

WAKEBOARDING : A GUIDE FOR BEGINNERS

DO'S

SIT AND RELAX IN THE WATER, KNEES BENT

BOARD TO BE ON ONE SIDE, UPRIGHT AND ONLY HALF IN THE WATER – IT IS NOT NECESSARY TO BE ABLE TO SEE THE BOAT – LOOK AT THE TOP OF THE TOWER

ARMS STRAIGHT WITH THE ROPE PASSING OVER THE UPRIGHT BOARD AND SLIGHTLY TOWARDS THE END WHICH IS TO BE YOUR REAR FOOT

GRIP HANDLE WITH DETERMINATION AND SHOUT '**HIT IT!**' LOUDLY WHEN YOU ARE READY

WHEN THE **BOAT PULLS** RELAX YOUR LEGS AND ALLOW YOUR **KNEES** TO RISE AND **COLLAPSE INTO YOUR CHEST**

NEXT **PUSH THE BOARD FORWARD LIFTING WHAT IS TO BE YOUR FRONT FOOT SLIGHTLY UPWARD** i.e. TWIST THE BOARD

THE **BOARD WILL ROTATE** UNDER THE PRESSURE AND YOU WILL HEAD OFF IN THE DIRECTION OF YOUR FRONT FOOT.

STAY IN A **FAIRLY CROUCHED** POSITION FOR A FEW YARDS **THEN GRADUALLY STAND**

THE REAR FIN UNDER THE BOARD WILL TAKE OVER AND YOUR DIRECTION WILL BECOME STABLE.

PROCEED AS IF ON A SKATEBOARD, SURFBOARD OR SNOW BOARD, KEEPING THE **HANDLE AT WAIST HEIGHT** TO HELP KEEP CENTRE OF GRAVITY LOW AND HENCE YOUR BALANCE

DON'T

DON'T START WITH THE BOARD **TOO LOW** IN THE WATER– ONLY HALF IN

DON'T TRY TO STAND UP TOO QUICKLY OR TRY TO **STRAIGHTEN YOUR LEGS** WHEN STARTING

GOOD LUCK

Theale W.S.C