

SaltyWay

SURF-CLIMB-PORTUGAL

SURF TIPS

Welcome!

Since the beginning, we at SaltyWay (www.saltywaytravel.com) have strived to teach more than just how to stand up on a surfboard. Recently, we decided to convert our knowledge into a short guideline for you and since we didn't want to leave anything out, it ended up being quite a bit longer than we intended! We hope you will find lots of useful tips and keep referring back to the text as you progress on your surfing journey. Take a peek through the guide and ask us anything if questions come up.

To surf means spending a lot of time in the waves and the water. When you first start, you learn quickly and have lots of fun, but as everyone soon finds out, there's more to surfing than just catching waves. Currents, varying conditions, and the whole rainbow of different wave shapes paired with other surfers and the wide variety of surfboard types available provided a rich depth to the art of surfing.

All of us have surfed amazing waves at a spot one day only to come back the next day to find awful conditions. Julika remembers a day wherein no time a current pushed her in front of rocks and a cliff. Situations like these can be avoided if you know more about the ocean you play in. Sérgio first learned how to surf on a small, tiny surfboard and had trouble standing up on such a wobbly thing. Nowadays there are more shapes and sizes of surfboards that will help you have fun in the water no matter what your skill level.

The big questions we always get are HOW, WHICH, and WHY.

In this guide, we try to give you the tools to answer these questions yourself.

We have tried to include all of SaltyWay's theories and tricks to help you have the best time in the water. This guide includes sections on waves, rules, surfboard types, and more. We will help you choose the right board, surf spot, and time to get into the water. To choose the right board for you and your ability, we give you the pros and cons of the different shapes, sizes, and materials. We will help you avoid trouble with fellow surfers by explaining the ethics and rules of the sport. If you plan to explore surf spots alone, we have included a guide to the different types of waves to consider along with how to find the right time for currents, winds, and more.

We wanted to give you all the tools you'll need to be a happy surfer joining an epic community in the water. The better you understand the nature and elements of the water, the more fun you will have! Surfing is unique and we hope you will use the information provided to create amazing moments for yourself in the water.

CONTENT

04

Safety

security aspects
of surfing

43

How do waves develop?

how to know how the waves
will be at your beach

54

How to read waves?

how a wave breaks: rights, lefts,
A-frames & closeouts

76

Take Off

how to pop up
on a surfboard

100

Surf a green wave

angle take off / trimming /
bottom turn / cutbacks /
top turn

10

Surfboards

board types / fins / tails /
rocker / volume / materials /
wax + deck's / leash

47

How does a wave break?

understanding waves
makes you a better surfer

60

Surfer Etiquette

rules a beginner
needs to know

81

Surf Stance

unlock your
surfing potential

125

How to improve your surfing?

(while not surfing!)

41

How does a storm develop?

storm = waves

51

Tides

the influence of tides
on waves

70

Paddling

without paddling
you can't catch waves!

86

How to pass waves?

duck dive / "push through" /
turtle roll

“

The best surfer
out there
is the one having
the most fun!

04

Safety

security aspects
of surfing

SAFETY

. IS THIS SURF SPOT FOR ME?



Is this the right surf spot for me?

Picking the right surf spot is one of, if not the most significant, security aspect of surfing. With hazards like rip currents, sharp rocks, and angry locals to consider, talking with other surfers, surf instructors, or friends about the break is always an excellent idea before you get in the water.

SaltyWay Pro tip: If in doubt, don't go out!

There are many types of surf spots. Beginners should seek for sandy bottoms, smother rock or reef bottoms. Leave the sharp coral reef bottoms with the heavy slaps for the better experienced surfers.

Take into consideration the conditions of the wind, waves, and tides. The suitability of a surf spot for beginners depends on the day's conditions. If the waves look HUGE and rough, maybe it's just not the right day to surf at that spot for you. Ask around! There could be a more sheltered beach nearby with smaller waves are rolling in.

. ENTER THE WATER HOLDING THE SURFBOARD BY ITS NOSE OR TAIL, BESIDE YOU



Entering the water: hold your surfboard from the nose or tail, beside you

Entering the ocean with the surfboard in front of you and parallel to the waves will cause the force of the incoming waves to push that board on top of you, possibly hitting and injuring you. **The best way to avoid getting hit by your own surfboard is to always keep your surfboard beside or behind you.** So if you lose control of your board, it flies to the beach instead of crashing into you. To avoid getting hit by other surfer's boards, don't walk or paddle directly behind other surfers. It's always possible that they could lose control of their board too!

.WIPEOUTS: GET AWAY FROM YOUR SURFBOARD



Wipeouts: jump far from your board, feet first

During a wipeout which is when you fall off your board while riding a wave, the best way to avoid any contact with your board is to **jump feet first** as far away from it as you can or push it to a side away from you. Try to avoid falling headfirst into the water. You never know how shallow the water is, and diving in headfirst could be dangerous.

.ALWAYS PROTECT YOUR HEAD

SaltyWay Pro Tip: Never let your guard down! The one time you don't rise your arm to protect your head, because you think it is safe, might be the time you get hit. Trust us, we all learned the hard way.



Always protect your head

It takes time to learn how to wipeout! It's common for beginners with limited knowledge about surfing and waves to feel helpless when they wipeout and get tossed around in the whitewater (aka "the washing machine").

Want to know a secret? Even experienced surfers sometimes feel this way! It's a part of surfing! Even with wipeout experience, you will still find yourself in situations beyond your control, as the unpredictable ocean will always have a role in determining how your wipeout will go. One thing you can almost always still do is protect the essential: your head. Shield your head by placing your hands above your head with your forearms in front of your face to avoid it getting hit by your surfboard or the ocean floor.

Pop your hands out of the water before your head! During a good wipeout we know all you can think about is taking that first breath of air but to avoid banging your head on your surfboard in the process, it's good practice to have your hands pop out first to clear the path for your head.

. TRY TO AVOID THE IMPACT ZONE



Avoid impact zone

This is tricky if you have little wave reading experience. The impact zone occurs during a wave's most powerful stage. It's the area just in front of the wave where the lip of the wave comes down to hit the flat water in front of it. If you get caught in the impact zone of a bigger wave, it can mean getting brutally dragged down to the bottom and maybe injuring yourself. If you stick to surf spots with conditions suitable for your skill level (Tip #1) you should be able to prevent this from happening to you.

Once you have experience predicting where and when waves will break, you should be able to avoid impacts zones by paddling towards the white water or the shoulder of a wave.

. KEEP A DISTANCE FROM OTHER SURFERS, ESPECIALLY FROM OTHER BEGINNERS



Keep distance with other surfers

Find your own spot. When you're waiting for waves pick a spot that's at least a few meters away from other surfers and not behind any other surfers either.

Keep your head up and eyes on the ocean, not your back! Facing the ocean allows you to see what the other surfers are up to and what kind of waves are coming your way. Turning your back to the ocean does not. Keeping your distance and paying attention will help you avoid colliding with other surfers. Hopefully, they will do the same, but it's best not to make assumptions.

.DON'T PANIC



The easiest way to lose
breath is to panic

If you are surfing proper beginner waves, you should never be stuck underwater for more than 3-4 seconds. So even though we know it feels like a reallllyyyyyyyy long time–Don't Panic. Panicking is one of the most efficient ways to lose your air. You will come up at one point.

SaltyWay Pro Tip: Sprint 100m and check how long you can hold your breath. You will be surprised how many seconds tick by.

.LEARN THE EMERGENCY SIGNAL



Emergencies: raise one hand
and call your surf instructor

In case of an emergency, you need to be able to communicate the situation with your surf instructor or friend quickly and easily. Before heading out into the water, have an agreed-upon emergency signal between you and your companion/coach that will be clearly understood if you need to use it.

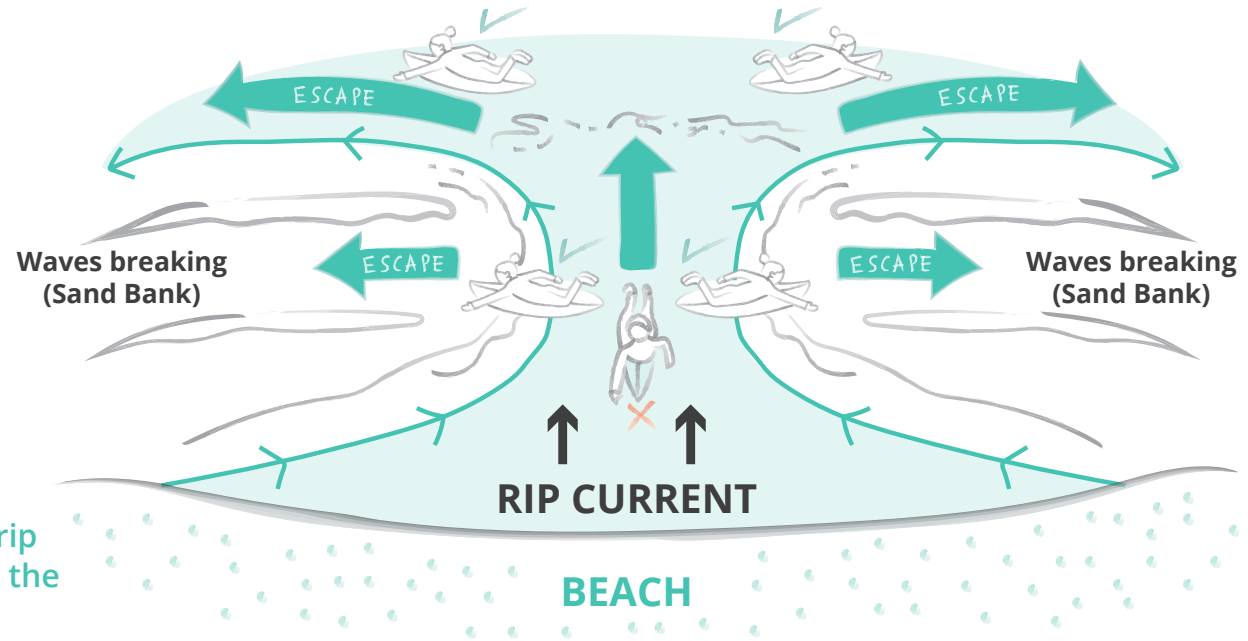
An efficient signal to use is waving one arm, crossing him above your head, while calling your surf instructor attention.

Important: Don't forget your travel insurance. Unexpected situations arise, it's best to be prepared for them. At SaltyWay you book an insurance for surf accidents with your stay.

. DON'T PADDLE AGAINST A RIP CURRENT

Rip currents:

- Don't panic
- Never paddle against a rip current
- Option 1: Paddle parallel to the beach, out of the rip
- Option 2: Float out of the rip and paddle around, back in the white water



A rip current is a powerful water current that runs perpendicular to the shore and out from the beach to the ocean. Its width is rarely over 10 meters, but its length can reach up to a few hundred meters long. Because of their small width, it's possible to paddle out of a rip current pretty quick, but you should **never paddle against one**. While your first instinct may be to paddle back to shore if you find yourself caught in a rip current, the water is moving quick and powerfully away from the shore. Even experienced surfers are not strong enough to fight against rip currents head-on. Panicking and trying to fight the current head-on will lead to a loss of all energy and causes most drownings. So don't panic, remember your surfboard is a floatation device, and chose one of the following options to get yourself out:

Option 1: Don't paddle towards the beach, paddle parallel to it! Like we said before, rip currents are narrow so the fastest way to get out of one is to paddle sideways, parallel to the shore. This can be made even easier if you paddle diagonally with a slight angle out to the horizon, not the shore. Use the rip current to your advantage instead of being against it. Once you are out of the rip current, you can use the waves and the white water to get you back to shore with minimal effort.

Option 2: Don't fight it, float with it. If it's too hard to paddle parallel to the shore, let the rip current carry you out and past it. You can paddle slightly diagonal conserving your energy by using the force of the rip current to move you forward and towards the ocean. Once you are out of it, paddle parallel to the beach using the waves and the white water to bring you back to shore easily and conserving your energy.

If you don't think you can't make it back to shore, use an emergency signal to call for help. Wave both arms over your head.

10

Surfboards

board types / fins / tails /
rocker / volume / materials /
wax + deck's / leash

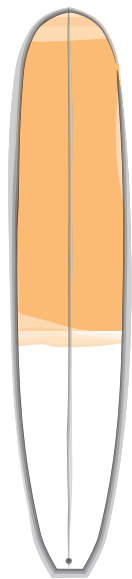
SURFBOARDS

.Surfboard types

How to pick a surfboard that's right for me?

As you leave your beginner surfer status behind, you will start to notice how much of a difference the qualities of different surfboards have on your performance and on the fun, you have riding the waves. The 4 most common surfboard types to choose from are longboards, funboards, fishes, and short boards. Each design has its strengths and weakness, so there are no such things as a perfect board. It's all about compromise. Adding volume to a board will gain you glide and stability at the cost of maneuverability. Adding more curve or banana shape to your board from the nose (tip) to the tail (back) is adding rocker. Rocker gives you more control and performance, but at the expense of speed. In choosing a board, you need to figure out the design compromise that works for you. Base your decision on what your objectives are for the board, your usual surf conditions, and your surfing level. After teaching beginners and intermediate surfers for years here at SaltyWay, we know how hard it can be for novice surfers to evaluate their surfing skills and make this decision, but we hope this guide will help you.

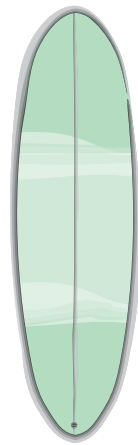
SaltyWay pro Tip: Don't down-size your surf board to quickly. Bigger, longer boards will always help you to catch more waves. So, you will learn quicker and most importantly have lots of fun surfing instead of paddling around.



LONGBOARD



FOAMY



FUNBOARD



FISH



SHORTBOARD



HYBRID



GUN

The LONGBOARD

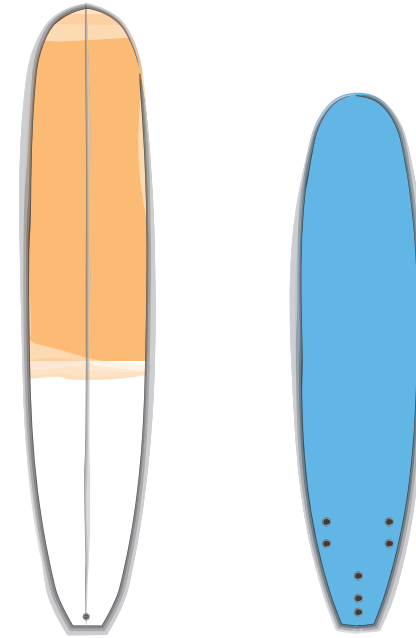
The longboard is ideal if you are looking to surf in many conditions. Their long 8-12 foot length gives them great floatation and glide, making surfing even on the tiniest wave days much more entertaining.

Surf Level:

Beginner – Advanced

Ideal Conditions:

Very small waves (1-2 feet).
Bigger conditions may require more expertise.



LONGBOARD

FOAMY



Pros:

The longboard's strengths come from its big size and its medium to low rocker. Big size gives plenty of planning surface and floatation while a lower rocker helps you glide on the surface of the water. Even in average to poor surf conditions, the board will give a clean and smooth ride. Longboards are great for learning basic techniques because their design provides lots of stability. With a longboard, you can paddle fast, which makes it easier for you to catch more waves.

Surf novices should use soft top longboards — called Soft Tops or Foamys. These provide more safety because of the top foam material, soft rails and more forgiving fins.



Cons:

The longboard's big size prevents you from duck diving when you are trying to pass the break. On big days this can make things a bit difficult when you are trying to get out into the ocean if you haven't learned the turtle roll technique to make it over the incoming waves. The big size of the board doesn't provide a lot of maneuverability, which means no drastic turns so you will need to draw longer and slower lines on the wave. Also, at the takeoff, the length and low rocker of longboards make it easier to nosedive.

The FUNBOARD

The funboard is about 6.5–8.5 feet long and has a wide, round shape. Half-way between the longboard and the fish, it's a fitting board for a beginner that has practiced enough on a soft deck but isn't ready to jump on a fish or a short board just yet.

Ideal Conditions:

Small to Medium waves for beginner-intermediate levels.



FUNBOARD



Pros:

The funboard takes the fast and easy paddling of a longboard and combines it with more maneuverability due to its shorter length. More control and quicker response in comparison with the longboard makes the funboard a superb choice if you are looking to start practicing your turns. It also works in more conditions than the longboard, as it works in poor to good conditions with tiny to head high waves.



Cons:

The funboard is a compromise. Not as fast as a longboard and not as maneuverable as a short board or fishes, the funboard is harder to paddle into waves and harder to keep your balance than on a longboard.

The FISH

The design of the fish is recognizable by its big wide nose that gets narrower towards its swallow tail. They usually have a twin-fin or quad-fin setup. More volume and less rocker than short boards, fishes are great in weak or mushy wave conditions.



Pros:

Despite being shorter than funboards, you still get plenty of floatation and speed from the fish's big wide nose and low rocker. The shorter length provides much more maneuverability for when you're ready to try out turns and basic maneuvers like cutbacks. For the swallow tail, tight pivots are also easier.

Ideal Conditions:

Small to medium surf. When you still want to have fun on weak, mushy waves.



FISH



Cons:

It is always a compromise. The smaller size of fishes compared to longboards and funboards makes catching waves harder. Drop-ins on steep waves are more difficult because of the low rocker of fishes. The wide shape limits maneuverability and makes it difficult for you to bring the surfboard from edge to edge. So it's not a performance surfboard.

The SHORTBOARD

The advanced surfers' board. Made for good to epic surf conditions, this surfboard is designed for maximum performance, but riding a short board before you have the proper skills can hinder your progression as an intermediate surfer. A common mistake of intermediate surfers around the world.

Ideal Conditions:

Medium to medium-big waves with clean and powerful conditions.



