



Give your wavesailing a hand with some fine-tuning!

By Kevin McGillivray

When you're out there punching lips, are you an underhanded 1800's pugilist???



This is 2010 and you've gotta change with the times! Flip that front hand over and get knuckles **up!**

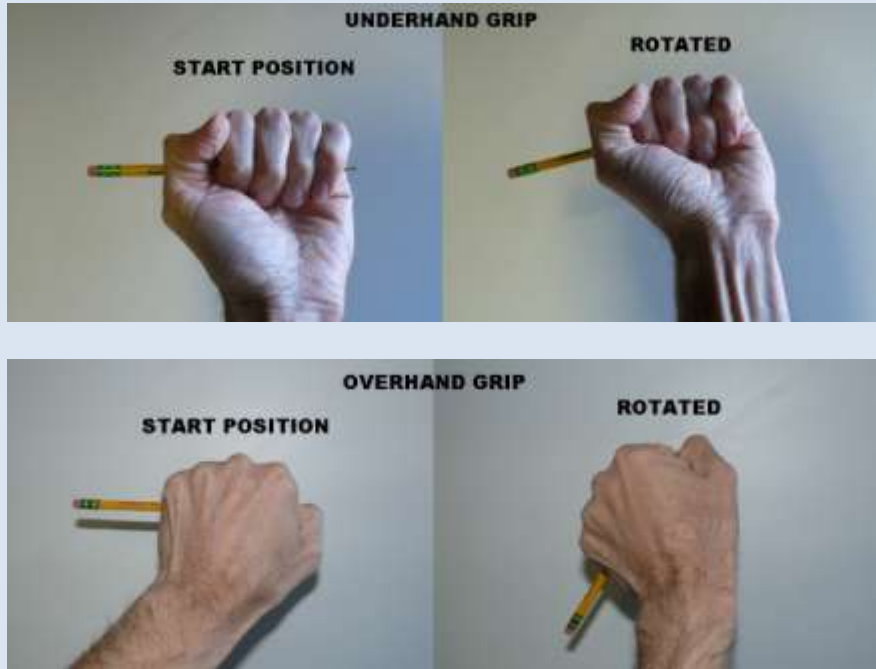


KMAC at PSC - Photo by Clark Merritt

When not on the wave, it's good to be switching the front hand grip around- under/over- to give the forearm some rest. But, once you get on the wave, you should have that front hand in an overhand grip. One of the *many* techniques of correctly wavesailing involves getting the clew opened up as you come through the top turn. At the top, you should be *trying* to get the boom nearly vertical, clew at the top, head at the bottom. Most people's wrist anatomy doesn't allow them to get in the correct position with an underhand grip. Still not convinced? See the Anatomy Lesson below.

Anatomy Lesson

Take a pencil or similar object and grip it in your “front hand on the wave” fist imagining it’s your boom {left hand, for Secos Kids}. Start with an underhand grip with the eraser towards the front where the boom head would be. Hold your arm out a bit like a boom should be and tilt your wrist to the left towards your thumb. Try to point the eraser to the floor. How far down towards the floor does the eraser go? Mine stays almost horizontal to the floor. Now switch to an overhand grip, tilt your wrist to the left towards your pinky and see how far you can get the eraser pointed to the floor. Ah *HA!!!*



There’s tons of little things that are going on throughout a bottom to top turn transition. Learning some of those techniques can be really tough to get used to. Getting used to that overhand grip is just one of the fine-tuning techniques that you can do that is relatively easy to get used to and it will really open up your sailing.

Now get out there and get in the fight!



About the Author

Kevin conducts wave sailing clinics in Punta San Carlos twice a year with Matt Pritchard and is a sponsored team rider for: Tabou Boards, Gaastra Sails, Nolimitz Masts, Gsport Fins, and Kaenon Polarized

