

Catching and Riding the Wave

Tier 1

- Paddling posture: Feet together, body centered, toes near the tail of the board over the fin (or hanging slightly off the back of the board in the case of short midlengths or shortboards).
- Lunge or pop up without using knees.
- Keep your head up. Look where you are going, toward the beach, slightly North, or slightly South.
- Maintain a low, bent knee stance for the duration of the ride.
- Manage weight between the front and back foot to speed up or slow down and turn.
- One arm over each side of the board. Front arm can be relaxed, the back arm can be high.

Tier 2

- Choose between a straight or angled take off depending on how close you are to the peak.
- Look in the direction you want to go at the wave face to your left or right, or toward the beach to straighten out or cut back and let the wave catch back up.
- Get low and reach toward the wave in the direction you want to go.
- Develop a low, bent knee, functional stance where the back knee comes forward allowing your hips to face forward in order to keep them over the board and not hanging off the side (especially during heelside turns).

Tier 3

- Choose between a fade, straight, or angled take-off depending on how close you are to the peak and how powerful the wave is.
- Get low, roller coaster, and cutback using shoulder rotation, reaching toward the water, and swinging your hand by your back foot.

Expert

- Spike the board with full body or shoulders to catch some waves.
- Develop a behind the peak take off for more speed.
- Add compression and extension to your roller coastering to generate speed. Body momentum/rhythm.
- Fully utilize Barton Lynch's 3 methods of controlling your board: Compression and extension, Upper body rotation, and weight transfer between the front and back foot.
- Study the timing and attempt maneuvers, slowly improving your success rate from 0-20% to 40-60%.

- Surf all but the most extreme conditions. Everything up to 6 feet. Create a plan to eventually become comfortable in waves up to 8 feet +.