SHORTBOARD



Pros:

Very high maneuverability due to its narrow width, short length, and strong rocker making it the ideal board for advanced maneuvers like airs, snaps, cutbacks, etc... You can "hit" critical parts of the wave because of the strong rocker and that the shape of the board fits in the shape of a breaking wave. The quick pivots that are needed for advanced maneuvers are available to you with this board because of its lightweight and small size.



Cons:

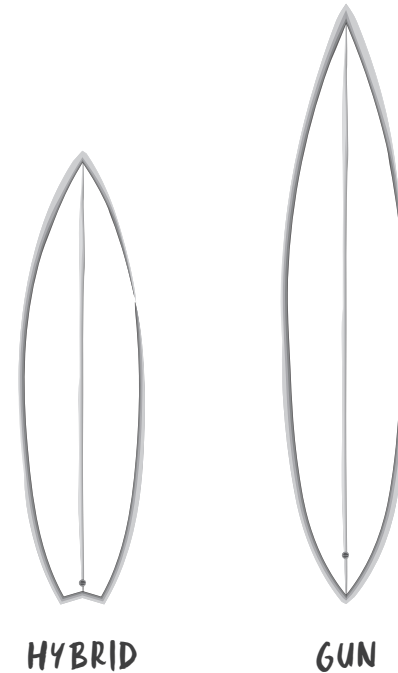
Paddling is much harder than the other surfboards mentioned as the strong rocker of short boards drags more water. To maintain speed, you will need to be near the power sources of the wave or constantly turning, surfing on the rails of your surfboard, which takes a lot of expertise. Short boards are more fragile and easy to ding because they are made light with thin glass for maximum performance.

HYBRIDS and other surfboards. And GUNS.

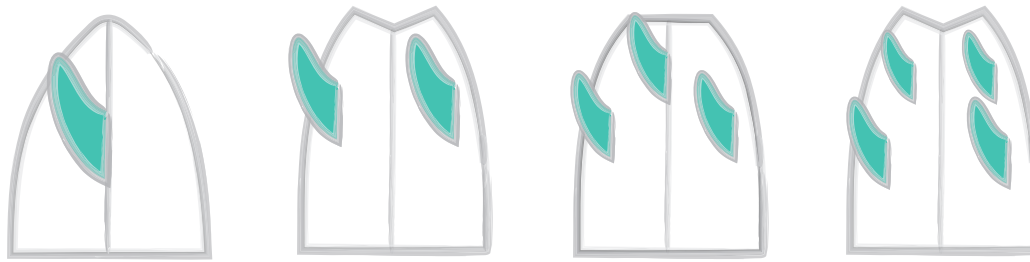
A lot of surfboards don't fall into any of the mentioned categories. For example, the hybrid combines the width and tail of a fish with similar design features to a short board. The beautiful aspect of surfboard design is that shapers can experiment with the various widths, lengths, rocker, fin set-up, the shape of the nose and tail to give a different ride on the waves.

Guns are large shortboards shaped for extreme surfing conditions. Big wave guns are quite easy to paddle and will enter fast, big wave quickly but, because they're big, they're not easy to turn. They usually feature a pintail, and the length varies from 7' to 12'.

Big wave surfing boards have a narrow nose and are often equipped with a thruster fin setup.



.Fins



Understand how different Fin setups can affect your Surfing.

Fins come in various sizes, materials, flexibility, and set-ups providing endless possibilities on how they can affect a surfboard's response and performance.

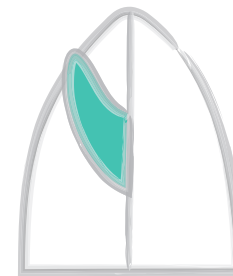
The importance of fins is that they provide stability, control, and direction. Fins help in speed maintenance by cutting through the water, which would be impossible without them.

The 4 most popular fin set-ups are single, twin, thruster, and quad fins however many variations of fin set-up exist. Like the different surfboard designs, they each have their strengths, weaknesses, and ideal conditions.

SINGLE FIN

This original fin set-up is most commonly found on longboards. While considered outdated to some, it brings its own unique feel to riding a wave. It's long and wide design provides control despite being only one single fin.

Ideal Conditions: Either small to small-medium waves or fat medium-big, weaker waves.



Pros:

Creates less drag than multiple fins, thereby providing good speed. Great for smooth slow turns while a longer length helps to stop you spinning out of a tube.



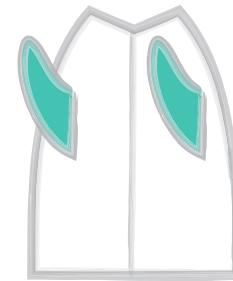
Cons:

If you aren't used to this fin set-up, your ride can feel a bit unstable. It is also hard to do sharp, quick turns.

TWIN FIN

Twin-fins provide extra maneuverability and speed compared to single-fins. Mark Richards discovered them in the late 1970s. He beat his single-finned competitors to win 4 consecutive world championships with his twin finned "fishes".

Ideal Conditions: Small to Small-Medium surf.



Pros:

High maneuverability and speed combined with added stability when compared to single fins.



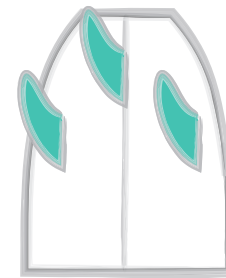
Cons:

It may feel loose on your turns and your tail could slide on bigger waves as it's harder to bottom turn.

THRUSTER FIN

The most popular fin set-up for beginners and experts alike. This 3 equal fin set-up was developed by Australian surfer Simon Anderson in 1980, when he was frustrated by the lack of hold twin-fins had on bigger waves. The third fin is placed behind the other two fins in the middle of the end of the tail, allowing for more stability and maneuverability. Performance surfing wouldn't be where it is today if it wasn't for the many radical maneuvers the thruster fin set-up delivers for.

Ideal Conditions: good to epic conditions are the most fun with this set-up, but it works for many types of conditions. Provides enough hold for steep and powerful waves and tubes.



Pros:

Provides high maneuverability and stability, making it a great choice for high-performance tricks.



Cons:

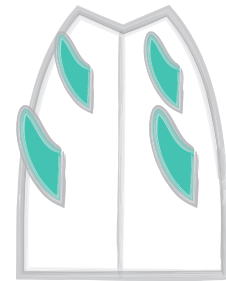
The back fin creates drag therefore slowing you down.

QUAD FIN

Having a bit of both the twin-fin and thruster set-up characteristics this four fin set-up is great in small surf conditions. In weak waves, placing the rear fins further up the surfboard and closer to the rails can help generate speed like a twin-fin. This helps to do quick turns, but with extra control.

For big hollow waves, the quad set-up can be modified for extra hold by placing the back-fins further back on the board. Advanced surfers use the lack of a center fin to gain extra speed with the quad fin set-up and the extra hold on higher lines from placing 2 fins near the rails.

Ideal Conditions: Many conditions but powerful, clean, and good surf is where this set-up works the best.



Pros:

Highly maneuverable and faster than the thruster set-up because of less drag from no center fin. This set-up holds well in powerful, steep surf and tubes.



Cons:

Can take some getting used to. The first few sessions might feel a bit loose.

Other Fin Characteristics

When choosing which fins you want to use, there is more to consider than just the “fin setup” (the number and placement of fins).

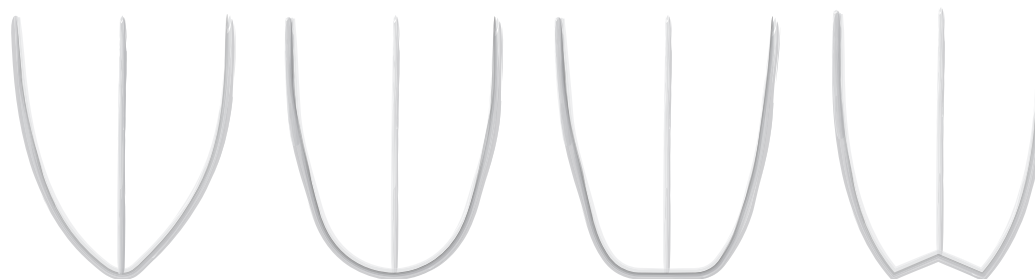
Fin Size: Effects the hold. The bigger the fin, the more hold it has. The smaller the fin, the more loose feeling you’ll get.

Fin Flexibility: The stiffer your fin is the quicker your surfboard's response will be but the less forgiving it will be too.

Fin Base: The length of the fin where it connects to the board affects the drive you will get from your surfboard. Longer fin bases will give you more drive, and you can create acceleration when turning by applying pressure against them. Smaller fin bases will give you less drive but more quick and short turn arcs.

Fin Rake or Sweep: How far the fin tilts to the back affects how fast you’ll be able to pivot. The shorter the rake, the faster the pivots. More rake is better on big playful shoulders as it provides for longer, more drawn out turns.

These are just a few of the basic fin characteristics to consider. When trying to create a particular response, control, and hold for your surfboard, considering tail shape is essential as the two design aspects work together.



How different tail shapes change your surfboard's manoeuvrability

The shape of the tail of your surfboard has an important role in affecting the response of your surfboard. Being at the end of the surfboard, it's the last place the water flows under and it's also where you place your fins. Wide bulky tails provide stability, floatation, and speed whereas smaller tails sink more therefore providing more bite, more control, in bigger waves to shift from rail to rail.

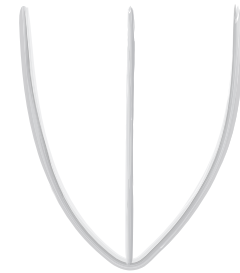
The angle of the tail is also important. More pronounced angles, such as the end corners on a "square tail", allow water to be released out the back easily giving you a looser feel. This is useful for maneuvers on the shoulder, as it allows for shifting direction quickly. Tails with rounded curves, such as pin-tails and round tails, provide extra hold and control by holding the flow of water under the surfboard longer, which is great for bigger waves and barrels.

While there are endless possibilities for tail designs, most of the variations can be grouped or blended from the following categories.

PIN TAIL

Pin-tails are most often found on surfboards designed for big waves such as guns or step-ups because they provide ultimate hold and control. Extra traction is gained from the narrow shape of this design as the tail sinks deeper into the water, kind of like a big fin would. This design is great if you are looking for hold and control on big waves and tubes over maneuverability and quick pivoting.

Ideal Conditions: Massive waves.



Pros:

Greatest traction and control due to water flow wrapping around the bottom contour in huge waves. Also helps maintain direction.



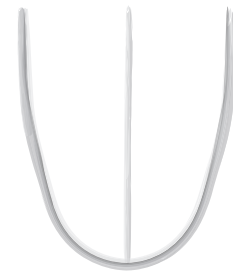
Cons:

Very limited maneuverability.

ROUND TAIL

A design falling in between a pin-tail for big waves and a performance tail like the squash tail. The extra volume of round tails offers more lift, making the surfboard faster and easier to turn when compared to pin-tails. The round continuous curve of the design allows water to wrap around the tail but isn't released out the back quickly, creating hold. With hold and lift, the round tail provides control in hollow surf, maintains speed even in weaker parts of the wave (the pocket), and is awesome for big drawn out carves.

Ideal Conditions: Get on those big waves with confidence! Not too much maneuverability lost.



Pros:

Lots of traction but looser than pintails, so it is easier to take turns in smaller surf.



Cons:

Still not loose enough for sharp turns or fast pivots.

SQUASH TAIL

The most common and most versatile tail shape. The square shape with round corners of this design provides quick release of the water off the tail while still providing hold like the round tail. This is the design that is optimal for quick, sharp turns making it the go-to for many professional surfers. The bigger or wider your squash tail the fast and looser your ride will be. The smaller the squash tail, the more it starts to act like a pin-tail. The smaller tail sinking more gives extra hold and control, but with more maneuverability than the pin-tail.

Ideal Conditions: From medium-big waves to weaker ones, this design can work well but works best when conditions are great.



Pros:

Very responsive and versatile. Good for turns and speed.



Cons:

Less traction than the pin and round tail designs.

SWALLOW TAIL

Usually found on small wave surfboards (fishes), this wide tail shape supports lots of planning speed. It also provides more hold than its fellow wide tail shape, the squash tail, as it works like two connected pin tails allowing for turns on steep waves. You will get plenty of speed without having to sacrifice traction with this fin shape.

Ideal Conditions: Best for smaller waves but also have enough hold for steep waves.



Pros:

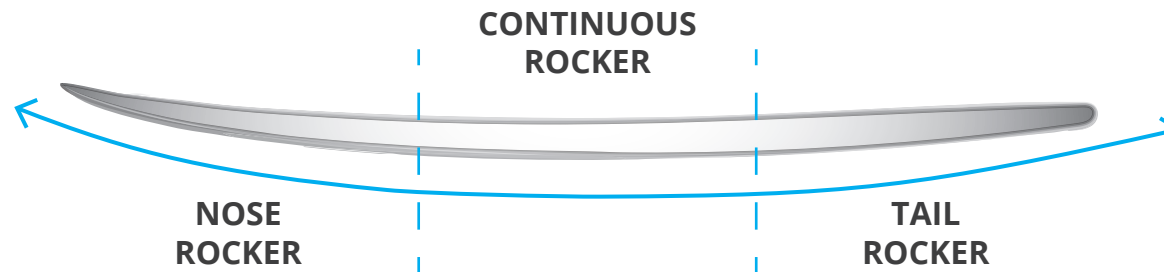
More speed than a pin-tail, but with plenty of traction. The shape and the extra control created can counterbalance some of the difficulty with the maneuverability of a big, wide fish.



Cons:

Not as much speed as a wide squash tail and its lack of looseness make transitioning from rail to rail harder.

SaltyWay Pro Tip: Experimenting with different fin shapes and set-ups is a great way to further your surfing progression. Understanding how your ride changes and in what ways with these different design aspects will help you find what you like and need for maximum flow, style, and ability.

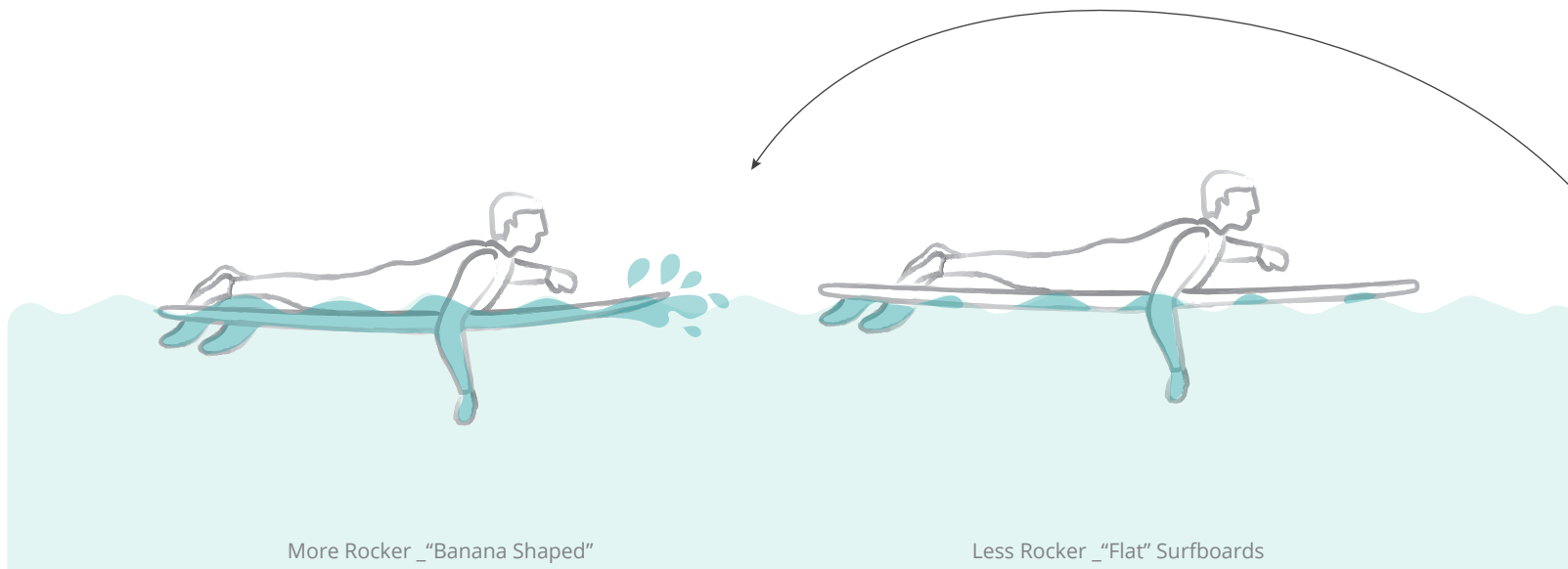


What is the surfboard's “rocker” and how does it affect my surfing?

Rocker is the curve (banana-shape) from the nose to the tail the bottom of a surfboard. If you view a surfboard from its profile, it's easy to determine if a rocker is strong or weak. Usually, advanced surfers prefer more rocker while flatter surfboards are more suited for beginners or intermediates. **The rocker has a huge impact on how a surfboard reacts on the water by affecting the speed of gliding and the ease of turning amongst other things.**

Why do surfboards have rockers?

The thinking behind the rocker design is that the curve allows the board to “fit” in the steeper parts of the wave face. The curve of the rocker allows surfers to drop into waves without going nose-first into the water. Advanced surfers utilize rocker to execute maneuvers in parts on the wave with strong curves, like near the pocket.



