



# BOOMERANG!

by Guy Cribb

THE EASIEST OF CRIBBY'S CUNNING STUNTS FROM THE INTUITION STYLEMASTER SERIES.

Here's a trick that really anyone can do. It's so easy, I'm amazed it was never thought of years ago. It's called the Boomerang because you throw the rig away from you and seconds later it comes back. In light winds the Boomerang can be attempted by anyone who has even the most basic windsurfing skills and in strong winds by anyone comfortably blasting in harness and straps.

To describe it in its simplest form, you throw the rig forwards and just as you let go, you push so hard with your back hand the wind fills the sail from the opposite side and blows it back up to you.

If you've been following my INTuition Stylemaster series, like most of my INTuition coaching I recommend practising windsurfing tricks in light winds first, on any board that floats with about a 6.0m no-cam sail, where everything happens in slow motion so it's easier to master. Once you've sussed it on a light summer's evening (and topped up the tan and got your sea legs back), you'll find it comes INTuitively in stronger winds.

So, once again this month's INTuition Stylemaster series is split into a non-planing and planing sequence of this very satisfying trick with the fastest learning curve of all my cunning stunts.

## PREPERATION

Whatever the wind or however fast you're going, you prepare for the Boomerang in the same way:

**Stand upright** - because you are about to let go of the rig, you can't be using it to balance.

**Stand over the middle of the board** - because you're about to loose all down-force on the mast foot, you'll need to stand either side of the mast foot instead.

**Move your back hand back** - so that you can throw the rig further forwards.

**Start with the rig close to you** - by bending your arms, so you have more oomph to push it away.

**Sail on a reach or slightly upwind** - to help 'backwind the sail'.

Try this move at any speed with a no-cam sail.





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## BOOMERANG - NON-PLANING

Once you've stood forwards to the mast foot (see preparation on previous page), firstly swing the rig back so it's 'cocked' and ready to be thrown forwards with your arms bent.

# STYLE



2



3

Slice the rig forwards – the mast heading just downwind of the nose of your board and pulling on your back hand to power up the sail. Look at the battens in this photograph - they clearly show the wind is filling it from the normal side.

Just as you let go of the boom push hard with your back hand to 'back' the sail (fill it with wind from the opposite side). During the next three pics, see how the back end of the boom has been pushed away from me, sheeting right out. It is this action that is vital to the Boomerang.

The wind has filled the sail from the new side (check out the battens) but its momentum from being thrown forwards is letting it hover in front of me.

# BOOMERANG



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MASTERS



The wind is blowing the sail back up to me now and I've got my balance from good preparation earlier (note how far forwards my front foot is.)



Catch the rig (this isn't the smoothest catch in the world because the board is actually travelling quite fast on the wave, usually it's a cinch to catch it smoothly.)

### COMMON MISTAKES

In light winds one 'mistake' is not throwing the rig far enough forwards, but this is more a stage of the learning curve rather than a mistake. So rake it further back before throwing it forwards.

Also bear in mind the faster the rig is moving forwards, the more the apparent wind will be blowing it back up. So throw it aggressively.

Not going fast enough makes it harder, so give the sail a few pumps to maximise your forward speed in light winds just before doing the Boomerang.

**Note-**

You do not need to be sailing in waves for a Boomerang – I just happened to be in waves during this photo shoot, and used the wave to keep the board surfing forwards.



And Bob's your uncle.

## BOOMERANG - PLANING



At full speed, ideally in flat water, come out of the footstraps and step your front foot in front of the mast track. Pull yourself inboard and stand upright by bending your arms. Rake the rig back for a split second to 'cock' it before chucking it forwards. If you simply let go of the rig it would fall to leeward, so you must actually throw it forwards in a slicing motion towards the nose of your board, keeping it powered up by having your back hand a long way back. Flick the back end of the boom away from you just as you let go with your back hand.

(See preparation and 'Boomerang - Non-planing' for more info.)



With the wind filling the sail from the opposite side it should start to rise back towards you. Carving the board into the wind at this stage will turn the rig to face the wind more, helping it to rise even quicker. Note the pressure on my heels in this photo, tipping the board to windward to carve into the wind.

My limp wrists are merely a result of flicking the boom away, honest.



Swing it back to absorb the oomph and slowly bring the power back on.



And Bob's your uncle.

## GETTING IT UP

Getting the rig to pop back up towards you is the key point for the Boomerang and results from two actions, the first being the most important.

1. Flicking the boom away from you with your back hand just as you let go so that the wind fills the sail from the opposite side.
2. Carving the board into the wind.





You can hold this pose for a second or two with the rig gently rising, but concentrate on straightening your wrists in case anyone is taking a photo.



Instinctively grab the boom.

## COMMON MISTAKES

### Falling off backwards-

Because you're naturally balancing off the boom, as you let go of it you could just fall off backwards. So use the rig's power to pull you upright as you're throwing the rig forwards.

You might fall off backwards when trying to carve the board into the wind, so don't lean out to get heel pressure, just push down.

### Backing the sail but not getting it to pop back up-

Make sure the rig is moving forwards as fast as possible, that way when it backs, they'll be enough wind to push it back up. Also see 'Getting It Up.'

## TIMING

The Boomerang is a good trick to do just as you cruise into the beach at the end of your reach.

## BOOMERANG COMBINATIONS

You can do the Boomerang as you go into a tack (as you're heading into the wind anyway), or into a gybe (the apparent wind in marginal conditions helps pop it back up) or as you enter or exit many other basic freestyle tricks.

## SUMMARY

Take a leaf out of Andy Funnell's way of life and try the Boomerang NOW! It's the easiest freestyle trick of all so get INto it! INit!

## GUY CRIBB INTUITION

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Q. Which is the only windsurfing holiday company that can guarantee wind and has a 97% wind and surf record from their last eleven weeks of holidays?

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