

INSIDE: WIN A 2010 F-ONE BANDIT 3!

KITEWORLD



SHRED OR DEAD: VARI, ABREU, SALLES, NAISH AND MORE

PLUS: HOT GEAR REVIEWS,
KEYWORDS TO FUEL YOUR PROGRESSION,
MOVE TO LA VENTANA, A CLASSIC DOWNWINDER
AND WE REMEMBER COLIN MCCULLOCH

#41

ISSUE #41 > OCT - NOV '09

Other countries: please affix new barcodes UK £3.75



THE WORLD'S BIGGEST INTERNATIONAL KITING MAGAZINE

WWW.KITEWORLD.MAG.COM



INTRO → Going at your moves like a bull in a china shop and getting nowhere? Gabi Steindl introduces the idea of using keywords to help you improve. Tom Court and Mallory De La Villemarque get in on the action by breaking down the way they learn moves and suggest ways you can speed up your progression

WORDS → Gabi Steindl
ALL PHOTOS → Ludovic Franco

ALL THE GEAR, NO IDEA?

PICK A MOVE ACCORDING TO YOUR SKILLS

Yes, you should always push your limits and, it goes without saying that you want to get better, but don't try to jump too many steps ahead at once. For example, if you're just about to get into unhooked riding, go for a simple unhooked raley before attempting the surface pass.

ANALYSE

Analyse in detail all the bodily movements required. You have to understand in your head first what you want to do on the water. It has to be 100% clear, as does the course of kite-motion, i.e. its position in the air during the trick - does it need to be in the power zone or directly above you and when do you have to bring it forward in order to stick the landing? Etc. etc.