More Rocker — “Banana Shaped”



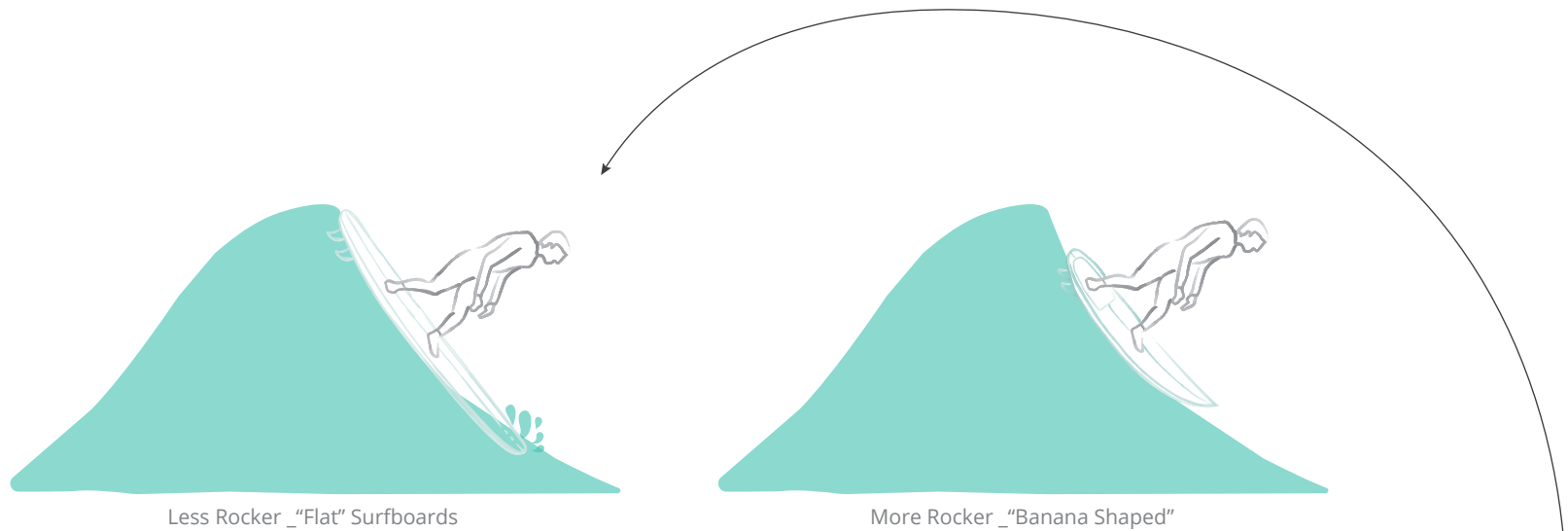
Pros:

The more rocker a board has, the more maneuverability it has with quicker responses and lighter turns. Advanced surfers need more rocker when surfing powerful and steep waves so they can surf the curl of the wave. A rocker board also makes taking-off late in hollow waves viable.



Cons:

More rocker means less speed as more drag is created underwater by the curvature of the board. Paddling is slower and you'll catch waves later when they are steeper as there is minimal surface area gliding on the water. More rocker will also slow you down if you are surfing straight, but with experience, you'll be able to pick up speed by riding rail to rail (edge to edge). Learning how to surf in the pocket, where a wave has more power and steepness, is also a solution to the speed limiting aspects of more rocker but experience and proper technique are usually required.



Less Rocker — "Flat" Surfboards



Pros:

Plenty of planing surface and floatation, because of the big size of these surfboards. A low to medium rocker helps glide the surfer on the surface of the water. As mentioned before, longboards typically have less rocker, and even in average to poor surf conditions, they deliver smooth and clean rides. They support catching more waves by providing speedy paddling and their length, width, and thickness give you heaps of stability when learning basic techniques.



Cons:

A lot of maneuverability and performance is lost as it's much harder to turn a surfboard with a very low rocker. It's also easier to nose dive when taking off and limits the ability to hit the lip without being ejected by the power and shape of a wave.

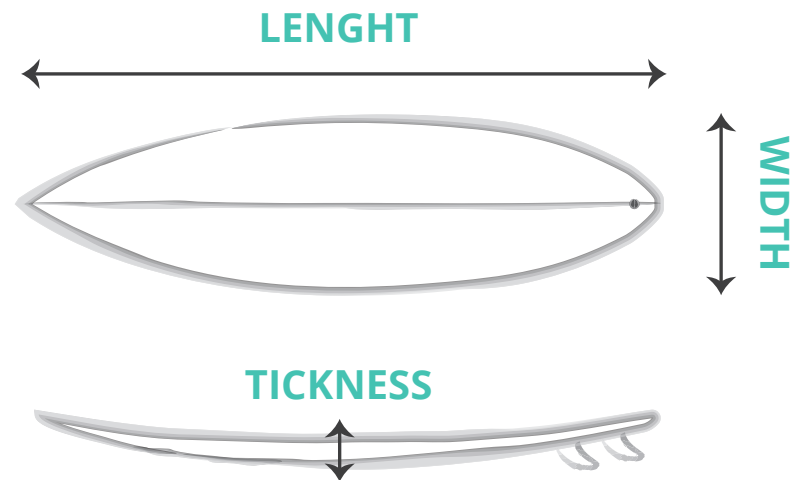
In short, generally for different surfing conditions this means:

- > Small, mushy and weak waves: Use surfboards with less rocker
- > Good, powerful and steep waves: Use surfboards with more rocker



Understand why volume is so important and what it means for your surfing.

What is a surfboard's volume?



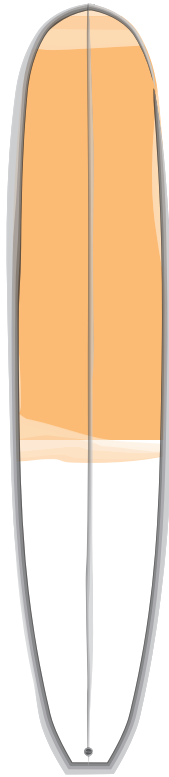
The volume of a surfboard is determined by 3 elements: length, width, and thickness. Unlike the volume of a box which is simply calculated by multiplying the length by the width and thickness, calculating the volume of a surfboard must take into consideration the different widths and thicknesses from nose to tail, curves, concave, convexes, etc... Once upon a time they would put surfboards in bathtubs filled with water and measure how much the water would rise to figure out the surfboard's volume.

Volume is calculated in Cubic Litres

You should be able to find the volume of a surfboard labeled on the back of your board near the stringer.

These are some examples of volume by surfboard types but even these values can vary:

- . Shortboards: 22L – 35L
- . Fishes: 25L – 45L
- . Funboards: 40-60L
- . Longboards: 60L – 100L



LONGBOARD



FUNBOARD



FISH



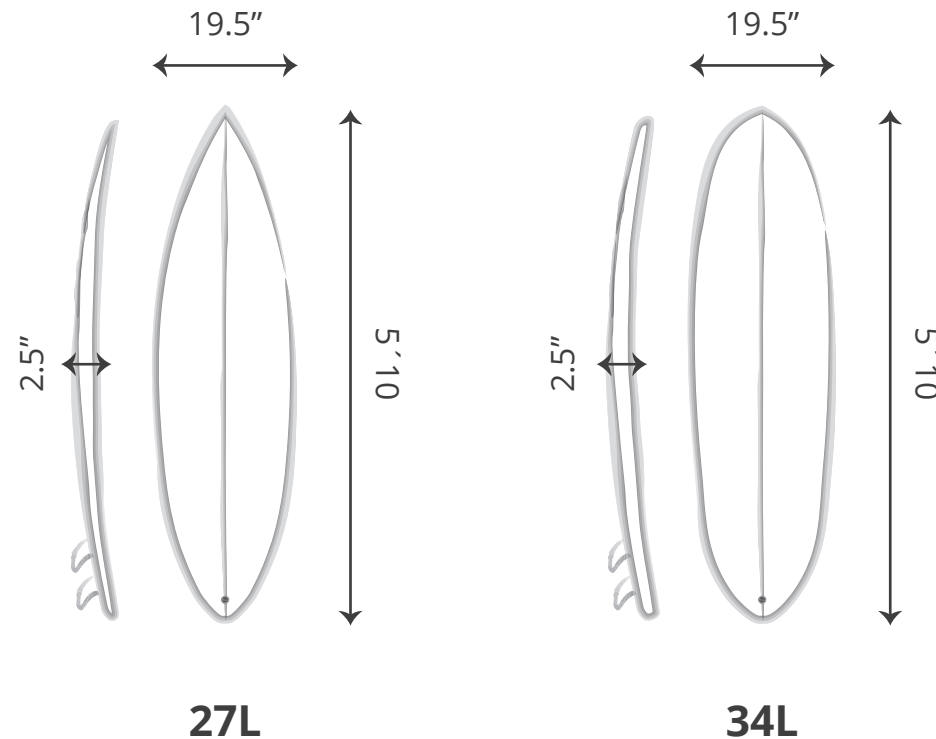
SHORTBOARD

Volume VS Dimensions

Volume is the best determinate in understanding how big a surfboard really is. At SaltyWay we often hear novice surfers focus on the length of a surfboard when figuring out the right board for them. While length is important and has its role in determining the volume of the board, it is only one of the factors that affect buoyancy. That is why, at SaltyWay, we provide you with many lengths and shapes for you to choose from.

"Does this mean I have to check a surfboard's length, width, and thickness?"

Yes and no. While length, width, and thickness have a role in determining the volume of a surfboard, they are not the only factors. Don't rely solely on the dimensions when determining if a certain surfboard is right for you. Two boards can have the same dimensions but entirely different volumes as you can see in the following example.



As you can see in this example, the length, width, and thickness of the boards are the same but the surfboard on the left has a much smaller volume. If you look closely, you can see from the profile of the board that the difference in the surfboards' noses and tails is responsible for the difference in volume.

Volume = Floatation

How much volume your surfboard has the more it floats, and that affects everything! From how fast you paddle to how you turn. From how many waves you catch to maintaining your speed in weaker waves. Volume affects all these things and more!

Add more volume = Get more float

More float means faster paddling speed, which translates to catching more waves with less effort.

Too much volume= Too much float

Once you get to know what you are doing a bit better, you'll begin to realize that too much volume can make it harder to do turns and maneuvers.

Not enough volume = not enough float

Lacking float makes it harder to catch waves and can cause you to take off late. It's also harder to keep your speed up when on the wall of the wave.

Surfboard Volume according to your Weight

The volume of a board affects its buoyancy, so it makes sense that the weight of the surfer should be considered when choosing surfboard volume. However, other factors are vital to consider too, such as the typical conditions the board will be used in and the skill level of the surfer.

Heavier Surfer: More Volume

Lighter Surfer: Less Volume

Surfboard Volume according to your Surfing Level



Extra volume almost never hurts beginner & intermediate surfers

The less experience you have, the more volume you want. Having extra volume when you are starting out will only make your surfing experience more enjoyable. More volume means you'll paddle faster, catching more waves with more stability to ride the waves for longer.

Starting off on bigger boards will force you to learn the proper techniques for turns, as the bigger board size makes you think about how to transfer your weight around and use your upper body. Understanding the basics of how moving your body affects the movement of the board will be useful throughout your entire surfing progression.



Small, low volume surfboards are progression's worst enemy

Trimming and carving are both maneuvers that utilize turning, but carving requires a lot more experience and skills. Trimming, which is when you go from rail to rail can take all of 2 minutes to learn but carving, on the other hand, can take more than a few years to develop a decent technique. You need speed, proper positioning on the wave, timing, proper upper body movement amongst other things. All these skills are better for beginners and intermediates to practice on bigger boards to help them generate speed with control. Riding a surfboard with not enough volume will hinder your progression, probably more than any other factor.

Surfboard Volume according to Surfing Conditions:

Small and weak waves: More Volume

The extra floatation provided by more volume helps in maintaining speed when waves are lacking in power and speed, generating potential.

Good, powerful and steep waves: Less Volume

When the waves are nice, clean and a decent size, more experienced surfers prefer a smaller board as less volume means tighter turns, more maneuverability, and the ability to do harder tricks like vertical snaps, airs, etc.

Very big waves: More Volume

When dealing with huge waves, advanced surfers will reach for a bigger board than a short board, such as a step-up or a gun. The extra volume helps them paddle which is vital when surfing big waves that move forward faster, thus requiring extra paddle power to catch them. The stability and hold from the extra volume are also needed as Shortboards on huge waves can feel too loose.

How to know what Volume I need?

Ask yourself 3 questions:

1. What is my surf level?
2. How much do I weigh?
3. What are the typical conditions I'll surf in?

If someone is helping you choose your first/next surfboard and they don't ask you these questions or something similar, go look for help elsewhere.

Tip, Shortboards Only

If you surf consistently in good (powerfull), warm water surf conditions, you should go for a smaller board. If crowded surf spots, weaker waves, or having to wear a wetsuit is more your surfing lifestyle, we recommend adding a bit more volume.

Conclusion

Volume is one of, if not the most, important factor to take into account when choosing a surfboard. It affects how many waves you catch and how much fun you have riding them. Rocker and the dimensions of the board should also be considered as matching your surfboard to your skill level will only positively impact your surfing progression. We have all different shapes and sizes of surfboards here at SaltyWay. So try some out and find out which one brings you the most joy on the waves.

SaltyWay pro Tip: Trust the shaper of your board. Normally the person who sells a surfboard to you knows what board could be good for you if you tell them the trues about your surfing experience, where you surf, your style of waves and surfing.

Materials



FOAM BLANK

Almost all surfboards are made with foam blanks. They are made out of polyurethane or polystyrene (styrofoam). They can be ordered in a number of shapes, thickness, densities with preset or custom rockers.

Brief history of Surfboard Blanks

The original surfboards were made out of wood. Wooden boards can still be found today in the form of well-treasured surfboards from the past or longboards. In the late 50s Hobbie Alter began playing around with different PU/Polyester formulas, trying to find something that would be easier to shape and produce than balsa wood. This was a game changer in the surfboard manufacturing world, as the foam was so much easier and consistent to shape and work with. The weight of surfboards dropped significantly and with that the surfers' performance potential when through the roof.

Using ESP/ Epoxy began in the '70s but it took its time gaining popularity amongst the majority of board builders to start using it. Nowadays, EPS foam blanks have become the regular option for the surf industry. When picking out your first/next board, you'll need to decide between standard PU (polyurethane blank), EPS (expanded polystyrene or otherwise known as Styrofoam) and wood.

We hope you will think of mother earth when choosing your surfboard as some materials are more environmentally friendlier than others and second-hand is always an option. Old surfboards are hard to recycle, and the production of PU/PE and EPS can be hard on the planet. Of the materials, EPS is the only one that is recyclable.

Wax / Deck + Leash



How to Properly Wax Your Surfboard

Waxing your surfboard seems pretty simple, right? Just grab some nice smelling wax from the local surf shop, spread it all over your deck, and you're good to go! Well, there's a little more to it than that.

First things first. You have to consider the temperature of the water you'll be in. Most surf wax producers will give you 4 options to choose from: tropical, warm, cool, and cold waters. Using cold water wax in the tropics will have it melting right off, and you'll be lucky if you can even get on your board if you use tropical wax in the cold.

Secondly, take off your old wax once in a while. Use the heat of the sun to melt it off and if that's not available, use a hairdryer.

Thirdly, use a base coat as the first layer. It's not a must, but it will help the wax stick to your surfboard.

And last but not least, if you're using a **longboard**, rub that wax all over! Do it in circles, geometric lines, or random crazy chaos... it's up to you. Just make sure you cover the board from behind the nose to the tip of the tail. You don't want to miss a spot and slip off your board on the wave of the day because of a spot free of wax. The goal is to get the wax to form small little beads to provide you with better traction and grip to keep you standing on the board. You can also use a comb to give you extra grip or freshen up your wax. Adding some wax to the rails where you grip the board with your hands is useful to prevent slippage.

Common Wax Coverage for different types of surfboards:



Fish



Shortboard



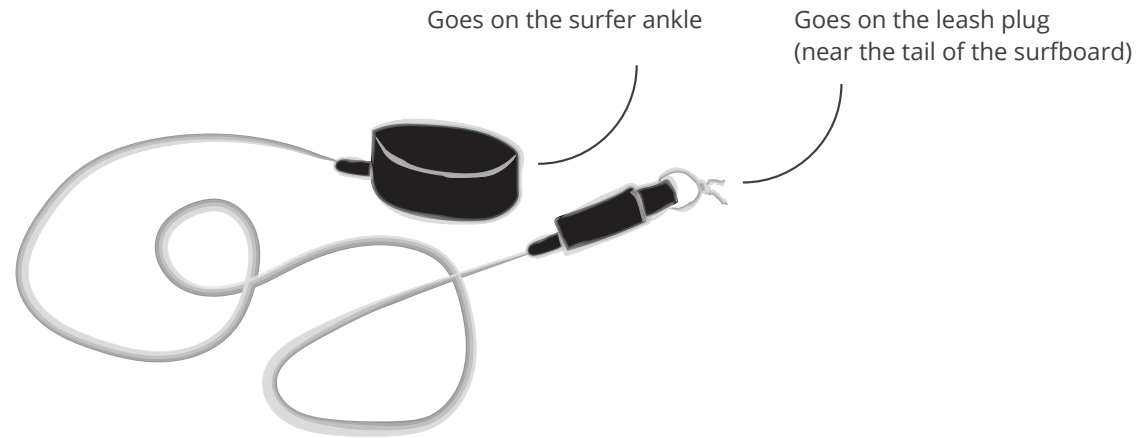
Longboard



Why Use Traction Pads Instead of Wax?

For **shortboards**, a lot of surfers like to use a traction pad (otherwise known as a deck). Usually, they will place the deck near the tail for the back foot then wax the spot for the front foot, but decks are also available for the front foot too.

Decks are beneficial on shortboards, where the foot placement is important, to quickly help you locate the ideal foot positioning. Also, they have a kick-tail at the end that helps locking the back foot on more critical maneuvers like tail-slides or vertical top turns.



What is the Surfboard Leash used for

The leash is a urethane cord used to keep your surfboard close to you after a wipeout. It attaches to the tail of your surfboard and your ankle via a Velcro strap. A leash can act like a rubber band and slingshot your board back at you so if you feel a pull on your ankle, use your arms to protect your head and face.

Like all the surfboard design types and accessories we have talked about, picking a style of leash depends on what type of surfboard you have and what kind of waves you'll be surfing in.

Regular Leashes: Between 5 to 6ft long, this style of leash can withstand a reasonable amount of tension before breaking. Good for knee height to double head height waves.

