

MOTOR DRIVE



MOVE → **INVERTED FRONT ROLL WITH TAIL GRAB** **MOTOR DRIVE #03**
RIDER → BAS KOOLE PHOTOS → YDWER.COM

Before trying to sex things up with this inverted front roll with a tail grab, it's really important that you have got really comfortable with the straight boost and have it fully under control. You should have got to a stage where you're not thinking too much through the jump anymore. If that's not the case, the inverted front roll is going to be pretty hard.

There are two things to practice that will help you learn this trick as safely as possible. The first is a jump with a tail grab. Do this by removing your back hand from the bar just after you've taken off and once the kite has gone just beyond 12 o'clock. Pull your board up and grab the tail. From that moment you will be learning to steer the kite with one hand; your front hand. A very good point

about this is that it should mean that your kite will slowly be dropping back into the power zone ready for a landing.

Next: practice your front rolls. To ensure you can get a good rotation and take-off when you go for the boosted front roll, practice them by just popping off the water, without sending your kite. Ride across the wind with good speed, bring your kite from a 45 degree angle up to 70 degrees. Start edging hard into the wind and, as you pop off the water, look aggressively over your front shoulder – this will throw you into the front roll position. Keep on rolling and complete the rotation. Bear in mind that you have to land with the nose of your board pointing downwind. As you land, bring your kite back to 45 degrees and start edging slowly upwind again. If you have the front roll under control you can add the tail grab

to complete the whole movement and be totally ready for the full-on high and inverted version:

- Before approaching your take-off make sure that you have enough space downwind.
- Come into the trick with a lot of speed as this will transform into height. The faster you go, the higher you go, but only if you've nailed a good take-off. Get steady at that speed and keep riding for a few metres with your kite at 45.
- As you approach your take-off, send your kite powerfully up to 12 o'clock and edge hard upwind to get a powerful take-off. This will help you to get inverted for the front roll.

- As you take off turn your body 45 degrees to get ready for the inversion. Let go of your back hand to get ready for the tail grab.
- Invert your body by looking backwards, as you would for a back flip. At the same time reach down and grab the tail of your board. Once you've grabbed the tail you can use the leverage you have to pull yourself into the inverted rotation, but keep in mind that you also have to control the kite with your front hand.
- As you hang inverted with your kite at 12 o'clock, keep looking over your back shoulder to keep the rotation going. Pull your back leg in and stretch your front leg out for extra style and to help you not over-rotate later on.

- Keep holding the tail grab until you spin naturally out of the inversion. The grab should be helping you maintain stability.
- As you come round, start spotting your landing. From now on, the landing will be the same as for a regular boost. Put your back hand back on the bar and bring the kite forward, back into the power, to create good forward landing momentum.
- Point the nose of your board downwind to get ready for the landing.
- Absorb the impact by bending your knees when you land, get the kite back to 45 degrees and edge upwind again.

COMMON MISTAKES:
If you're landing with far too much forward speed and wiping out then you're probably bringing the kite forward too early and too quickly. This is normal when you first start steering the kite in the air with one hand. Get used to feathering the kite with one hand.

If you're having trouble getting inverted, think about doing a back flip and really throw your head into it. Man-up and go for it!

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