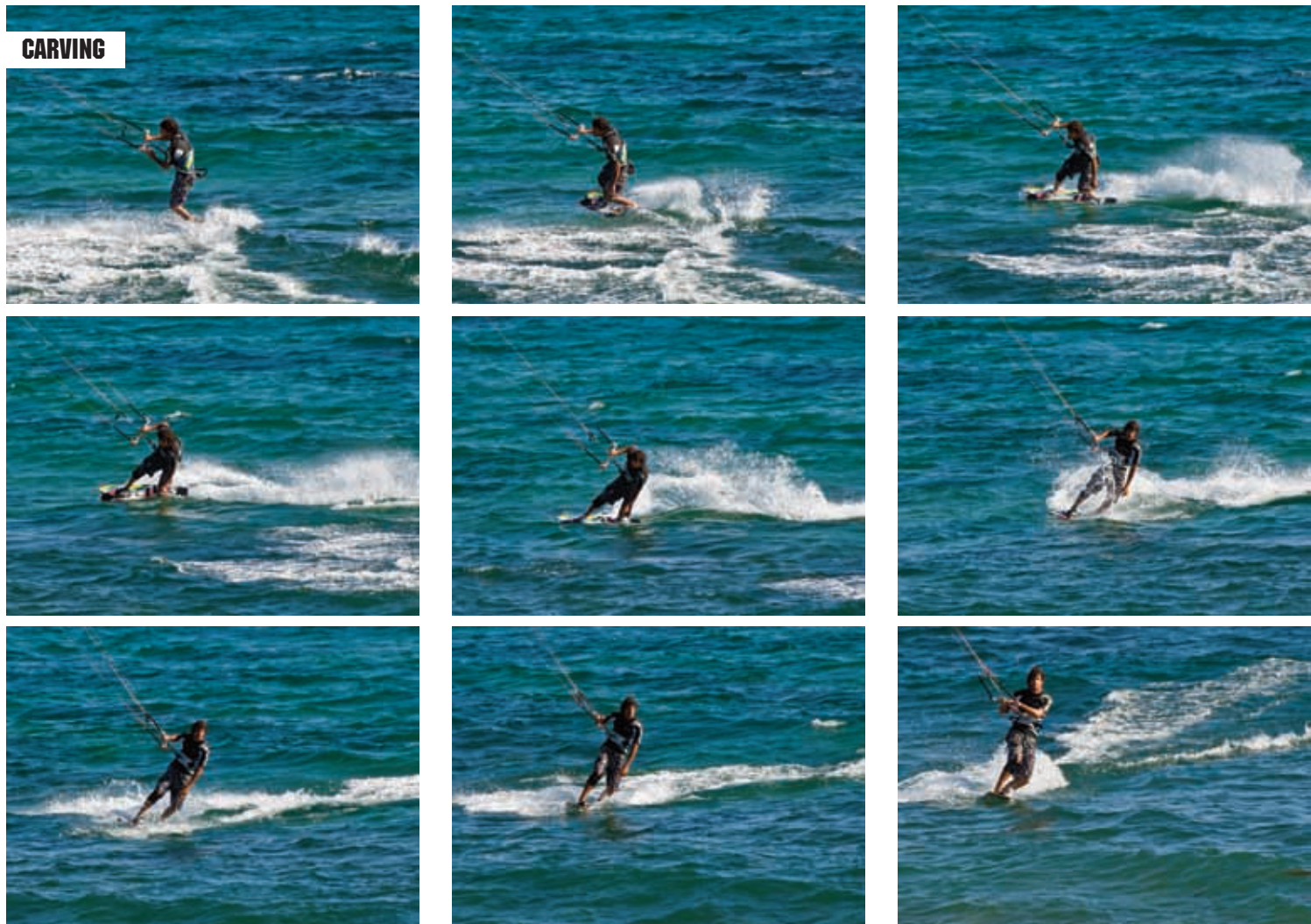
BREAK IT UP INTO PARTS

Breaking the trick up into parts makes things easier. How should you 'set up' for the trick, perform it and come in for landing? Analyse each component part.

KEYWORDS

Give 'keywords' for the actions necessary for each stage. Keywords are very short reminders for your brain, body and muscle memory that should help when things are happening really fast (and things go extremely fast during a move!). The split into keywords is slightly subjective, as one keyword can represent a few different steps at once. 'Speed' for example can involve putting the kite to 45 degrees and bearing away to gain speed, but you wouldn't need two keywords here. Anyway, you get the idea.

CARVING





KEYWORDS FOR CARVING

Here Mallory takes over and explains the carving turn as an example to demonstrate the keyword technique:

The carving transition is one of the most important turns or transitions you will learn, allowing you to make a nice, clean turn whenever needed, while surfing waves for example. Here is how I do it and the points I would try to go through:

- 1) Whenever you're about to turn around, the first thing you must do is to check if any one is coming behind you in order to avoid a tangle. 'CHECK BEHIND'.
- 2) Progressively pull the bar with your back hand so that your kite starts to turn towards the other side of the window. 'PULL'.
- 3) At the same time bend your knees a little. 'BEND KNEES'.



4) Start your carve by leaning on your toes and putting a bit of weight on your back foot. 'LEAN ON TOES'.

5) Follow the kite as it goes to the other side of the window and pulls you with it. Take your back hand off the bar to help with balance and stability and put it in the water for some style if you want to – it really helps you lean in and commit to the turn. 'HAND OFF BAR'.

6) Your turn is almost done. Get back to your straight riding position while putting your hand back on the bar. 'GO STRAIGHT, HAND ON'.

7) Move your kite to keep the speed. 'KEEP SPEED'.

8) Make a little pop out of the water by pumping the board sharply upwind to switch your board back to the



heel-side position and start your new tack. 'POP OUT'.

So the keywords are: CHECK BEHIND – PULL – BEND KNEES – LEAN ON TOES – HAND OFF BAR – GO STRAIGHT, HAND ON – KEEP SPEED – POP OUT. Job done.

KEY CARVING POINTS:

Don't pull too hard on the bar as this will make the kite travel too quickly all the way to the other side of the window, causing you to lose speed after the turn. To avoid that, don't give it full beans on the bar straight away; be progressive in the pull of the kite and maintain that throughout your carve.

For tighter turns put more weight on your back foot to turn quicker and send the kite faster. For more drawn out turns, send the kite slower and be more progressive in the pressure on your toes and in your back foot.

BACK MOBE



CAPTION → Carlosmphoto.com

KEYWORDS FOR BACK MOBE

Some moves, like a raley, for example, will have just a few keywords, such as: SPEED – STEP HARD – EXTEND – PULL – ABSORB. More complex moves will require more keywords. Here, Tom Court gives us his keywords for the back mob that he bangs out in the sequence above:

The back mob is one of the most fundamental handle-pass moves. Once you have the basics of unhooked riding and want to move on to something more challenging, a back mob is a good starting point. First step is to start with an unhooked back roll, then push the unhooked back roll to toe-side. After that, it's just a case of rotating past toe-side into wrapped. It is possible to land in wrapped, but the full back mob requires an air-pass. For me, the keywords when I learnt that move were as follows:

1) Unhook, edge hard and go into a back roll. 'EDGE'.

2) Flick to get the rotation. Use your head to guide the rotation and push your legs upwards to invert. 'FLICK'.