Competition Leashes: Have less drag than other leashes due to their lightweight and thinner qualities. Good for smaller waves and surf competitions.

Big Wave Leashes: Much stronger, thicker (5/16 inches), and longer (7-12 feet) than regular leashes. These leashes can withstand the power and force behind big waves. They usually have a quick-release pin in case you find yourself in a dangerous situation that requires you to detach from your board immediately.

Longboard Leashes: Longboard leashes, like big wave leashes, are thicker and longer than regular leashes so they can not only withstand the force of the waves but also the weight of the board. Longboard leashes come in two types. The calf leash which attaches to your calf and the ankle leash that attaches to your... you guessed it, your ankle! A leash attached to your calf stops the cord to get under your foot, while you walk or cross step up and down your longboard.

41

How does a
storm develop?

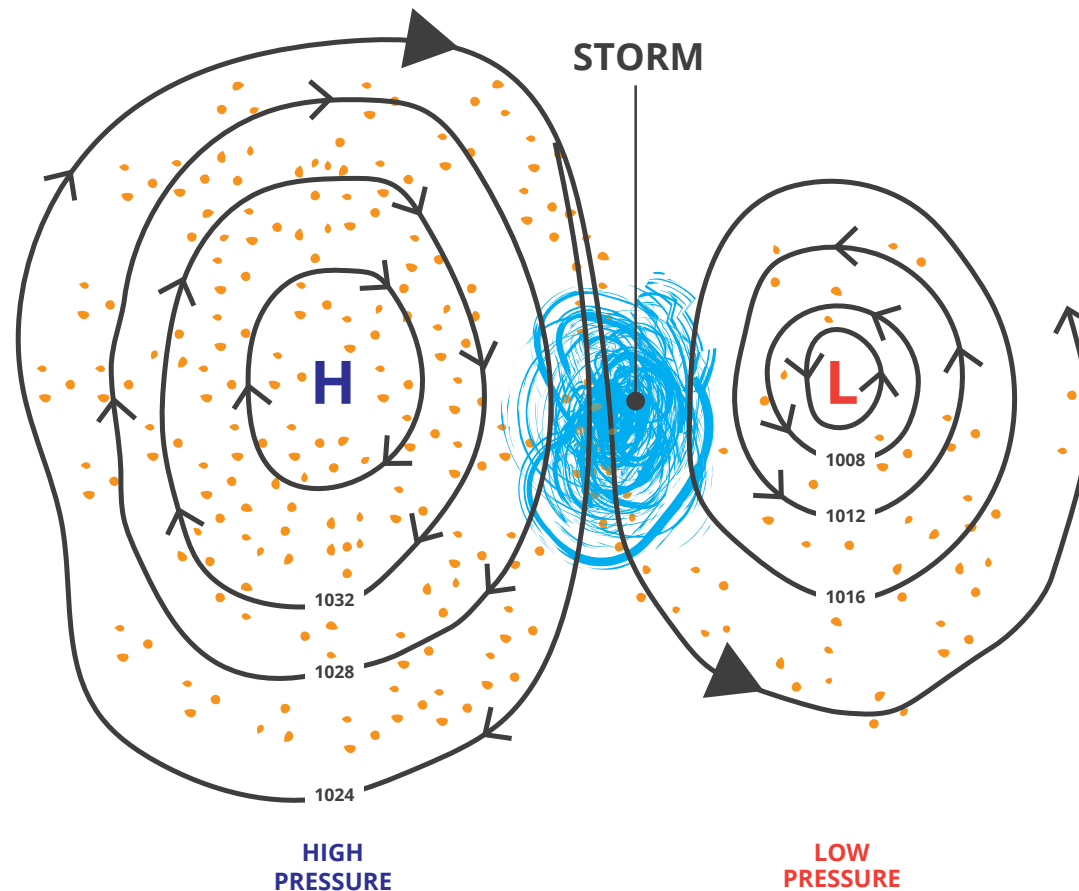
storm = waves

HOW DOES A STORM DEVELOP?

Back in the old days, before we had apps for these things, surfers would never miss the weather report to calculate what the waves would be like over the next few days. **Waves are born at a storm's center** so surfers could use the high and low pressure systems over the ocean to forecast the upcoming conditions.

Storms are a result of air particles moving from high to low-pressure systems, so if there was a big low-pressure system over the ocean you'd know a storm was on its way. The bigger the low-pressure system, the more powerful the storm would be.

https://magicseaweed.com/North-Atlantic-Surf-Chart/2/?-type=pressure&spot_id=4728&start=2020-05-28&end=2020-06-03×tamp=1591023600



43

How do waves develop?

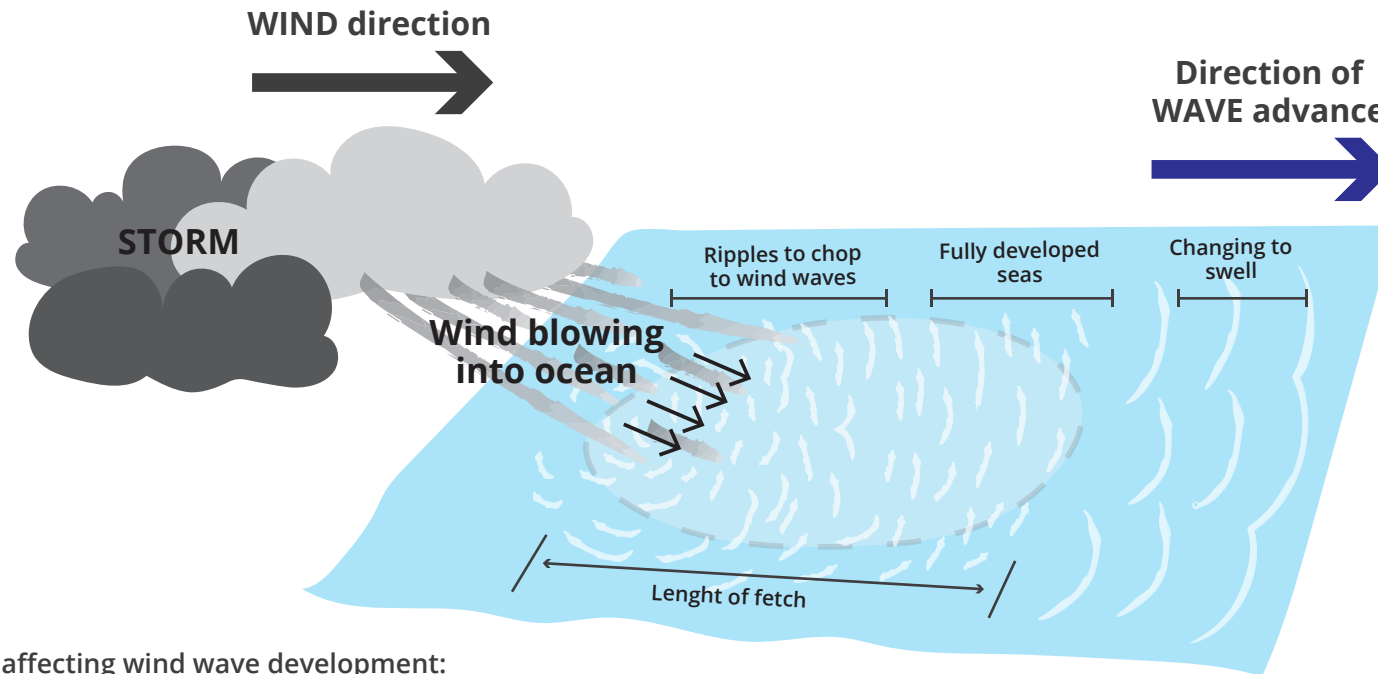
how to know how the waves
will be at your beach

HOW DO WAVES DEVELOP?

A storm over the ocean creates a swell as the wind blowing over the surface of the ocean moves the water. A swell refers to the collection of wave lines that are more or less organized traveling from the storm center in the same direction. The stronger the wind, the more the water moves. The further the storm is from the shore, the more ordered the swell will be and the bigger the wave, the stronger the wind is that created it.

At the center of the storm, the water is messy and chaotic. But as the chaos travels away from the center, the water transforms into a more organized swell. The swell becomes more organized and uniform by bigger waves engulfing smaller ones and the wind pushing the waves further apart from each other. The longer a swell travels to reach the shore, the cleaner and ordered it will be.

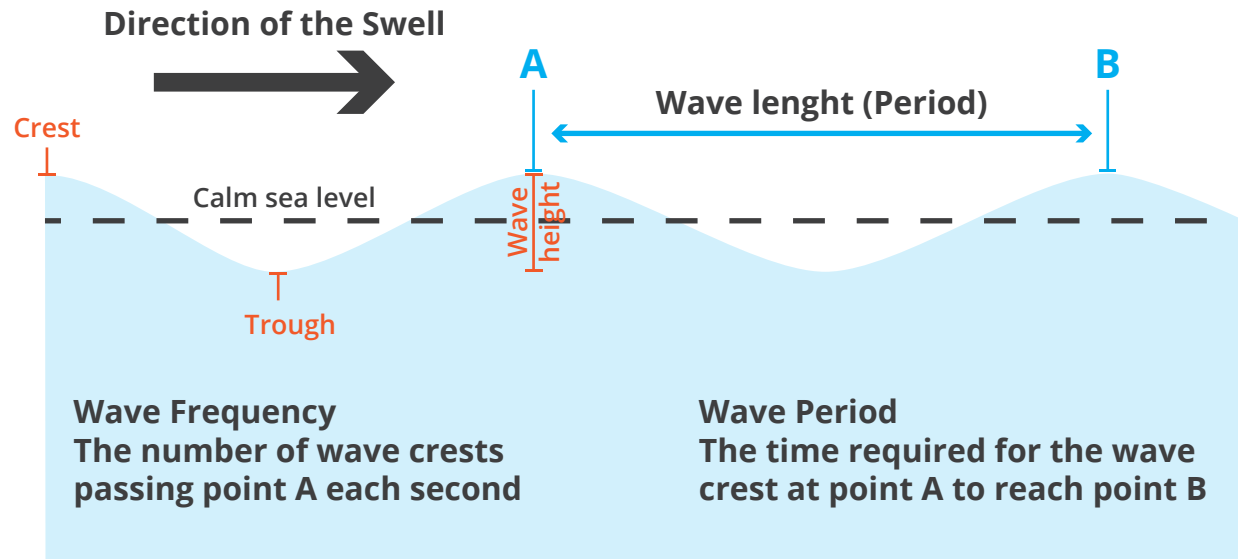
The time/distance between waves is referred to as the Wave Period. A shorter wave period means weaker and slower swell, whereas a longer wave period means more of the wave's energy is enclosed within the swell. The more wave energy a swell has, the faster and deeper it travels beneath the surface of the sea.



Factors affecting wind wave development:
Wind speed, Fetch and Duration.

Fetch: uninterrupted distance over which the wind blows without significant change in direction.

Wave size increases with increased Wind speed, Fetch and Duration.
A strong wind must blow continuously in one direction for nearly 3 days for the largest waves to develop fully.



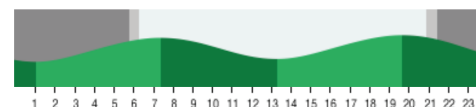
You can see, if you study the forecast closely, that sometimes there are 2 or 3 swells around from more than one storm in the ocean. Often older swells can still have an impact on the current one, but the bigger swell is usually the most influential.

Bigger waves travel faster than smaller waves, so they are usually the first to arrive with the waves getting smaller over the passing days. A storm that lasts for 5 days can produce waves for 8 to 10 days.

The swell - <https://magicseaweed.com/Praia-Grande-South-Surf-Report/4728/>

	SURF	SWELL RATING	PRIMARY SWELL	SECONDARY SWELL	WIND	WEATHER	PROB.
THURSDAY 28/05							
12am	1-1.6m	★★★★★	1.1m 12s	0.5m 6s 0.2m 8s	20 ²³ kph	☁ 21°C	100%
3am	0.9-1.5m	★★★★★	1.1m 12s	0.5m 6s 0.2m 8s	19 ²² kph	☁ 21°C	100%
6am	0.9-1.4m	★★★★★	1m 11s	0.5m 6s	12 ¹⁴ kph	☀ 20°C	100%
9am	0.8-1.3m	★★★★★	0.9m 11s	0.4m 6s	12 ¹⁴ kph	☀ 21°C	100%
Noon	0.8-1.3m	★★★★★	0.9m 11s	0.4m 6s	14 ¹⁶ kph	☀ 22°C	100%
3pm	0.8-1.2m	★★★★★	0.9m 11s	0.3m 6s	13 ¹⁵ kph	☀ 21°C	100%
6pm	0.8-1.2m	★★★★★	0.9m 11s	0.3m 5s 0.2m 5s	14 ¹⁶ kph	☀ 21°C	100%
9pm	0.7-1.2m	★★★★★	0.8m 11s	0.4m 3s 0.1m 10s	23 ²⁶ kph	☁ 21°C	100%

TIDE AND DAYLIGHT TIMES FOR CASCAIS



Low	1:00AM	1.32m	First Light	5:43AM
High	7:18AM	2.86m	Sunrise	6:14AM
Low	1:17PM	1.51m	Sunset	8:55PM

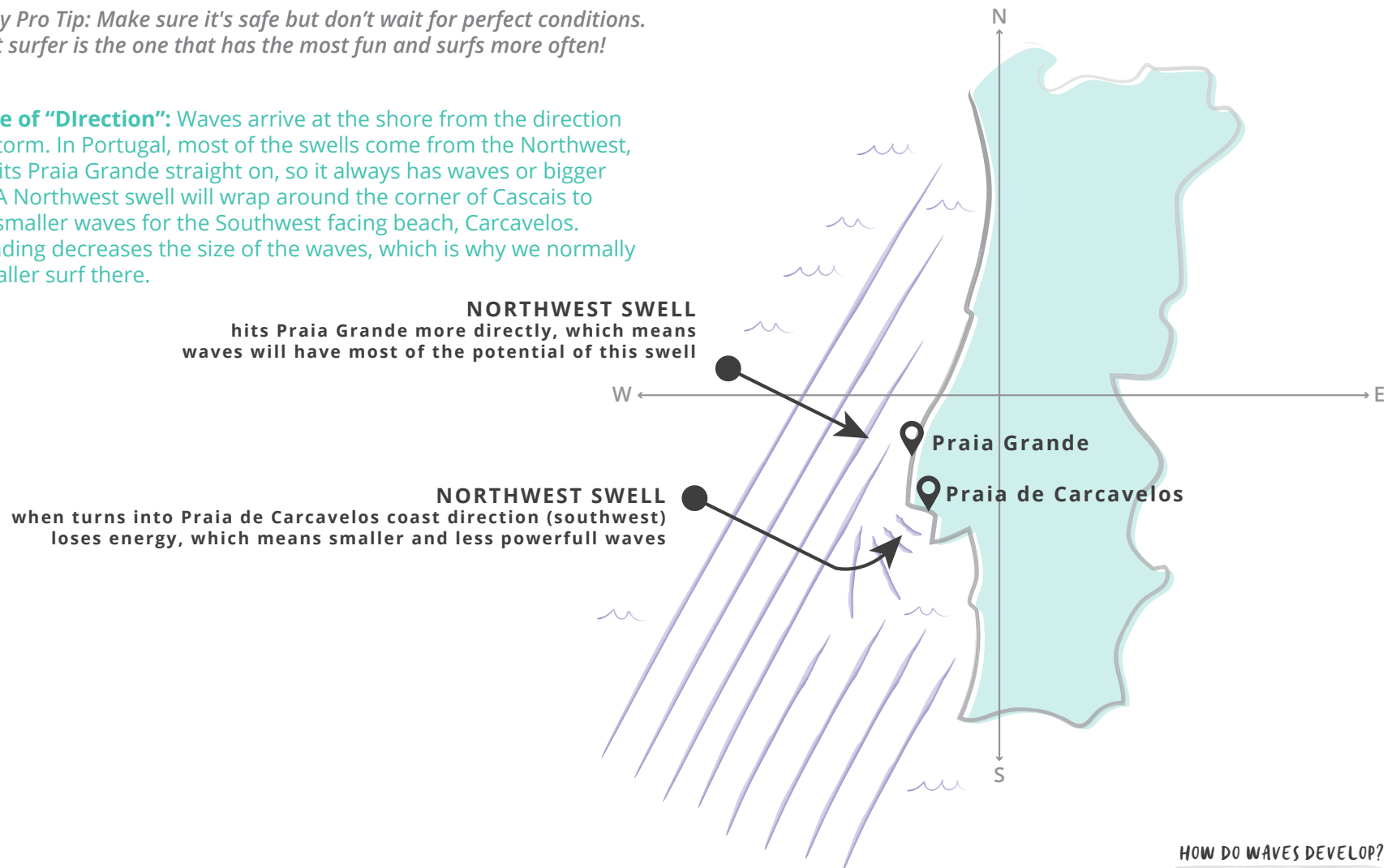
SO... HOW DO YOU KNOW WHAT THE WAVES WILL BE LIKE AT YOUR BEACH?

Consider the following:

- **Size of the swell** - The bigger the swell, the bigger the waves and vice versa.
- **Direction** - A swell can come from different directions towards the beach. The more direct the swell hits the beach, the more powerful and sizable the waves will be.
- **Period** - The bigger the period of a swell the more energy waves will have.
- **Local Wind** - If the wind is blowing Offshore directly into the waves, it holds the waves up so you get a nice and clean wave face. If there is Onshore wind, the wind blows at the back of the wave, which can blow them out and create bumps on their faces.
- **Tide** - Whether it's low or high tide it will influence how the waves break.

*SaltyWay Pro Tip: Make sure it's safe but don't wait for perfect conditions.
The best surfer is the one that has the most fun and surfs more often!*

Example of "Direction": Waves arrive at the shore from the direction of the storm. In Portugal, most of the swells come from the Northwest, which hits Praia Grande straight on, so it always has waves or bigger waves. A Northwest swell will wrap around the corner of Cascais to deliver smaller waves for the Southwest facing beach, Carcavelos. The bending decreases the size of the waves, which is why we normally find smaller surf there.



