

The MAGIC MOVE In Windsurfing - The Lead Shoulder Moves Backwards 18-24 Inches And The Shoulders Rotate 45 Degrees.

(The following is an attempt to describe what the body should do in going from the basic position to the sailing position hereby known as the MAGIC MOVE. The basic position is also referred to as the “secure” or “neutral” position with two hands on the mast.

First Four Steps To Getting Going On A Windsurfer Using The WIPA And ABK Minimal Movement Method:

Step #1 You uphaul the sail into the basic position with two hands on the mast with the wind at ones back.

It is best to have front foot touching the UJ and back foot considerably back and bisecting the boards centerline, so it does not have to be stepped back later. This stance is slightly wider than shoulder width. One should be able to rock the board with the ankles from rail to rail considerably with both hands on the uphaul and sail partially up. Rocking the board shows if the feet are in the right spots over the centerline.

Step #2 You get the board aligned to either 3 o'clock or 9 o'clock in the basic position with two hands on the mast using mast steering. Then place the backhand's index and middle fingers (two fingers) in the “armpit of the boom” (next to boom clamp).

Step #3 Whist sliding the two fingers along the boom to the balance point where the harness lines should be located, the mast comes to windward with the boom clamp replacing the spot where the front shoulder was in the basic position. At the same time, the front shoulder moves aft 18-24 inches and the shoulder blades rotate 45 degrees forward toward the nose. This is **THE MAGIC MOVE!** You should be able to balance the sail triangle and have the mast vertical on the fore/aft aspect. The hips also move to the back and most times the back leg is bent with front leg straight and toes towards the nose. The lead shoulder moves a full 18-24 inches backwards from where it was in the basic position and the shoulder blades rotate forwards 45 degrees from the leeward side. The body is over the centerline of the board, the balance point of the rig is over the centerline with the mast almost plumb in the fore/aft aspect, and the front arm is straight. One can release the rig with both hands simultaneously, clap the hands 3 times and then regrab the rig in the original hand positions, that is, front hand on the mast and two fingers on the balance point.

Why two fingers? We want a beginner to sail with a weakened backhand with only two fingers at the balance point (correct harness line placement) on the boom. We want the front hand on the mast to be the strong arm with leverage over the balance point of the boom.

You balance the triangle using the **MAGIC MOVE OF WINDSURFING** first – the lead shoulder moves backwards 18-24 inches and the shoulder blades turn 45 degrees – the boom clamp comes across the board to the spot where the front shoulder **was** in the basic position on the windward side. With the boom clamp over the windward side, the balance point of the rig is right over the centerline of the board or almost. The clew is ever so slightly higher than the boom clamp. Failure to move the lead shoulder back 18-24 inches, results in the mast not being plumb but rather tilted forward. And in any kind of wind, it is easy to get overpowered if one fails to do **MAGIC MOVE**.

Step #4 After the sail triangle is balanced with a plumb mast, sheet in with independent arms and get going towards either 3 or 9 o'clock across the wind. A “plumb mast” means that it is vertical fore and aft. Use a level like a carpenter to illustrate plumb on a land simulator. In light wind/water conditions, it is possible to release a plumb balanced sail triangle, clap the hands 3-4 times, and then regrasp the rig with front hand on the mast and two fingers at the harness lines or balance point. Remember, the lead shoulder moves back 18-24” and the shoulder blades twist 45 degrees for the Number 7 posture and get underway sailing position.

Common Problems If MAGIC MOVE Is Not Used Properly:

Problem #1: If one does not move the upper body and hips backward, the boom clamp comes up, the elbows bend, and one falls over backwards into the water with bent elbows and boom clamp glued to the sternum. The upper body and some hips did not move out of the way towards the back of the board (**MAGIC MOVE**). **Solution:** Learn and do the right thing: The **MAGIC MOVE OF WINDSURFING**.

