Upwind 360's. All photos and tips are identical for the Spock 540.

VULCAN

1. Boomshaka (slide your front hand to front of boom)
Bear off to stand directly over board.

2. Bounce the board out of the water, lifting the tail really high so the nose digs in, thus causing the tail to catapult around, Go boom to boom for this trick – reaching over the top.

3. Extend mast over the nose/back in the direction you came from.

4. 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.



SPOCK540

UPWIND 360

5. 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.

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

7. Pull with all your strength on your front hand to rotate the sail and look towards your exit. Keep pulling the mast upright and ease right off with your backhand, sheeting out.



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INtuition STYLEMASTERS SPOCK 540

Turn onto a mega broad reach to make this trick easier, almost pointing dead downwind to complete half the turn even before lift off.

Go boom to boom for the Spock 540 (not touching mast at all) with your back hand reaching over the top of your front hand to the new side of the boom.

By the fourth image both my hands are holding the boom on the new side, and stay in this position for the remainder of this trick.

To turn the board around to the new tack, look right over your windward shoulder to the exit (left shoulder in this case), typical of turning in any windsurfing move.

Although the wind is clearly backing the sail, I'm pushing extremely hard through my front hand only, with literally nothing through my backhand. Note how my back elbow is completely bent with my backhand nearly wedged into my shoulder.

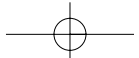
INtuition MUSCLE MEMORY

To understand this move better and to get your daily dose of windsurfing INtuition Muscle Memory, try this upper body movement at home now:

- * Stand up
- * Put your right fist in your right armpit
- * Fully extend your left arm in front of you
- * Look over your left shoulder
- * Now turn your head around (over your left shoulder) 360 degrees by twisting your whole body so you can see this magazine again
- * Pull your left fist into your left shoulder
- * Extend your right arm
- * Pivoting on your left foot, slide your right foot around to get comfortable
- * Check out the sequence above to follow what's going on
- * This movement should serve as some proof that you rotate the rig by firstly pushing, then pulling on your front (left) arm, with literally zero power going through backhand at all

Summary

- * Master Vulcans and Upwind 360's first and ideally have basic Spock skills
- * Then before lift off concentrate on correct hand positioning, knowing where they are going to go on the new side of the boom
- * Bear right off and take off
- * Extend rig with front arm and look towards the exit
- * Push hard through the front foot and keep it sliding!
- * Keep looking to the exit
- * Sheet right out on the new tack
- * Sorted



Push through the front of your front foot to spin the nose of the board around and keep pushing until the nose of the board has gone passed dead downwind. The same push required to slide a board through a Spock or an Upwind 360.

Pull the mast right around to the exit with your front hand, not by pushing with your backhand. This is key to flipping rigs from a back-winded position, as discussed in all previous INTuition Stylemaster features.

Heli Tacks, Upwind 360's Spocks, Sailing Backwind, and Vulcans; download them all from guycribb.com

GUY CRIBB INTUITION

Guy Cribb:

- * Twelve times British Windsurfing Champion
- * Windsurf magazine technique guru
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