

# TACKING & GYBING FOILBOARDS

TECHNIQUE BY JOHNNY HEINEKEN



INSPIRED BY NATURE // DRIVEN BY THE ELEMENTS // FLYOZONE.COM



OZONEKITES

## TACKING

**TACKING IS A SLOW ENTRY, FAST EXIT TYPE OF MANEUVER. DON'T RUSH INTO IT OR YOU'LL GET LOFTED - ESPECIALLY ON A FOIL KITE.**

### STEP 2 & 3

Wait for the kite to get almost directly overhead, and then start pointing the board up into the wind by putting your weight onto the kite and pushing on your back foot. Push the bar away from you so you don't get lofted!

### STEP 4, 5

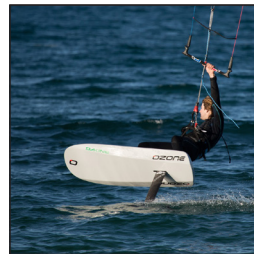
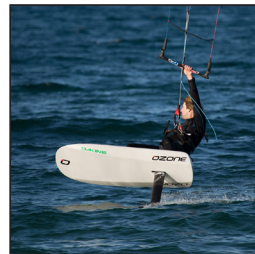
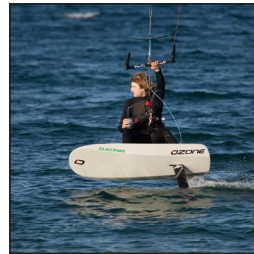
Let the kite hold you up as it swings across the window. Trim in for more power to hold you up, but don't stall the kite. Often (especially on foil kites) it's better to turn the kite harder instead of trimming in for more power. Pull your back foot, swing under the kite, and aim for the new front footstrap. You need to nail this footstrap or it's pretty hard to recover. Your old front foot should pull the board around with you.

### STEP 6

Fall back against the kite as it dives and try to find the back footstrap. When learning just try to land the back foot centered on the board and you're golden.

### STEP 1

Heading into a tack make sure there's nobody over your shoulder. Start by drifting the kite up in the window. Timing depends on kite size and power - bigger kites need more time to climb, and if you're lit on any kite size you need to give it a ton of time to get to the top of the window. Remember, the kite is seeing close to 40 kts of apparent wind in 20kts of breeze!



## GYBING

**HIGH SPEED FOIL GYBES ARE ALL ABOUT SPEED. IT'S A PRETTY AMAZING FEELING TO STAY NEAR 25KTS THROUGH AN ENTIRE MANEUVER.**

### STEP 2

With a little front hand bar pressure, keep the kite pointing in the direction you're moving. You're going faster than the wind so you can keep the kite powered even if it's directly overhead pointing downwind. Flatten the board out, then pull your back foot and shove it in the new front footstrap. The kite supports most of your weight so you can get this footwork done as the board glides along underneath you. If the board tries to jump out of the water, sheet out to put more weight on it. If you touch down you need to pull in and keep more weight on the kite.

### STEP 3

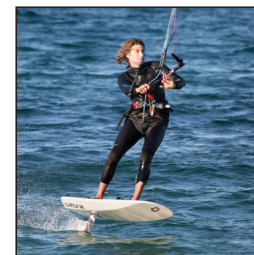
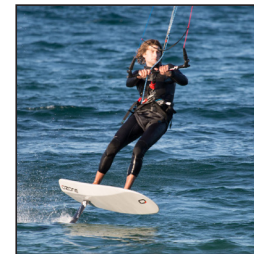
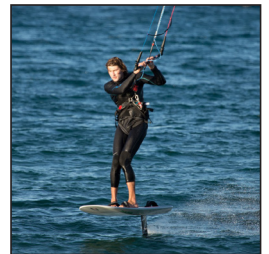
Plant your new back foot in front of the back footstrap and carve through the turn. If the lines go slack, turn harder.

### STEP 4, 5

Now you're really ready to loop the kite and take off downwind. On a good gybe I'll step into the back strap as the kite loops. If it's gnarly out I often wait until after for survival reasons.

### STEP 1

Heading into a tack make sure there's nobody over your shoulder. Start by drifting the kite up in the window. Timing depends on kite size and power - bigger kites need more time to climb, and if you're lit on any kite size you need to give it a ton of time to get to the top of the window. Remember, the kite is seeing close to 40 kts of apparent wind in 20kts of breeze!



All foils are different. Some are really stable in roll, and others fall sideways if you don't pay attention. There are pros and cons to tacking both. On my Sword I have to point my toes going into a tack to start to roll the board over to the new tack or I come out with the board heeled downwind and fall over it onto my face. My Spotz has quicker roll response which means I don't have to point my toes to convince it to roll to the new side, but have to pay more attention during the maneuver or it'll fall sideways.