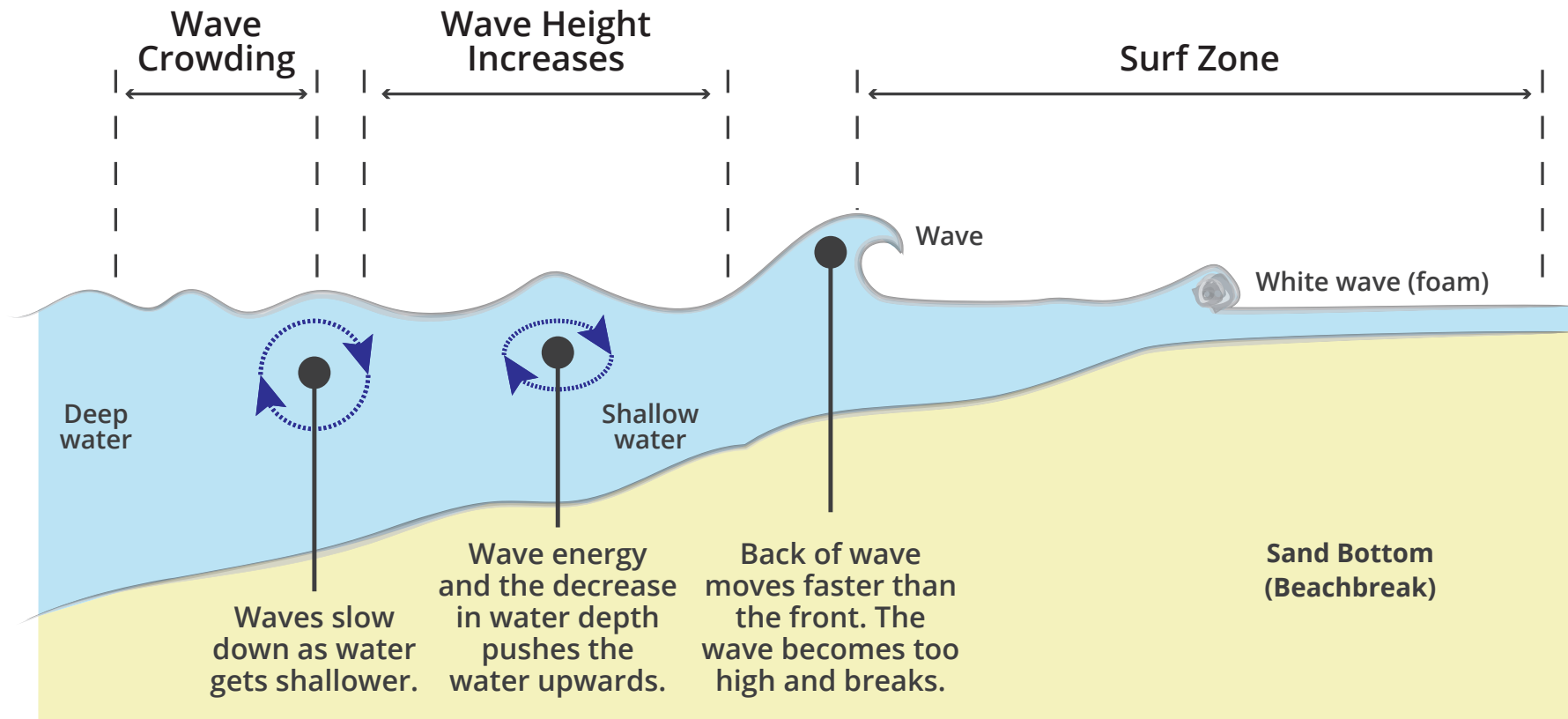
47

How does a wave break?

understanding waves
makes you a better surfer

HOW DOES A WAVE BREAK?

A wave travels to the coast, usually only becoming visible once it reaches more shallow water. Waves travel around 45km/h in the deep water and slow down as they move through the shallower water. Wave lines become defined only when the force of the wave meeting a decrease in depth forces the water upwards. If the waves can get high enough and the difference in the speed of the water between the top of the wave and the bottom of the wave is great enough, the wave will start to break. Think of it this way. Imagine a tower of water molecules where the base is moving slower than its top. Eventually, molecules on the top of the tower are going to tumble forward from the difference in speeds. In a broken wave, this circle is continuous, rolling in a cycle to the beach. When a surfer looks out and sees lines of waves out to the horizon, that's when his heart starts beating in anticipation of a high-quality surf.

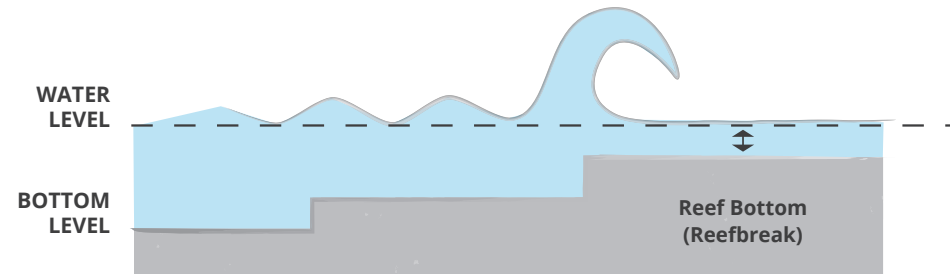


THE INFLUENCE OF THE TIDES ON A WAVE BREAKING:

Ex: Same swell and period. Different tides during the day.

1.

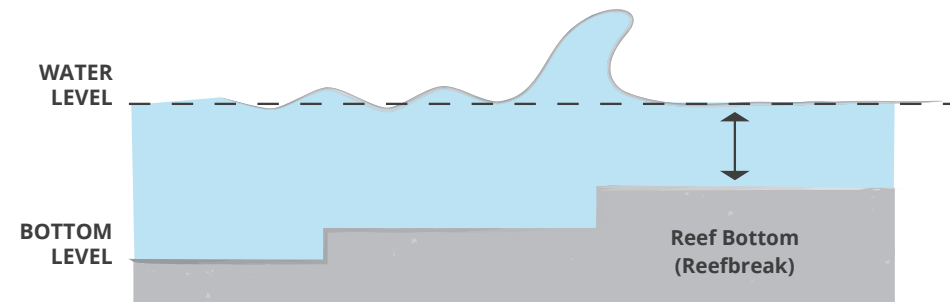
Low tide
=
Tubular wave



- In shallower water, like during **Low tide**, a wave breaks more suddenly. If the water is shallow enough, the wave can form a tube. When the coral reef suddenly rises the ocean's bottom, the water of the wave is stopped suddenly causing heavier slaps. Beginner and intermediate surfers should look for slower/mushier breaking waves.

2.

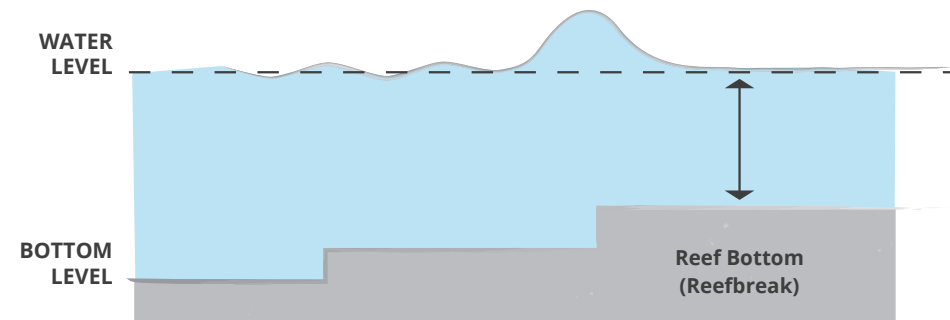
Mid tide
=
Regular wave



- During **Mid tide**, when the water starts to get deeper, the waves start to tumble slower, forming regular waves that are softer and slower than tubes.

3.

High tide
=
Mushy wave



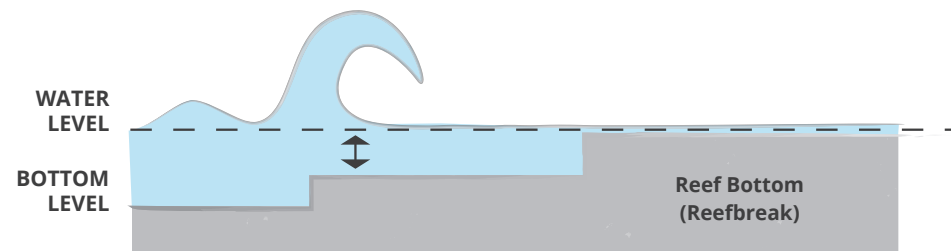
- At **High tide**, when the water's at its deepest, waves are moving their slowest and will break mushier.

THE INFLUENCE OF A BIG DIFFERENCE BETWEEN TIDES:

Ex: Same swell and period.

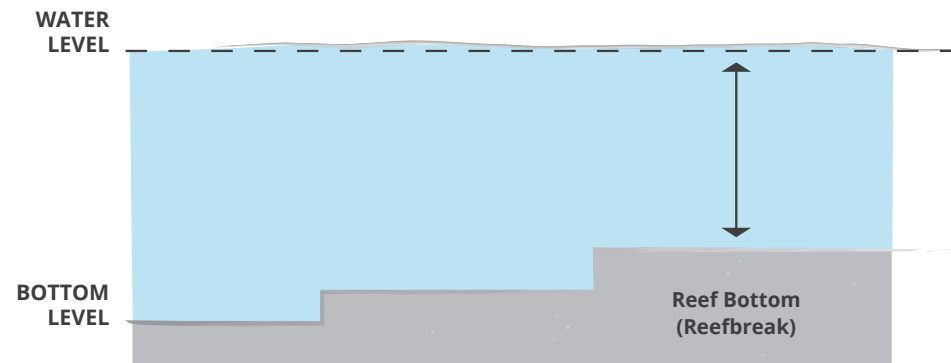
1.

Low low tide
=
Waves break
on previous banks



2.

High high tide
=
No waves



51

Tides

the influence of tides
on waves

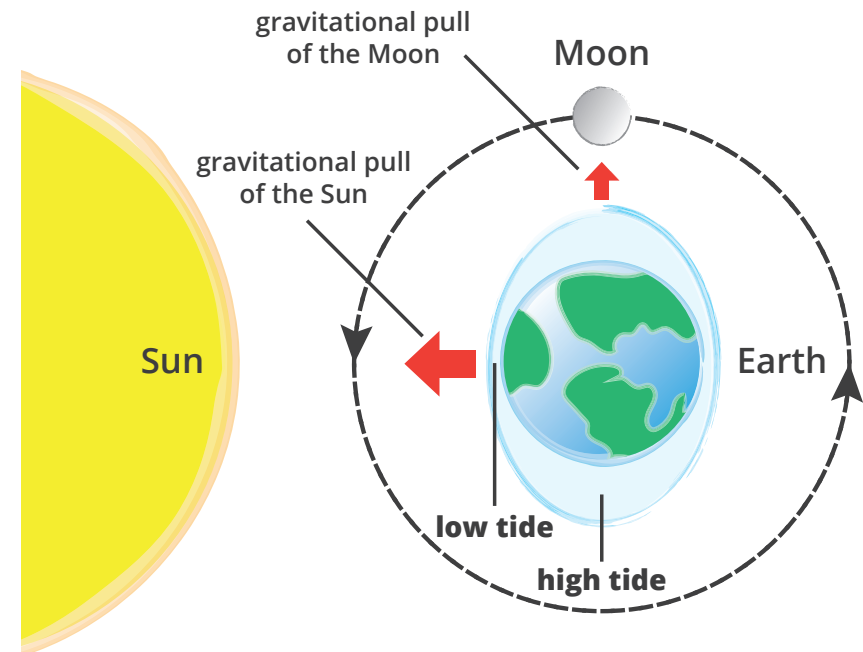
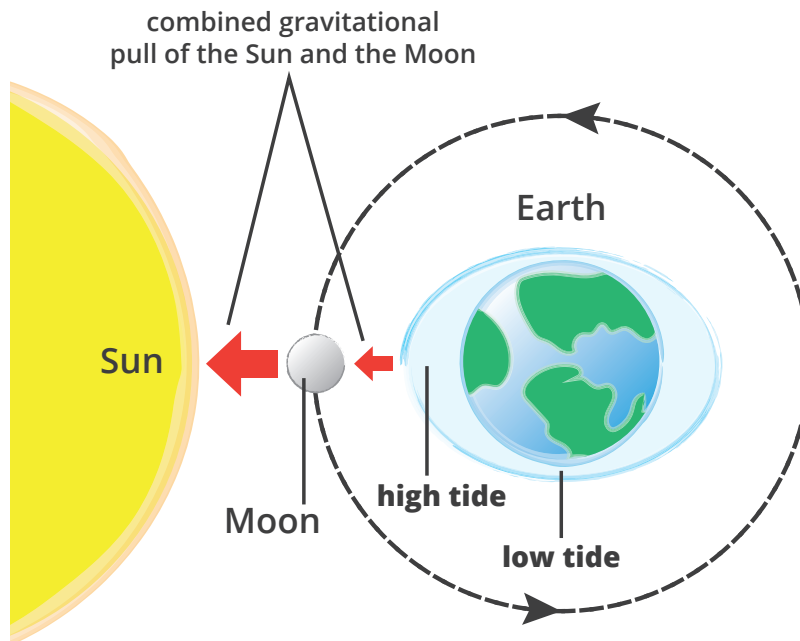
TIDES

IMPORTANT FOR A SURFER:

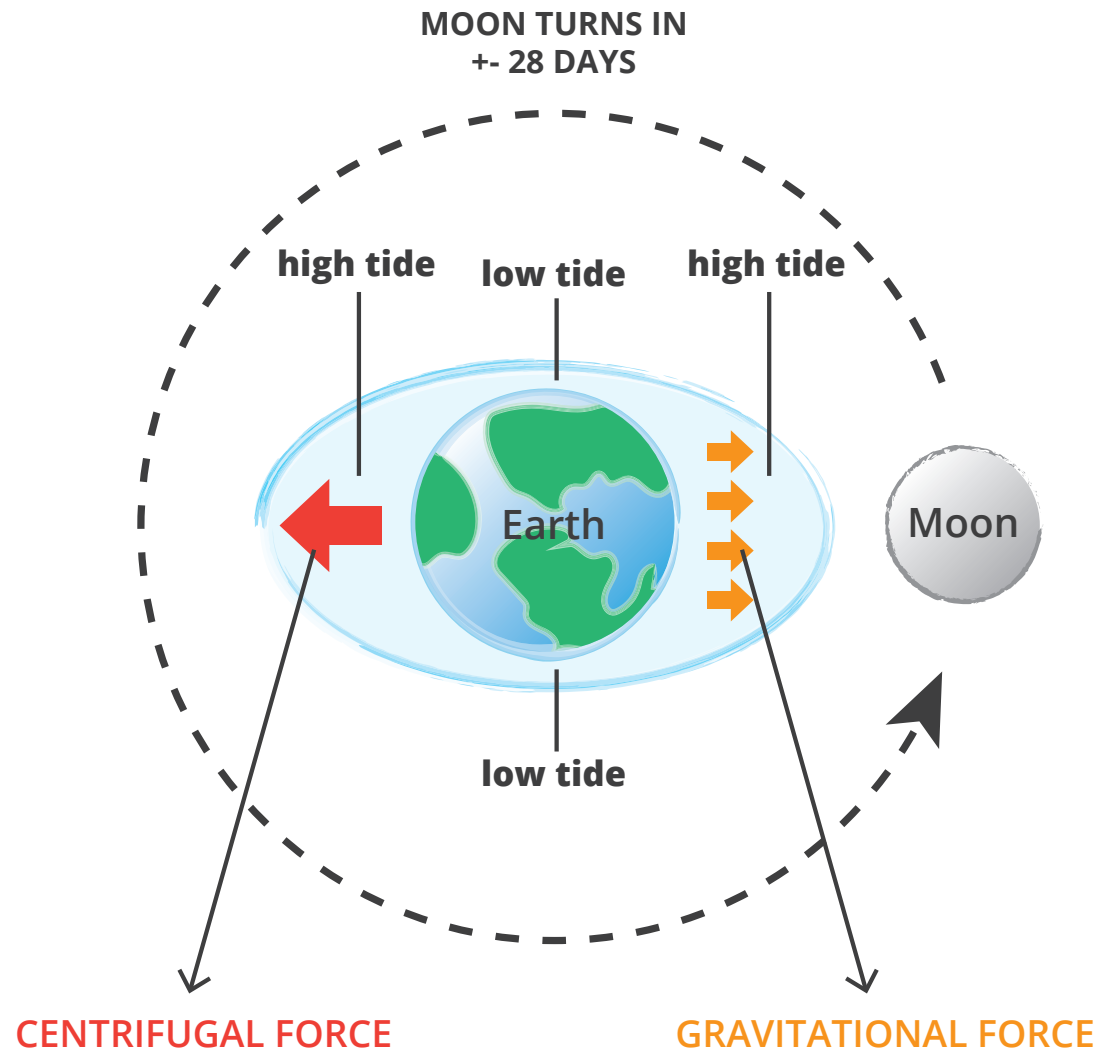
- . When is the tide?
- . Which tide is good for the surf spot?
- . Tides change every 6h
- . Tides get about 45 minutes later every day
- . How big is the difference between tides?

Tides are important for surfers as the different water levels they create change the way waves break. There are 2 low tides and 2 high tides, 6 hours apart in a day, and every day each tide is about 45 minutes later.

Tides are dependent on the moon. When the moon is its closest in a 24-hour period, its high-tide because the gravitational force of the moon pulls the water to it. High-tide also happens when the moon is furthest away because of the earth's centrifugal force. The low tides of the oceans are created by the high tides pulling water. The 24 hours the earth needs to complete one cycle are why we have tides that go from high to low then back to high then low.



