



GYBE ROUTE MAP

This route map will give you the rough timing and sequence of events. I've also highlighted the important factors at each stage. Remember the core principles throughout, and make a point of practising the specific points for each stage.

STAGE A - THE APPROACH AND ENTRY

As discussed last issue, choose your approach line (upwind in strong winds / downwind in lighter & marginal winds), then maintain your speed, stability, board, body and rig trim by following the core principles:

Marker Point 1

Use a wide-armed over-grip, with the back hand well down the boom. Sink the hips, before and after unhooking and stay outboard, hanging off the rig. Continue to sail (*not* carve) to settle the board. Stay sheeted in to maintain your speed, and bear away by pushing through the front foot.

Marker Point 2

Continue to bear away from an outboard position. The back foot slides across to the leeward side. Foot flat, toes on rail, just in front of the back strap! Keep the rig forward by extending the front arm.

Important: The hips and shoulders remain outboard as you sail the first third of the gybe. Keep the hips to windward until Marker Point 3!

STAGE B - THE CARVE

Marker Point 3

When approaching the downwind stage of the gybe...

The hips only now come across the board and over onto the carving back foot. The front foot stays in front strap, flexing at the ankle.

Don't lift the heel too much.

Both knees must bend.

The rig stays forward by sheeting in with the back hand and extending the front hand.

Marker Point 4

Continuation of Point 3...

Really sink your bodyweight down on to the inside rail – you should have 75% of your body weight favouring that carving foot.

The inside hip drops down, back and into the turn more.

The front arm continues to extend.

Both knees continue to bend.

Marker Point 5

Maintain maximum pressure on the inside rail.

The body stays low and back.

The front arm extends, the back hand slowly sheets out.

Keep the head up, looking out of the turn.

Marker Point 6

The rig is sheeted right out and held at right angles with the board

Important: The hips stay back and weighted over the inside foot

The front foot comes out of the front strap and replaces carving back foot

The front hand slides towards the mast in preparation for rig rotation

STAGE C: THE EXIT

Marker Point 7

Keep the head up, looking out of the turn.

The old back foot has now stepped forward just behind, but to windward of the mast base.

Weight the new carving foot by keeping hips to windward and back.

The back hand releases the boom.

The extended front arm rolls the rig to leeward and gently towards the tail.

Marker Point 8

Keep the head up, looking out of the turn.

The old back hand passes under old front arm and grabs the boom on the new side.

The hips stay low and back to keep the board turning and to balance against the rig.

Marker Point 9

Keep the head up, looking out of the turn.

The body sinks low, via the bent back leg.

The rig is drawn forward. Bingo!

For more details on SB's windsurfing courses for ALL LEVELS call **01243 377651**
simonbornhoft@compuserve.com • www.simonbornhoft.com