

INTERNATIONAL MAGAZINE

KSURF!

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A dynamic photograph of a kitesurfer in a black wetsuit riding a large, curling blue wave. The surfer is positioned in the lower center of the frame, leaning forward. The wave's crest is breaking over the surfer, creating a massive splash of white water. The background is a clear, bright blue sky. The overall image conveys a sense of high speed and adventure.

EYE CANDY WITH ANGELA PERAL

PLUS...

BRINGING PRODUCTION HOME

BRIAN SMITH // LEARN NEW TRICKS FASTER // PLUS MUCH MORE...

// THE WORLD'S NUMBER ONE KITESURF MAGAZINE //

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FASTER HOW TO LEARN A MOVE

Going at your moves like a bull in a china shop and getting nowhere?

Gabi Steindl and Tom Court introduce the idea of using keywords to help you improve and get in on the action by breaking down the way they learn moves.

Here are the techniques they suggest you can follow to speed up your progression...



Pick a move according to your skills:

YES, sure you should always push your limits and it goes without saying that you want to progress in your level, however, don't try to go too many steps in one, i.e. if you're just about to get into unhooked riding, go for a simple raley unhooked before you attempt the handle pass.

“ THEY ASSIST YOU WHEN THINGS GO SUPER FAST... ”

Analyze:

Analyze in all details the course of your body movements - you H A V E to understand in your head what you want to do on the water. It has to be 100% clear - as well as the course of kite-motion, i.e. its position in air during the trick - does it need to be in the power zone or right above you, when do you have to bring it back to the front in order to stick the landing etc.

Break it up into parts:

You have to break up the aspired trick into parts - how to 'set up' for it, the actual move, and the landing - and analyze each one.

Give 'keywords' to each phase and your corresponding, necessary actions for that very stage:

Keywords are very short reminders for your brain, body and muscle memory that should help when things happen super fast (and things go extremely fast in a move) and describe the (for YOU) most important actions to remember in that very move.



Keywords have to be short and kept to a minimum as they assist you when things go super fast...

Let's take the **Raley** as an example to demonstrate the above:

“THROW YOUR LEGS BACK UP BEHIND YOU”

Remember to make this personal, but this is how I break it down:

- speed this can be the first keyword **'SPEED'**
- kite at about 10-10:30 o'clock, i.e. 45 degrees
- build up pressure on the rail of the board and in the kite
- ride a split of a second downwind just when you're about to...unhook (see next step)
- e x a c t l y in that split of a second: unhook and edge hard to get the best pop possible - my second keyword: **'STEP HARD'** (once again keywords are subjective but to me 'step hard' is all about stepping as hard as possible, i.e. to obtain the best pop possible)

Thus up to now my keywords are:

SPEED – STEP HARD

- whilst you get lifted: **'EXTEND'** extend your arms and back and throw your legs back up behind you as far as your flexibility allows.

**PULLING RALEYS LIKE THIS TAKES
TIME PRACTICE AND PATIENCE**





Thus for a rather simple move like the Raleys, my keywords are: **SPEED – STEP HARD – EXTEND**

To others it might be: 'POP' or 'eyes open', you really have to define it for yourself.

You see keywords don't necessarily need to make 'official sense' they are just FOR U, so that your body and muscles do what is needed when things actually move too fast to think about them! ... Sounds weird but it makes sense, yeah?

In more complex moves obviously you will have more keywords!

I have asked Tom Court to tell us his keywords for the Back Mobe that he beautifully executes in the sequence above. According to Tom:

"The Back Mobe 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 mobe 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 is just a case of rotating past toe side into wrapped. It is possible to land it wrapped, but the full back mobe requires an air pass. For me, the key words when I learnt that move were as follows":

- Unhook and edge hard into a backroll "EDGE"
- Flick to get the rotation, use your head to guide the rotation and push your legs upwards to invert "FLICK"
- At the apex of the jump/rotation you want to pull the bar into your hip and spot the water "PULL"
- 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"

- Push your hand and shoulder around your back to pass the bar and speed up the rotation "PASS"
- 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"
- Compress your legs to take the landing, when rotation is right the board should come in flat. "COMPRESS"

Thus for a more complex move like the Back Mobe, the Tom's keywords are:

EDGE – FLICK – RELEASE – PASS – EXTEND – COMPRESS – EXTEND

The more complex the move, the more keywords you will have!