It takes the moon 28 days to circle the earth and every day the moon moves a little bit further around, which explains why tides are a little later every day, around 45min, at your beach. To make matters more complicated, tides are also influenced by the sun. Where the sun is in relation to the moon, can determine how big the difference is between high and low tide. The closer the alignment of the sun and the moon, the bigger the tide as the added gravitational force of the sun pulls the water even more. The tide's effect on water level can have a great impact on the waves you want to surf.



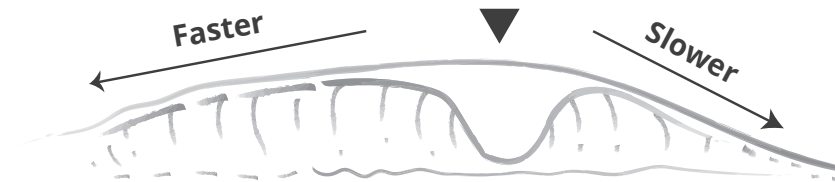
54

How to read waves?

how a wave breaks: rights, lefts,
A-frames & closeouts

HOW TO READ WAVES?

Learn how to read waves and anticipate how they will break



Common questions we hear at SaltyWay are:

How do I know when a wave is going to break? How can I know if a wave is a left or a right?

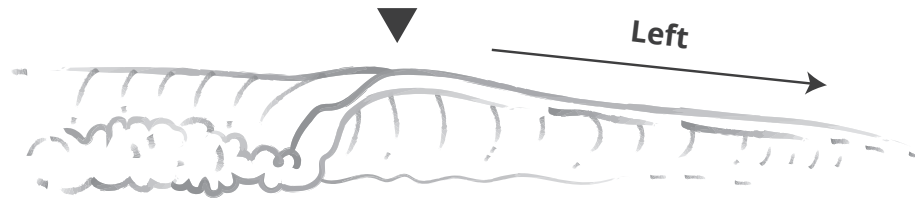
Reading waves is an art. It's a skill that can only be honed with time and practice. As you evolve from a beginner on your surfing journey, your ability to read waves will increase. Don't be discouraged if it does so slowly. It takes lots of hours spent in the ocean looking at waves. Even if you have been surfing for years, a local could spot a wave and start paddling before you even saw a lump.

SaltyWay Pro Tip: Trust your first instinct. It's more often right than wrong.

1 . How a wave breaks: Rights, Lefts, A-Frames & Closeouts

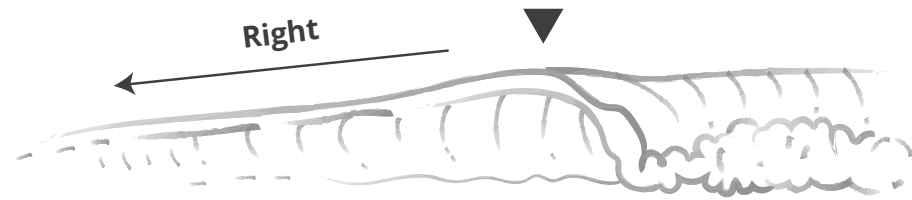
The lump of water that begins to rise on the horizon will eventually turn into a wave as it gets closer to shore. If the wave rises enough to break, it will usually do so in one of the following shapes: a left, a right, an A-frame, and a closeout.

A Left



A left is a wave that, from the vantage point of the surfer, peels to the left when breaking. So if you look at the wave from the beach, it will be breaking towards the right.

A Right



Same as a left but peels instead to the right from the vantage point of the surfer.

An A Frame



These awesome waves allow two surfers to surf them at the same time as they peel in both directions to have both left and right shoulders.

A Close Out



▼ = Peak

This is when the wave doesn't peel to either the left or right and instead closes all at once. It's still possible to ride these waves as a beginner but since you won't be able to ride either shoulder, your only option is to go in a straight line towards the beach.



2 . Different Parts of A Wave

Important aspects of wave reading include identifying and naming the different parts of the wave. Knowing the terminology of waves is also useful for communicating with your surf coach about what's going on in the water.

Lip: The lip is located on the top of a breaking wave as it pitches forward. A lot of the power of a wave is stored in the lip.

Face/Shoulder : Face is the steep and unbroken section of a wave. Shoulder is the last least steep part of it. When you ride a wave, you surf the face of the wave. So, in front of the breaking part of the wave towards the shoulder.

White water (or Foam): White water or foam refers to the part of the wave that's already broken.

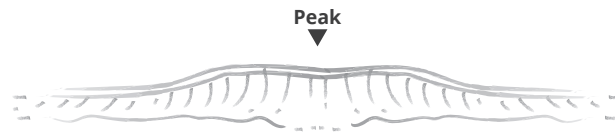
Peak: The peak is the highest point of a wave and is also the starting point of a wave breaking. Spotting the peak of a wave is vital in determining where and how a wave will break.

Tube (or Barrel): Tubes refer to waves that curl to form cylinders when they break. Known to be the ultimate surfing maneuver, is when surfers can ride inside the tube otherwise known as a barrel.

Pocket/Curl: The steepest/concave part of the wave where advanced surfers usually do all their fancy tricks like airs or big snaps. This part of the wave resembles a skateboard ramp.

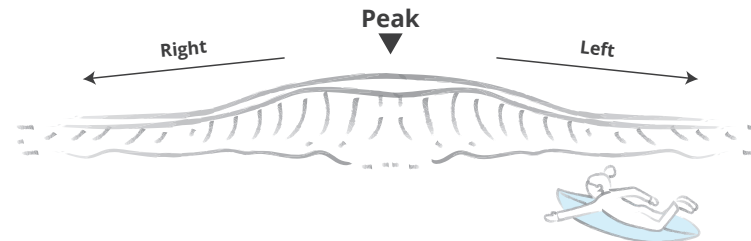
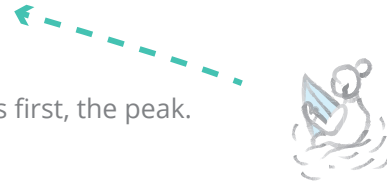
Impact Zone: We have talked about this part of the wave already as a part of the wave you want to avoid when sitting or paddling. It's the area of the wave containing most of its power. The impact zone is where the water from the top of the wave comes crashing down in front of it.

3 . How to Read Waves and Position Yourself according to the Peak



1- Identify the highest point of the wave (peak)

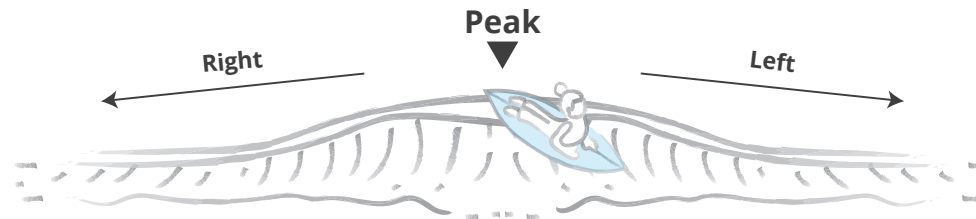
Look to the horizon and find the line of an unbroken wave and identify the part that rises the highest. This will be the part of the wave that breaks first, the peak.



2- Paddle To The Peak

As soon as you find the peak, paddle to it to get yourself positioned in a prime spot for catching the wave.

Reaching the peak before it breaks will ensure the longest ride. If you can't reach the peak in time before the wave breaks, paddle towards the wave's shoulder a little further down. You want to catch the wave when it's steep enough, but the lip hasn't started to pitch over yet (aka stage b).



3- Turn Around and Paddle

Once in position, turn yourself around so you are now facing the beach and with proper power and technique: paddle, paddle, paddle!

4 . Decision Making: Different Situations

2 SURFERS SHARING AN A FRAME WAVE



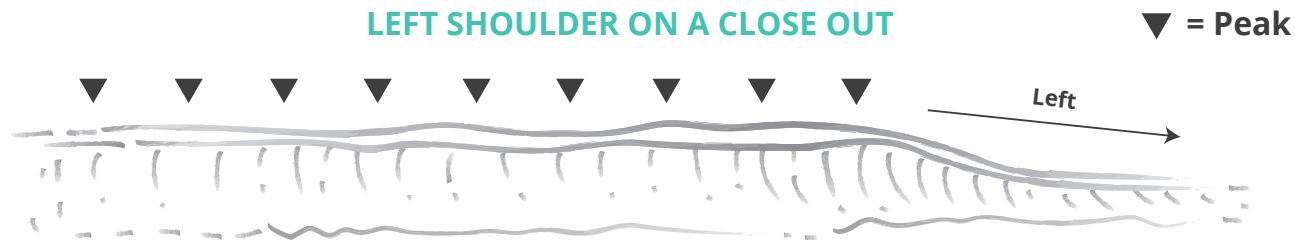
Facing an A Frame. A-frames are awesome because if no one else is paddling to it, you can choose to go left or right. If someone is paddling towards it, ask them if they are going left or right so you both don't end up going in the same direction. Communication is key.

BREAKING SPEED



Going for the shoulder with a steeper angle. The straighter the shoulder looks from the peak going down, the faster the wave will peel and the closer the wave gets to becoming a closeout. Beginners should look for waves with less steeply angled shoulders as they will break slower, giving them more time to follow the shoulder.

LEFT SHOULDER ON A CLOSE OUT



Is it really a closeout? Some waves appear to be closeouts to beginners, but good waves to advanced surfers. This is because sometimes it's harder to spot where the peak and shoulder are, and you might need to move to find other opportunities in the waves. A common mistake is being too deep in the water to make the wave. Advanced surfers are usually trying to ride tubes, so please watch out and try to stay out of their way.

60

Surfer Etiquette

rules a beginner
needs to know

SURFER ETIQUETTE

Learn the important unwritten rules of surfing: A code of conduct to stay safe and be respectful of other surfers.

The first experience in the water can be pretty intimidating. Not only do the ways of the water take some time getting used to, but often you will be surrounded by surfers of all skill levels too. We often hear beginners say things like “I’m scared I’ll get in someone’s way” or “I don’t want to steal someone else’s wave.”

SaltyWay Pro Tip: Smile at other surfers as you paddle to a break and say hello if someone looks at you. It's kind of like walking into your gym and saying hi to the other people.

Surfers follow an unwritten code of conduct. These are the manners for surfing to keep surfers safe and keep the good vibes going in the water by respecting each other.

#1. Pick the Right Location



Pick the right location. **If in doubt, don’t go out.**

Be honest with yourself. Are the waves appropriate for your skill level? How are you feeling? Are you on your game or feeling off? These are important questions to ask yourself, as the ocean is powerful and surfing can be a dangerous sport. Some spots will have smaller softer waves sometimes and other times powerful hollow waves depending on the time and day. Choosing a surf spot for beginners can be tricky, so we recommend going with an experienced friend or your surf coach when you're first starting.

Hollow, powerful waves for the advanced surfers. These waves break quickly and powerfully, requiring experience to handle and ride. Without experience, wipeouts in these waves can be quite traumatizing.

Soft, small wave for beginners. Breaking with less power, these waves are more gentle and falling off is usually reasonably safe.

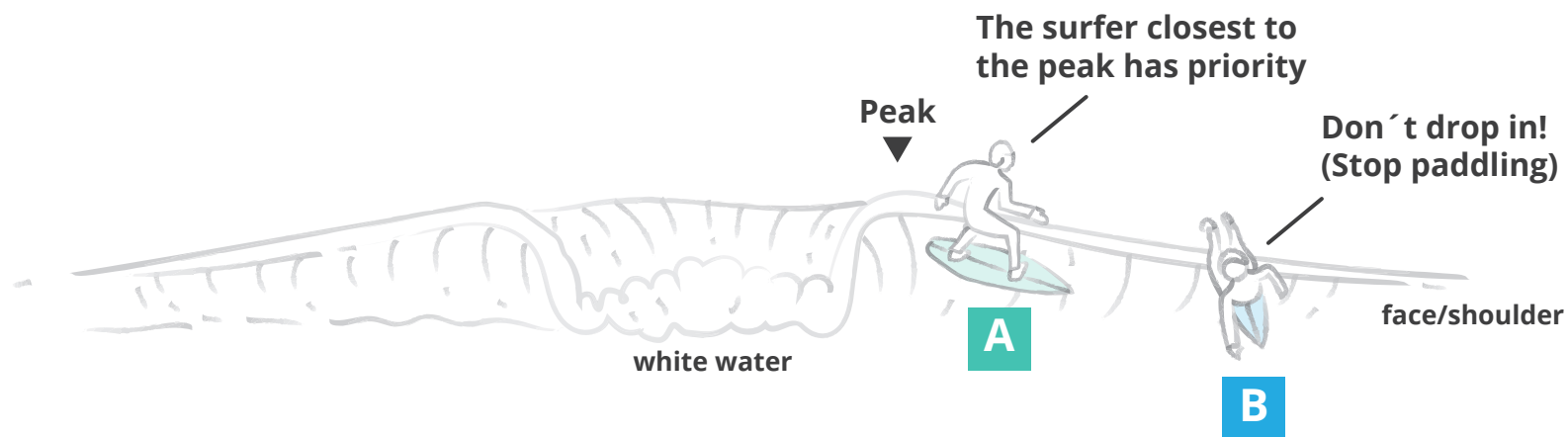
#2. Don't Drop In

"The Surfer Closest to the Peak has the Right of Way."

Once you've got a handle on your pop-ups, from practicing in the white water, you can move on to catching "green waves". The unbroken waves found further into the ocean. This is when you will probably start running into other surfers wanting to catch the same waves as you, which as a beginner it can be hard to identify if the wave is yours or someone else's.

The general rule of thumb is that **the surfer who has the longest potential ride has priority for the wave.**

So basically whichever surfer is closest to the peak, and going for it, has the right of way as they are the ones with the highest potential to ride the wave's shoulder for the longest time.



If you find yourself and another surfer paddling to go left on a wave, and the other surfer (A) is on your right, closer to the peak of the wave, **STOP PADDLING**, the other surfer has the right away. If the surfer doesn't catch the wave or falls off his board, only then, should you try to catch the wave. If a surfer is on your left side and you are close to the peak, they should wait and see if you are going for the wave before trying to catch it.



Drop ins are bad because experienced surfers want to be able to surf specific parts of the wave, without needing to avoid crashing into other surfers. In this situation, Surfer A can't ride the wave as he wishes, because he may crash into Surfer B.



VARIATIONS AND EXCEPTIONS:

If a surfer (A) is already on their feet further away from the peak, then don't try taking off. Even though you have the potential for the longer ride, the first surfer on its feet has priority.



If you are 100% certain a surfer (A) won't make it past a section because they will get caught up in the white water and fall off their board, theoretically you can drop in the wave. Be aware of barrel riders. What looks like a impossible close out could be a doable barrel for another surfer.



HOW TO AVOID DROP INS

By accident, you'll probably drop-in on other surfers at some point. Don't worry, it happens, but here are some things you can do to avoid it:

Look to the peak. Check if someone else has the right of way by being closer to the peak. If you can't figure out where the peak is a good trick, is to look in the opposite direction of where you want to go. So if you are trying to go to the right, look to the left to make sure someone deeper won't be able to catch the wave sooner than you.

Listen to other surfers. Listen for other surfers whistling at you or yelling at you to watch out. Pay attention to your surroundings and keep your head up.

Get off the wave. If you accidentally drop-in on someone, it's not too late to try to fix your mistake. By going over the shoulder and off the back of the wave, it's possible to get off the wave before you even disturb the surfer with priority. Either way, always say "Sorry!"

#3. Don't Snake

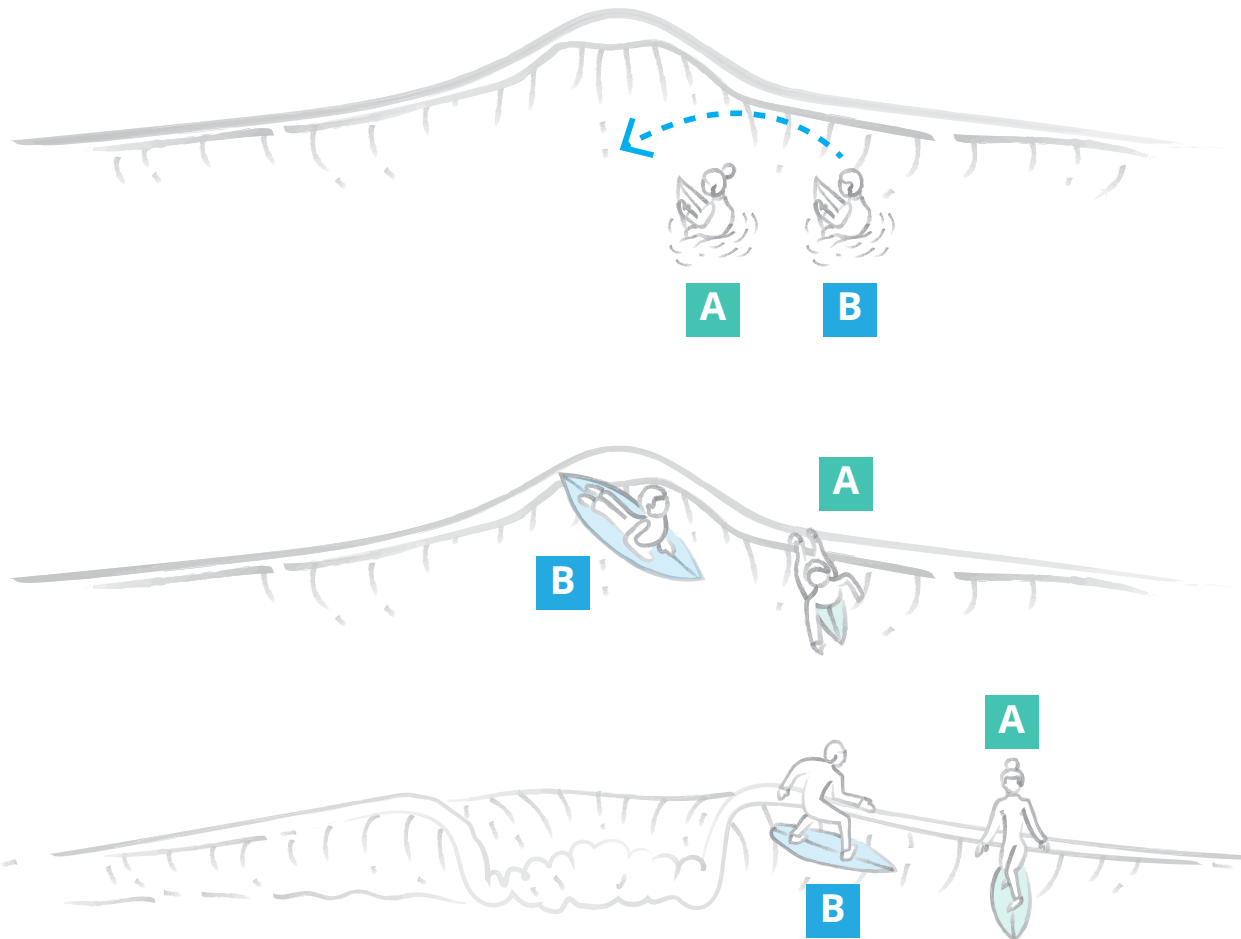
Snaking is ruder than dropping in on someone and is usually done by surfers completely aware of what they are doing. Snaking is difficult to do by mistake and is a greedy and hypocritical way to steal someone else's wave. Beginners don't need to worry about snakes just yet, but understanding what it is, is good to know for the future.