Problem #2: One uphauls with feet out of position. Then one must add stepping back first to get out of the way of balancing the triangle (rig). **Solution:** Start with a wide uphaul stance with front foot against the UJ and back foot more than shoulder width back. Again, a beginner needs to use minimum hand and foot placements in varying winds.

Problem #3: One puts front hand on the boom first, then back hand (the ‘ol crossover method). Rather, put back hand on the boom first. In beach and waterstarting, one puts the back hand on the boom first after clearing the sail. Furthermore, we do not want a wide gorilla-like, Harley Motorcycle grips on the boom. **Solution:** So, we first teach beginners to sail a windsurfer with front hand on the mast and backhand on the balance point for minimal movements as well as a strong front hand. Once experienced and one masters the front hand on the mast, after getting underway, we place the mast hand up on the boom to join the sail or back hand. Then the front hand goes from the boom down to the mast for the return to the basic position, board 180, or the tack.

Problem #4: The shoulders and hips only move out of the way towards the back only 8 inches or 1/3 of the **MAGIC MOVE**. Then one must bend the front arm elbow down towards the board so the mast can stay somewhat plumb. The war between the boom clamp closeness to the sternum is on. The further the sternum from the balance point on the boom...the better.

Solution: Try to sail with a straight front arm so the rig is way from you. Yes, you will have to do the complete MAGIC MOVE to accomplish the above.

Problem #5: Too many foot movements. When done correctly, the front foot only twists 90 degrees so the “toes are towards the nose.” **Solution:** Done with a wide stance allows the back foot to not have to step backwards. This eliminates having to step back.

Problem #6: It is light wind and there is some chop or rollers. One needs to not balance the rig plumb but rather keep the mast slightly out of plumb and forward so one has rig weight to counterbalance against. The key to super light wind sailing is to keep the rig weight to leeward so the sailor stands over the centerline and has some small rig weight to balance against.

Problem #7: In pesky wind, say 11-15 mph, because of rollers and chop, the board is naturally rocky, so one needs to get momentum with the board moving forward immediately. **Solution:** One must do the MAGIC MOVE faster and drop the top of the head down a bit until going across the water. The MAGIC MOVE is a must here.

Problem #8: Once sailing, you get overpowered to the leeward side. **Solution:** Try the tennis save by releasing the sail hand and holding onto the mast with the front hand or slide the mast hand into the armpit of the boom. When overpowered and you are losing the battle to windward, use the **tennis save** a lot or a little to save the day by staying on the board and resetting to normal sailing.

Problem #9: Rig is always too close to the body with bent elbows. **Solution:** In general, we want the rig far away from us, hence only doing half of the MAGIC MOVE will keep the mast close to us with bent elbows. Do the right thing. Do a full range of motion MAGIC MOVE so you can sail with a straightened front arm/elbow and the rig is arm’s length away. Likewise, for the sail arm....it can be quite straight.

Problem #10: The shoulders do not rotate 45 degrees and stays parallel to the leeward rail of the board. There is no Number 7 posture and one is weak in counter-balancing the powered up sail. **Solution:** Turn the shoulder blades 45 degrees to the centerline of the board and move back 18-24 inches. This sets up the stronger Number 7 posture and allows one to counter-balance the powered sail properly as well as luff the sail with independent arms action.

Why is windsurfing hard? Many just do not know the MAGIC MOVE! Or only have 10% of a full range of motion MAGIC MOVE. As a result, (1) they get overpowered, (2) lose to rig and clew weight, (3) suffer from the center of effort of the rig and the center of mass of the body both trying to stay over the same spot on the centerline, and/or (4) they sail with the mast inclined way too far forward. Teach the MAGIC MOVE both ways from a great No. 7 sailing position to the basic position and vice versa. Success on a windsurfer is in direct proportion to how well someone can do the MAGIC MOVE from the basic position. Also teach the Tennis Save and Hanging Save early on so the windsurfer can “reset” and make saves thereby not dismounting the board so often.

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