

5 X's

by Ned Crossley

Teaching the Basic 5 X's is something that all windsurfers should be able to do. A basic X is where one crosses the arms or legs in some X fashion. It is best to simulate these X's on land with ghost or sail on a finless board first. Some students relate to the "X" as a cue. Where do these common arm and leg X's exist in windsurfing technique?

Arms:

1. Light Wind Basic Sail Duck 180 to Clew First- Mast hand crosses over sail hand to duck the sail. Arms form a X momentarily. Then walk the hands around the clew of the sail and sail away clew first. Carving Duck Jibe begins with the same X except one does not walk the hands around the other side.
2. Basic Tack - Back hand goes from the boom to the boom armpit on the other side. Back hand goes "boom to boom." as one makes the exchange of sides. Arms form a X momentarily with mast hand on mast and new front hand on boom close to the boom clamp.
3. Sail Flip for Jibe- Mast hand slides to the "arm pit of the boom clamp whilst clew hand levels the boom, then the sail hand releases and reaches under the mast arm and using an undergrip and grasps the other side of the boom. The arms form a X momentarily with both hands still on the rig.
4. Waterstarting X - whilst clearing the sail for a waterstart, the back arm holds end of the board and front hand grasps

the mast to pull the sail across like slipping the table cloth out from under the plates in the magic trick.

Legs:

1. Tacking- back foot heel crosses behind front foot (X) which is wrapped around the UJ. One crosses the feet and lower legs into a X as one exchanges sides on the tack.
2. Foot twist on jibe. Front foot heel leads into a foot "X" as one switches the feet for the basic pivot or carving jibe. Also applies, if front foot goes behind old back foot.
3. Crossing the feet as one pivots the board 180 degrees downwind from normal waterstarting to clew first waterstarting position. Front leg crosses over back leg to help the board pivot whilst flying the cleared sail.