



frozen momentum

WHETHER YOU ARE A TOP PRO OR JUST STARTING OUT, GUST BRINGS YOU EASY INSTRUCTIONALS THAT WILL HAVE YOU CONSTANTLY ADDING NEW TRICKS TO YOUR ARSENAL

backloop breakdown



The key word in the backloop is commitment. You have to be 100% committed to throw yourself backwards under your kite. The move itself is quite simple and really fun, but the biggest hurdle most people have is working themselves up to it and trying their first one.

Give it a try, and go hard, I can promise you it is 100% worth it, very fun, and is a stepping stone to taking your kiting up to the next level – with the added bonus of impressing your friends. Ideally the move should be practised at first on flat water or beyond the waves in the sea. This means that if you drop the kite at any stage, it is a whole lot less likely to get damaged. Flat water also provides the added bonus of disciplining you to generate your own pop which means you won't have to wait for bits of chop to do one and can easily bust them out at will.

→ Rider_ Kathryn Clarke-Mcleod

→ Travelling with your left hand forward, generate a decent amount of speed with your kite at about 10 or 11 o'clock.

→ Bring your kite quickly to the top of the window and at the same time crouch down and carve your board slightly upwind to create line tension.

→ As your kite reaches the top of the window, pull the bar in, and push off hard with your legs, especially your back leg.

→ As you become airborne, you should immediately turn your head to look over your left shoulder. Where your look is normally where you end up, so this is vital. You should now be rotating around to the left. Your legs and board should be tucked in. Board and legs extending away from you means a slower rotation, which is not ideal at first as you need more height for these.

→ Keep your eyes open – not only is it a great view, but you want to spot your landing.

→ As you swing around, about halfway, or just as you spot your landing, give a short but hard pull on your left hand. This will put your kite in position to keep you moving in the original direction of travel.

→ AT FIRST_

It might be a good idea to keep your right (back) hand in the middle of your bar, and leave your left (front) hand (the one you will pull on once you spot your landing towards the end.) near the end of the bar.

This means that your left hand's movements will be exaggerated and your right hand's minimised, so if you pull the wrong hand by mistake, compensating is a lot easier.

I found this helped me a lot. During my first attempts I would get confused and pull on the wrong hand really hard and loop the kite into the water, really ruining the move!

Both hands in the centre is also an option when starting. This means you will fall back into the water after the rotation instead of kiting away with power, but if you are nervous then this is a good place to start before practising coming out of the move under power and smoothly

→ ANOTHER TIP_

It may sound silly, but when you are thinking about going into the move you can smack your left hand on your bar a few times just before you begin moving your kite. This makes it easier to remember which hand to pull when you are halfway through your rotation.