Snaking is when a snake (surfer B) steals a wave from another surfer (surfer A) by setting it up to look like surfer A dropped in on the snake. So let's say you have the right of way and you are concentrating on paddling to the wave. A snake will take advantage of your stolen attention and paddle behind your back closer to the peak than you. Once you both catch the wave it will look as if you dropped in on the snake as you will be further down the wave than he is.

Note 1: Your fellow surfers in the water probably know who the snake is.

Note 2: Dropping in on a snake won't be considered rude by your fellow surfers, but beware of snakes with aggressive attitudes. And avoid accidents.

Note 3: Respect the locals. In some spots, priority is always given to the local surfers. If you find yourself in this situation, your best bet is to give them the priority to avoid conflict on their home turf.



#4. Paddle Wide and Avoid Other Surfers' Lines

When paddling out to the waves, try your best to stay out of the way of other surfers riding waves.

Don't paddle right in the impact zone. Instead, try to paddle around the breaking waves.

Note: This can be difficult on beach breaks because usually there's no channel with unbreaking waves to move through. In these cases look for a path with the least amount of surfers riding waves to make it further out into the ocean. Try to ride the changing currents of the water and paddle in a zig-zag course avoiding the peak and impact zone of each wave.

A line drawing illustration showing a group of surfers in the ocean. In the center, a wave is breaking. A surfer is riding the wave. To the left, a surfer is paddling out, indicated by a green dashed arrow and a green checkmark. To the right, a surfer is paddling out, indicated by a green dashed arrow and a green checkmark. A red dashed arrow points towards the wave's impact zone, marked with a red 'X', indicating a bad path. Several other surfers are shown paddling in the background.

Try not to get in the surfer's line on the shoulder. If, when you are paddling back out, you find a surfer riding towards you. Do your best to avoid them either by heading to the white water or further out on the shoulder. Attempting to go straight over the wave and possibly getting in the way of the surfer could be a real bummer if you ruin their wave.

Other surfers will usually do their best to avoid you, but that needs to work both ways. You too should do what you can to avoid getting in the way of other surfers for maximum safety and fun.

SallyWay

SURFER ETIQUETTE

66

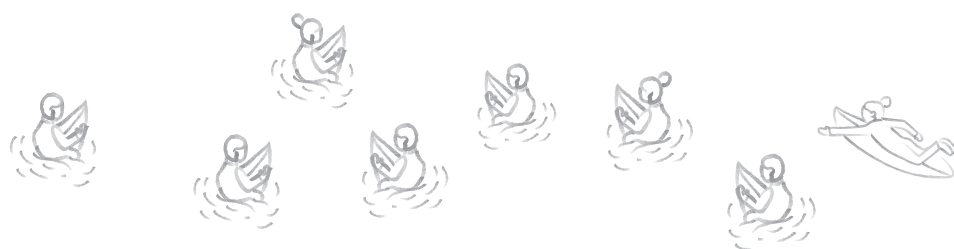
#5. Await your Turn

When you first paddle out, sit on your board and wait your turn. All the other surfers are waiting for a wave and you are last in line. The same is after you got a wave and paddle back out, wait until all the others got a wave before you take your next wave.

As a beginner it is a smart tip to choose the good waves and give 100% to get it. If you pull back on a wave it is lost to you and everybody else. That is why you are again at the end of the line after a failed try.

Also go to spots with less surfers, especially advanced ones. Your chances of getting more waves will be higher.

You will see that advanced surfers are getting more waves. That is because they also surf not so perfect waves, know the break better and maybe because you sit a bit too far away from the peak.



*Sit back and relax.
All the other surfers are already waiting for a wave.
You gonna have to wait until all the others got
a wave before you take your next one.*

SaltyWay Pro Tip:

*. Even if it's not your turn, you can go on a wave that you see no one is paddling for.
On that case you are not getting on no one's wave.*

*. Also, usually when paddling out you might see some waves coming with no one,
and you can take those.*

#6. Communicate

Communication is key. Communication is especially important when you and other surfers are paddling for the same wave. In this case either shout out “Are you going left or right?” or let your intentions known to the other surfers to avoid going the same direction on the shoulder as someone else. If you see someone paddling for a wave you are already riding on, let them know the wave is taken already to avoid collisions.

#7. Respect The Locals

Give Respect to Gain Respect

Locals are surfers that have been going to a particular surf spot for a loooonnnngggg time. It's their home territory and you are a newcomer, so it's important to show them respect.

Observe how things work when you enter a new surf spot. Most surf spots around the world will follow the basic rules we have laid out for you, but it's always possible that locals have come up with their way to run things in the water where they have priority. It's not common, but in some surf spots, locals believe they have priority for every wave, and not following their rules can lead to some sticky situations. Trust us, you don't want to have beef with the locals. Avoid this by taking your time to see how things appear to work at a new surf spot, accepting and following whatever specific rules for the area.

#8. Hold On To Your Board

Hold it, don't throw it. Throwing your surfboard, particularly in crowded surf spots, can be dangerous to other surfers, potentially injuring them. We understand the temptation of throwing your surfboard and diving under the wall of white water coming at you, but please refrain from doing this as you could hit a surfer paddling behind you.

Beginners, this is especially important for you as your surfboard is more likely to be of the larger and heavier variety, making it much more serious if you hit another surfer, and even worse if you hit them in the head. It's not easy but vital that you learn techniques to pass incoming waves with your surfboard in hand such as simply pushing through the white water, the turtle roll, or duck diving if you are using a shortboard. Being able to pass through the break while keeping hold of your surfboard will only help make you a better surfer, and with practice, you will pass breaks quicker and easier.

#9. Say Sorry If You Mess Up

A life ethics lesson that should and can apply to surfing ethics.

Experienced surfers can usually tell if you intentionally did something wrong or if you just accidentally did something, like dropping in on their wave. If you find yourself in a situation where you didn't mean to drop in on someone, just apologizing can make a world of difference and help keep the vibe right in the water. Most surfers will just say "no worries" and let it go if you try not to do it again. However, you can always encounter those exceptions whose frustration is always close to the surface and find yourself with an angry surfer swearing at you. Try not to let it bother you and just do your best not to mess up again. Sorry, sh*t happens sometimes.

#10. Be a Good Person: Have Fun, be Patient, and Enjoy :)

A positive attitude and enjoying the moment will bring you good things in life and surfing. That being said, here are some other things you can do to keep it all groovy for everyone in the water.

- Don't leave your trash and pick up after those who have.
- Help out a fellow surfer if you can tell they are in trouble.
- "This one's yours!" Patience and sharing waves will take you far in keeping everyone's mood right and might actually get you more waves from others returning the favor.
- Embrace and share a positive attitude.

70

Paddling

without paddling
you can't catch waves!

PADDLING

Best Paddling Technique

=

Minimizing Resistance

+

Maximizing Propulsion

When first starting out, mastering a proper paddling technique is one of the best ways to forward your surf progression. The better you get at paddling, the more waves you can catch and the more practice you get on the waves, the faster you'll progress with your surfing. These are the 2 things you need to focus on for efficient paddling on your shortboard or longboard:

- **1- Minimize Resistance (or drag).** Having optimal positioning on your surfboard will minimize resistance.
- **2- Maximize Propulsion.** Using the proper paddling technique to get the most power and speed out of every stroke.

1. Minimize Resistance (or Drag)

Why Minimize Resistance?

Because you need to paddle to your full potential

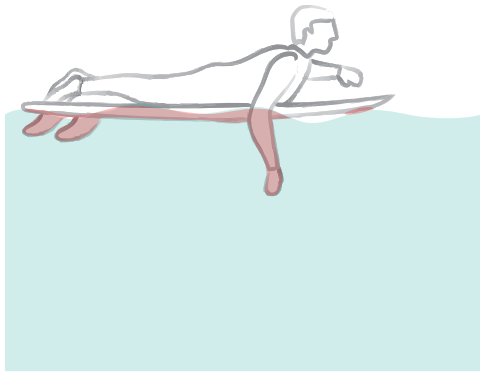
The saying goes: work smarter, not harder. In paddling, this means positioning yourself on the surfboard so you don't create resistance or drag that you'll have to paddle against. You want the surfboard to glide on the surface of the water with minimal elements resisting your propulsion forward. Anything that doesn't run parallel to the surface of the water creates resistance such as your surfboard's nose or rails, your arms, your legs, etc... Any resistance created is resistance you must paddle against, slowing you down and holding you back from your paddling potential.

How to Minimize Resistance?

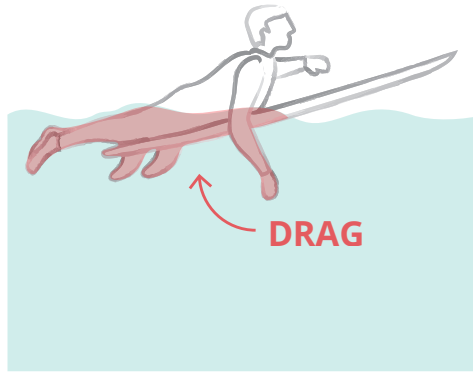
Positioning

Correctly positioning yourself on the surfboard is the key to minimizing resistance and drag. You need to find that sweet spot on your surfboard where you aren't too far forward or backward, where your chest lays down on the surfboard and there's an even distribution of your weight. Finding yourself on the sweet spot is the difference between gliding on the water and creating extra drag to struggle against.

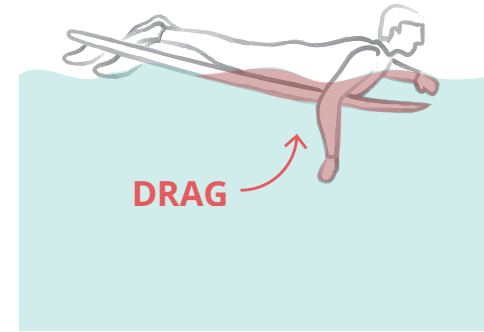
1.1 Optimal Position, Vertically



Check out this surfer in his sweet spot for paddling. You can see he keeps his back arched, keeping his head up as if there is a handball under his chin. Notice the nose of his surfboard is also slightly out of the water. The board is floating flat on the surface of the water, so it creates very little drag, setting him up for ultimate gliding potential.



See how the surfer is too far back on his surfboard, causing the nose to come more than a foot out of the water? In this position, he is likely paddling at less than half of his potential due to all the drag and resistance caused by the back of his surfboard being so deep in the water.

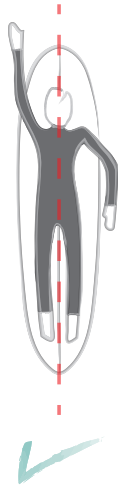


Look at this surfer positioned too far up on his surfboard. Seems like he is trying to dive down into the water instead of coasting on top of it with his nose dipped into the water like that. He is going to have a hard time paddling with all the resistance created by that submerged nose. He might even fall off his surfboard.

SaltyWay Pro Tip

- ✓ • The sweet spot for optimal paddling will have you **positioned high enough** on the surfboard, so its nose is only 1 to 2 inches out of the water but not so high that it's diving into the water.
- ✓ • The nose of your surfboard should remain 1-2 inches out of the water **when your back is arched**.
- ✗ • **Don't think you are in the right position** if the nose of your surfboard is 1-2 inches out of the water, but you aren't arching your back and raising your head about a soccer ball's distance from the board. This is a common mistake for beginners who often find themselves too far back on their surfboard when aiming their nose to be 1-2 inches above the water. They have their head too close to the surfboard, applying more weight to the front. When they arch their back, raising their head appropriately, they will find the nose of their board pop out of the water much more than they intended.

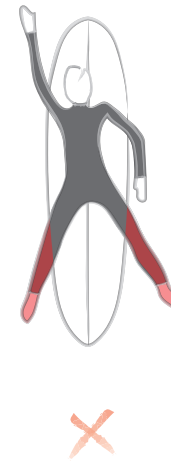
1.2 Optimal Position, Horizontally



Check out this surfer to see how you should position yourself horizontally. See how he has placed himself in the center of the board, perfectly balanced? He lines the center of his body up with the stringer, a wood strip that runs lengthways down the middle of the surfboard.



Here, the surfer is positioned to the left of the center of the board, causing his left rail to sink into the water creating resistance because of the imbalance.



Here the surfer has tried to use his legs to stabilize the board to compensate for the imbalance caused by his uncentered position. The issue with this position is he could create drag by trailing his legs in the water, and the lack of weight on the back of the board could cause the nose to dive.

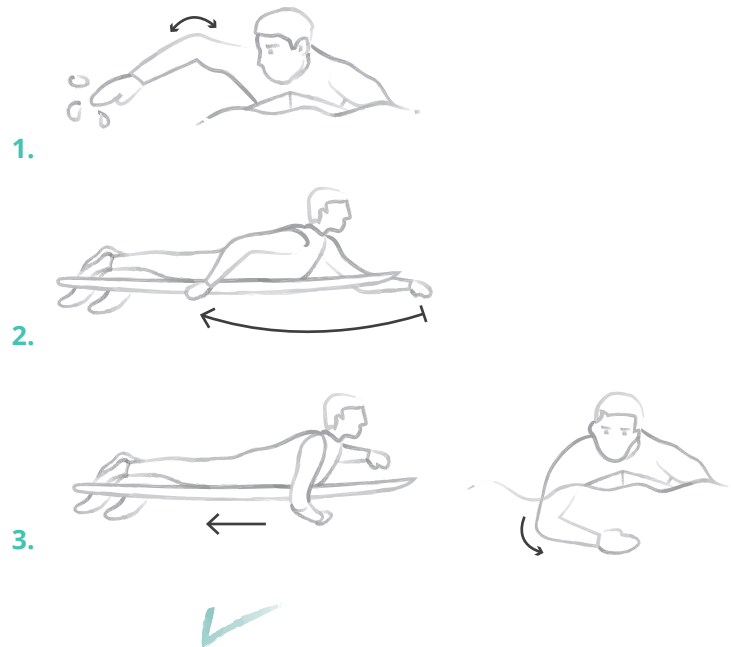
SaltyWay Pro Tip

- ✓ • **Keep your feet together.** Don't compensate for an unbalanced position with your lower body, change your position up, down, left, or right on the surfboard instead.
- ✓ • **Check your balance by lifting both your hands out of the water before you paddle.** If you are not properly centered, you will sink on whichever side has too much of your weight. Adjust accordingly to guarantee balance before paddling.
- ✓ • **Paddle with your head and upper body still.** Don't move your upper body side to side when you're paddling, as your surfboard will rock with you, creating resistance.

2. Maximizing Propulsion

Maximizing propulsion is done with the correct paddling technique.

Paddling technique is all about getting the most power out of every stroke by maximizing the underwater surface area of your arm. The greater the surface area that pushes the water, the more water is being pushed, delivering more speed for catching more waves.

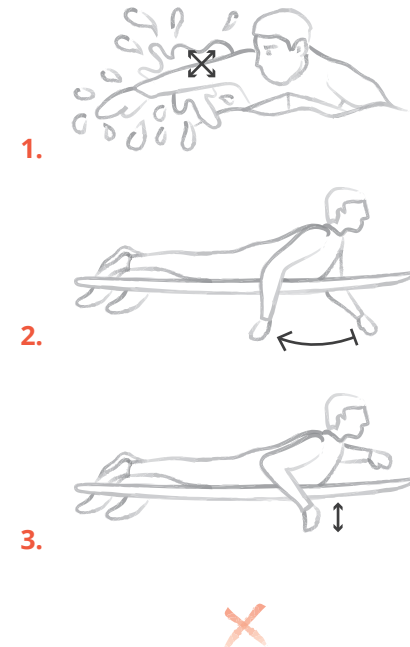


. Surfer 1 has his elbow high when he first penetrates the water, beginning a stroke.

He slides his hand forward into the water to avoid creating drag, grabs it, then pulls the water as he moves his arm back. The fingers of your hand are relaxed, straight and slightly apart.

. Surfer 2 paddles with long, full-range motions. Using his full reach, the surfer extends his arm, grabbing the water in front of him and moving it by pulling his arm all the way back until his arm is fully extended again.

. Surfer 3 has his hand and forearm penetrating the water. His arm is in the shape of an "L" as his hand glides just below the surfboard. Bending the elbow during a stroke puts muscles in an advantageous position to develop power.



. Surfer 4 does not keep his elbow high when his hand penetrates the water. He creates unnecessary drag if his arm has contact with the water as he moves to begin his stroke.

. Surfer 5 is doing short-range motions. By not extending his arms at the beginning and end of a stroke, this surfer is limiting his propulsion. When only the hand and bottom of the forearm are underwater during a stroke, it limits the time propelling forward.