3) At the apex of the jump/rotation, pull the bar into your hip and spot the water. 'PULL'.

4) Once you spot the water and you are already in the toe-side position in the air, you have to release your hand and continue the rotation by looking over your shoulder away from the water again. 'RELEASE'.

5) Push your hand and shoulder around your back to pass the bar and speed up the rotation 'PASS'.

6) Landing will come fast when you get the rotation right. Extend your legs to slow your rotation and get ready to bend them on impact. 'EXTEND'.

7) Compress your legs to take the landing. When the rotation is right the board should come in flat. 'COMPRESS'.

So the keywords are: EDGE – FLICK – PULL – RELEASE – PASS – EXTEND – COMPRESS.

Keywords don't necessarily have to make complete sense to anyone else; they are just for you, helping your body and muscles do what is needed when things actually move too fast to be able to think about them fully.

CAPTION → With time and patience your progression will be as explosive as Gabi's wave riding
PHOTO → Russell Ord

MORE LEARNING TIPS:

VISUALISE

It might sound funny to those who have never tried visualising, but it works incredibly well and you should give it a go. Aaron Hadlow, Kevin Langere, Youri Zoon and Ruben Lenten and other top riders all visualise how things should work when learning technically difficult new moves. You'll be surprised how much of a trick you can learn in your head.

Close your eyes, concentrate and try to fully go through the move in your head, to feel the impulses, the bodily movements, the timing and your actions. The more often you do this the better. Top riders do it many times a day; before going to bed is a really good time as well as just before you actually get onto the water for your training. Visualising is key to fast progress as it can also protect you from injuries that naturally come along with pushing yourself wildly and learning new stuff.

GO STEP-BY-STEP

Take it easy tiger. Yes, we would all like to rip like the top guys in the shortest time possible, however, progress takes time and it's super important to take it step-by-step. Pushing too hard could result in you hurting yourself and losing valuable time on the water. Be patient and take your time to think about things when learning a new trick and you'll find you'll nail it quicker.

WATCH

Watch others, take your time when you get to the beach and don't be in a hurry. You can learn so much by watching good riders.

SPEAK

Although you will only really understand when you master the move, and of course every person is different, it's still good to talk to others to find out what they think are the key points to a move, or what tips they have.

TECHNIQUE

Always ensure you are physically fit and rested enough to put maximum effort into getting proper technique. Don't be slack or lazy in your technique or you'll never get anywhere.

FILM

Watching your attempts, including the good things you do as well as your mistakes on video, will definitely speed up your learning curve. It only takes a few minutes for somebody to catch some of your attempts, and video footage will make very obvious what you need to change in order to master the trick. There's nowhere to hide on film!

VARY THINGS

Vary your workouts, pace, and intensity to enjoy a well-rounded fitness routine that is less likely to result in burn-out or plateaus.

BE REALISTIC

Be realistic and set realistic goals. Don't stretch yourself or try and learn something like a move when you can't really. You'll soon get fed up.

BE FLEXIBLE

If during a session you feel that somehow you simply can't do what you might have already mastered before, just leave it for that day and try something else instead. Listen to your body and go with it. There is such a huge variety of

things to learn in kiteboarding and some things work better than others in certain conditions – that's the beauty!

USE GOOD EQUIPMENT

Don't even think about pushing the limits if your equipment is not up to scratch. Good equipment can help you avoid injury and learn much quicker.

AVOID OVER-TRAINING

Rest is another key factor in effective training. Without giving the body and its muscle memory the necessary rest to absorb what you're trying to feed into it, you will fail and most likely also get hurt. I made this mistake when I started kitesurfing. I thought that the more time I could get on the water the better, but I kept getting injured. It's hard to understand that the body actually learns in the times of rest, but it's a proven fact, so don't fight it. Accept it, put your feet up and kick back with a mag or DVD once in a while!

Finally, be patient and always remember that progress comes in stages. Please don't expect to improve in continuous, smooth stages. You won't make the same progress every day. Learning can be very frustrating and sometimes you might even feel like you're going backwards, but that's okay. Observe it and give it time - it's all part of a perfectly natural learning curve! Soon you'll come good.

Gabi, Tom and Mallory are all sponsored by North Kiteboarding. Find Gabi Steindl at: www.kitegabi.com – if you have any questions, she'd love to hear from you.

Tom's online at: www.tomcourt.com and Mallory at: www.malloryprokiter.com

We have many moves for all conditions our online Motor Drive section at: www.kiteworldmag.com/ 