Visualize:

It might sound funny to the ones amongst you who have never tried visualizing but trust me; it's one of the MAIN KEYS to success and for your own sake, give it a go! Aaron Hadlow, Ruben Lenten, they all use the technique of visualizing for learning technically difficult, new moves. Try it and you'll be surprised how much you can learn in your head!

“CLOSE YOUR EYES AND TO FULLY CONCENTRATE GOING THROUGH THE MOVE”

To visualize basically means to close your eyes and to fully concentrate going 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 dozens of times a day, before going to bed is a really good time as well as just before you actually get out onto the water for your training. Visualizing is a main key to fast progression and it can also protect you from injuries that naturally come along with pushing yourself and learning new stuff.

Step by step:

Take it easy Tiger, yes, we all would like to rip like the top-guys in the shortest time possible, however,

REMEMBER TO REST, KITING ALL THE TIME WON'T HELP YOU PROGRESS



progress takes time and it's super important to take it step by step. If you push it too hard, you might hurt yourself and will be taken off the water considerably longer than it would take you to come up with the necessary patience and time that's needed in learning a new trick.

- Watch others! You can learn so much by watching!

“ WATCHING YOUR ATTEMPTS AND THUS THE ‘GOOD THINGS YOU DO’ AS WELL AS ‘YOUR MISTAKES’ ON VIDEO WILL ALSO DEFINITELY SPEED UP YOUR LEARNING CURVE. ”

- Speak to others:

Although you will only really understand when you master the move plus every person is different, still interview others to what they see as the 'key points' or what has helped them to master that very move.

Proper technique:

Always ensure you are physically fit and rested enough to put maximum effort into proper technique. Don't be slack in your technique or lazy, that's not going to get you anywhere!

Get somebody to videotape you:

Watching your attempts and thus the 'good things you do' as well as 'your mistakes' on video will also definitely speed up your learning curve. It only takes a few minutes for somebody to video-tape a few of your attempts and video-footage will make it very obvious what you need to change in order to master the trick that you are attempting.

WATCHING OTHER RIDERS IS VERY IMPORTANT AND WILL QUICKLY HELP YOU SEE WHAT YOU SHOULD AND SHOULDN'T DO



Variation:

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

“ I THOUGHT ‘THE MORE TIME ON THE WATER, THE BETTER’ BUT KEPT GETTING INJURIES...”

Be realistic and set realistic goals!

As already mentioned in the beginning, please stay realistic in your goal setting.

Be flexible!

If you feel in a session 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!

Use Proper Equipment:

Don't even think about pushing the limits if your equipment is not up to scratch! Proper equipment is the basis for any training and consequent learning.



GABI STEINDL USED TO LEARN THE HARD WAY...





Avoid Overtraining:

REST, is another key factor in effective training. Without giving the body and its muscle memory the necessary rest to absorb what you try to put into it, you will fail... and most likely also get hurt. I made this mistake for a long time when I started kitesurfing. I thought 'the more time on the water, the better' but kept getting injuries... It's hard to understand that the body actually learns in the times of rest, it is a proven fact, though, thus accept it and go with it!

Be Patient & always remember:

PROGRESS GOES IN STAGES!

Please don't expect continuously the same smooth stages, like every day; you get the same step closer... NO, learning can be very frustrating and sometimes you might even feel you're going backwards in your learning, i.e. deteriorate, that's ok though, observe and accept, give it time it's all only part of a perfectly natural learning curve!

“ LEARNING CAN BE VERY FRUSTRATING AND SOMETIMES YOU MIGHT EVEN FEEL YOU'RE GOING BACKWARDS ”

Have fun & please be safe on the water!

With any questions or comments, come visit
www.kitegabi.com I'd love to help out!

Yours Gabi + Tom Court
www.kitegabi.com + www.tomcourt.com