. Surfer 6 does not penetrate deep underwater. He limits his surface area underwater by not putting his arms deep enough in the water, producing weak propulsion. The surface area of his lower arms is not being used to pull through the water.

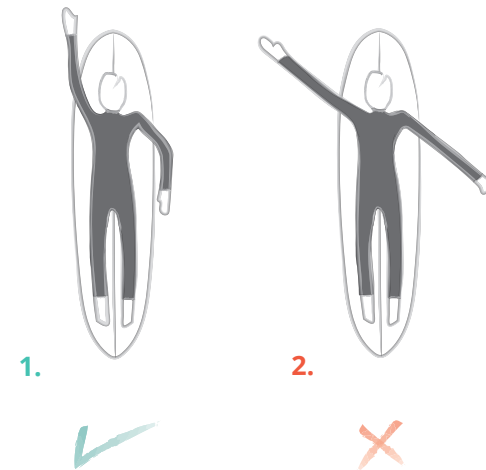
Bend your arms when paddling.

. Surfer 1 bends his arms when reaching for the next paddle.

Paddling one arm at a time, he builds up a rhythm.

. Surfer 2 keeps his arms stiff when paddling.

Referred to as windmill paddling, keeping arms stiff and straight throughout and in between strokes will tire shoulders fast as they need to support the weight of the entire arm with each paddle stroke. Paddling like this will also rock the surfboard from side to side, slowing you down by creating drag.



Common Mistakes

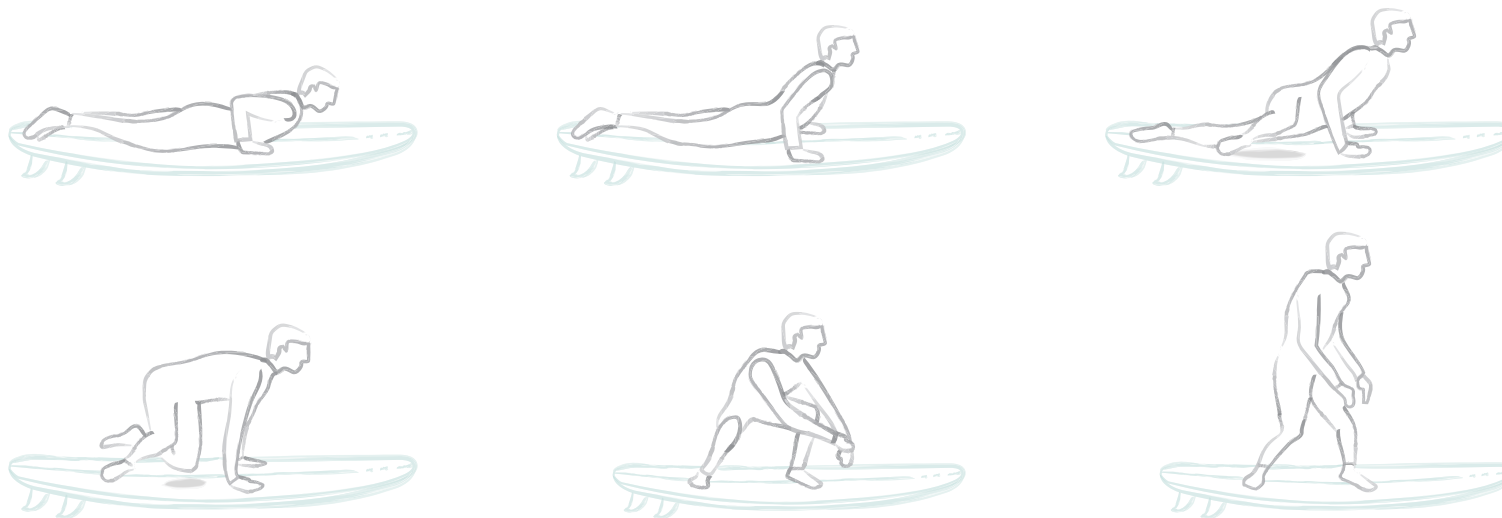
- **Don't splash water when penetrating, do a smooth, quiet entry.** Enter the water fingertips first.
- **Do not put your hands in a "cupped" position.** Cupped hands reduce the surface area pushed underwater, limiting propulsion. They also waste energy by putting excessive tension on your hands. Relax your hands and keep them straight when they are underwater.
- **Don't paddle two arms at the same time.** Find and keep up a good rhythm, paddling one arm at a time so you can surf for hours by conserving your energy.
- **Don't paddle wide.** Bend your arms so they are close to your surfboard's rails when paddling and not spread out wide on each side.
- **Don't rest your head on the surfboard while paddling.** Keep your head up by pretending there is a soccer ball under your chin. You will gain stability, mobility, and see more of what is going on around you.
- **Look down at your board once in a while to relax your neck.**
- **Don't roll onto your shoulders too much on either side when paddling.** Throwing weight from side to side with each stroke causes the board to rock, creating drag.
- **Don't spread your legs on each side to balance yourself.** Zip up your legs, keeping them in the middle of your surfboard. Reposition yourself to the center of the surfboard if you're feeling unbalanced and falling to a side.

76

Take Off

how to pop up
on a surfboard

TAKE OFF



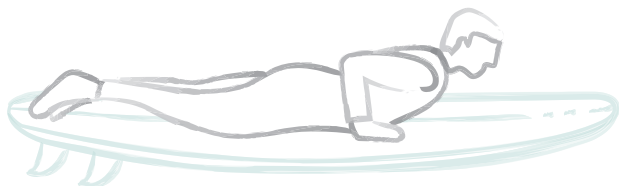
. LEARN HOW TO STAND UP

The Take Off or Pop Up refers to a “maneuver” where you go from paddling to catch a wave to standing up on your surfboard. There are a variety of techniques to accomplish this, but the one we are about to explain we have had the most success with over the years at SaltyWay. The step-by-step Take Off teaches beginners the body mechanics of the Take-Off. Once they have mastered it, they should advance to learning the Standard Take Off technique (jump).

The Standard Take off is done in one fluid motion, with the back foot landing just before the front foot. With practice, these steps will become automatic to you without pauses. What’s awesome about take-offs, and unlike most other maneuvers, is that you can practice them without needing to be on the water.

SaltyWay pro Tip: When practicing take-offs on land, jump into position using what feels like the right placement for your feet and body instead of looking. Once in position, imagine that you are gliding down a nice smooth wall. Don't just jump up and jump straight back down again, otherwise, you will train for the wrong muscle memory.

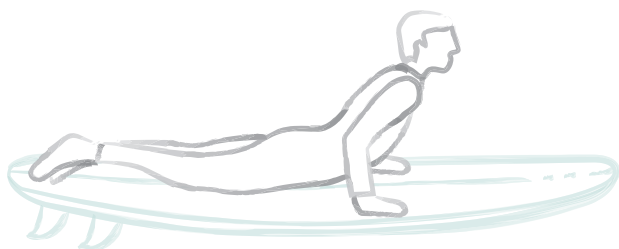
Experienced surfers use the jumping Take Off technique because it gets them to their feet as fast as possible in conditions where it's needed, such as fast peeling waves. While this technique is the fastest to get onto your feet, it can be challenging for some as it demands the use of core strength and mobility.



1

Paddle until you catch the wave.
Don't stop paddling until you glide with the wave.

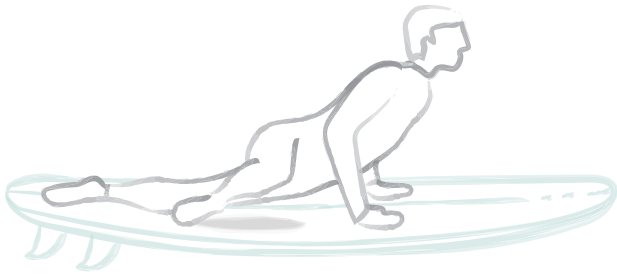
Paddle until you are sure you have caught the wave, feeling yourself glide on it. If you are not completely sure you have caught it, paddle two more strokes for good measure. Once you have caught it and are gliding down the wave, **place your hands, palms down, right next to your chest**. Look where you want to go all the time.



2

Push your chest up.

With your hands by your chest, push your upper body up (i.e. your shoulders and chest) leaving your hips and legs laying on the surfboard.



3

Slide your back foot forward to the position of your opposite knee, in the “Chicken Wing position”.

First, slide the back foot forward on the board. Bring it forward until it's in line with the knee of the other leg. You are now in the chicken wing position! If you need help to slide up your foot, twist your body a little. Remember: your back foot is placed on the board but the knee must be in the air.

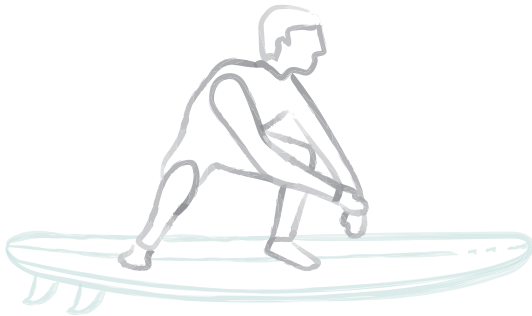


4

Bring your front foot forward, it should be in between your hands.

Now you take what will be your front foot, i.e. not your chicken wing, and bringing that knee to your chest first, pass your foot underneath following the line of the stringer (middle line of the surfboard) until **your foot reaches in between your hands**. Your hands help to stabilize the surfboard and maintain speed throughout these steps. Keep looking where you want to go! Don't look down!

SaltyWay Tip: If you are having trouble getting your front foot forward, lift your hand on that leg's side to make space for your leg and foot to come through and land by your other hand.



5

**Once standing up:
keep your knees bent and look where you're going.**

Once your front foot has made it between your hands and you are **feeling stable, release your hands and STAND UP!**

Keeping your knees bent, compress your lower body, and face where you are going. Check the position of your feet and correct them if necessary.

SaltyWay Pro Tip: Find your own version! Everything that works and brings you stable and quick into a standing position is fine.



6

**Check your stance! Shoulder width or a little bit more.
Feet arches over string. Front foot 45° degrees max.**

Check your stance. Keep in mind where you want your feet positioned before and after you stand up. Your feet should be shoulder-width or a little wider apart. The arches of your feet should be on top of the stringer (middle line). Your back foot makes a right angle (90°) with the stringer and your front foot not quite in a right angle, slightly pointing to the nose (+- 45°). Keep your knees bent!

Open your shoulders front to place your left arm on top of the left rail, and the right arm on top of right rail of the board.

81

Surf Stance

unlock your
surfing potential

SURF STANCE

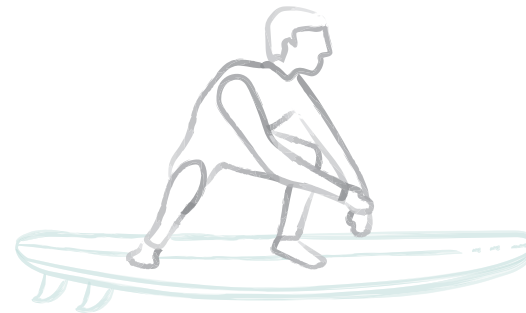


Getting your surf stance right is one of the keys to unlocking your potential. A proper surf stance gains you balance and makes it more comfortable for you to shift your weight in different directions. Shifting your weight forwards, backward, and sideways translates to acceleration, slowing down, and turning your surfboard, all of which a proper surf stance will help you control.

Surfing is different from skateboarding and snowboarding as these other board sports have something solid underneath the board, whereas surfing happens on top of the water. Riding on water means that placement of the feet on the surfboard and the distribution of weight has a tremendous impact on the surfboard's reaction on the water.



Goofy

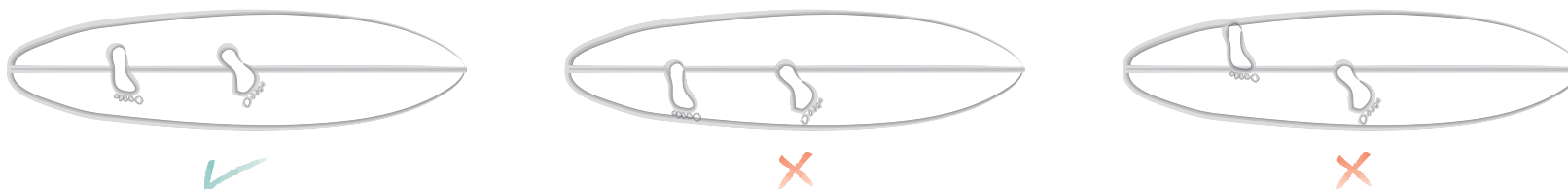


Regular

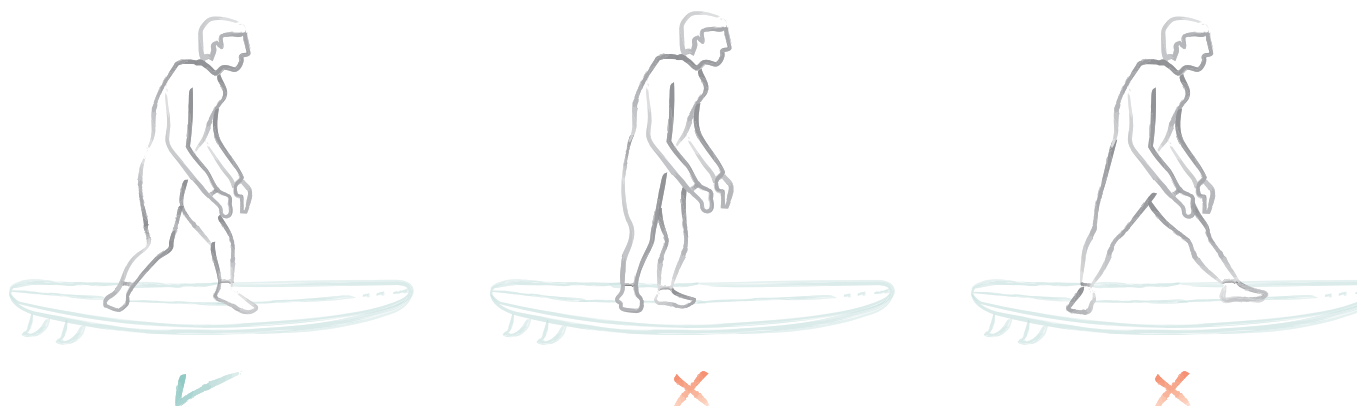
ARE YOU GOOFY OR REGULAR?

The very first thing you need to do on your surfing journey is figuring out if you're a goofy or a regular. Regular means your left foot is forward and goofy means the right foot is forward. Usually, your strongest leg, like the one you would kick a ball with, is the back leg, but it's not always the case. A cool trick to figure out your stance type is to have someone lightly push you from the back. Whichever foot you instinctively put forward is the one you should probably use as your front foot.

The Surf Stance



Both your feet must be centered on the width of the surfboard. Find the stringer on your surfboard. If you don't have one, imagine a line lengthways down the middle of your board. The arches of your feet should always be centered with this line. Positioning your feet too much on either side will most likely cause you to fall in that direction



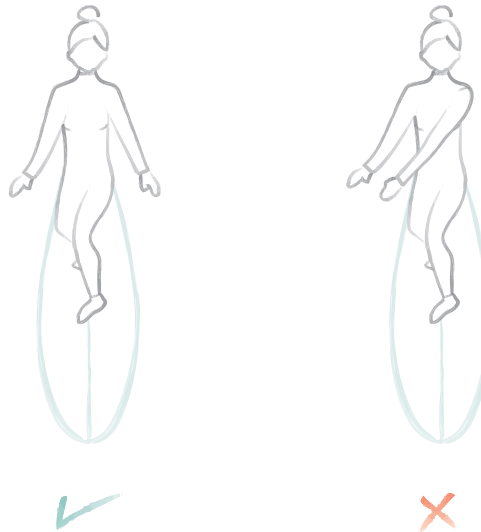
Stance: A bit more than shoulder width. Not too wide and not too close, your feet should be a little wider than shoulder-width apart. If your stance is small or too large, distributing your weight forward or backward will be difficult, stopping you from accelerating or slowing down when you need to.



Bend the knees & have them pointing in towards each other. To keep your balance on the surfboard, compress your lower body while keeping your upper body facing straight ahead. Your back knee and front knee should point towards each other, making it easier to shift your hips backward and forward to slow down or speed up. Gain extra style points (and mobility) by tucking your back knee inside a bit.



It should be comfortable while shifting your weight forwards (front leg) or backward (back leg). If it's not, check your stance's width and your footing on the surfboard.



Left hand outside left rail, right hand outside right rail. Keep your hands at your sides but away from you enough that they are past your surfboard's rails, even when turning. Your hands positioned like this will help with balancing and make turning easier. If you try turning with both hands on the same side, you will probably throw yourself off balance. It also stops you from being able to lead your turns with your upper body making changing direction tricky.

Look where you are going! Once you got your stance situated, look where you want to go. Your head is the steering wheel!

Common Mistakes

- **Don't bend your upper body down.** Bend your knees, not your back! We see beginners make this mistake a lot when they are trying to keep their balance on the surfboard. Bending your chest closer to the surfboard can put you off balance and make turning impossible. Instead, try bending your knees and compressing your lower body to help you balance.
- **Don't turn with your heels and toes like on a snowboard or wakeboard.** Surfboards are much wider than snowboards and you're not bound to them like you are in wakeboarding and snowboarding. Turning on a surfboard takes more than just some weight on your heels or toes. If you try to turn like that, you're probably going to fall off the side of your surfboard. To turn in surfing you start by turning your head in the direction you want to go, followed by your shoulders and, last, your hips.
- **The Poo Stance: knees pointing apart.** If your knees are bent and pointing in opposite directions, what does it look like you're doing on your board? It looks like you're taking a poo... Not the best look, right? It's also really hard to move your hips forwards or backward in this position so you won't be able to speed up or slow down.

86

How to pass waves?

duck dive / "push through" /
turtle roll

HOW TO PASS WAVES

.DUCK DIVE

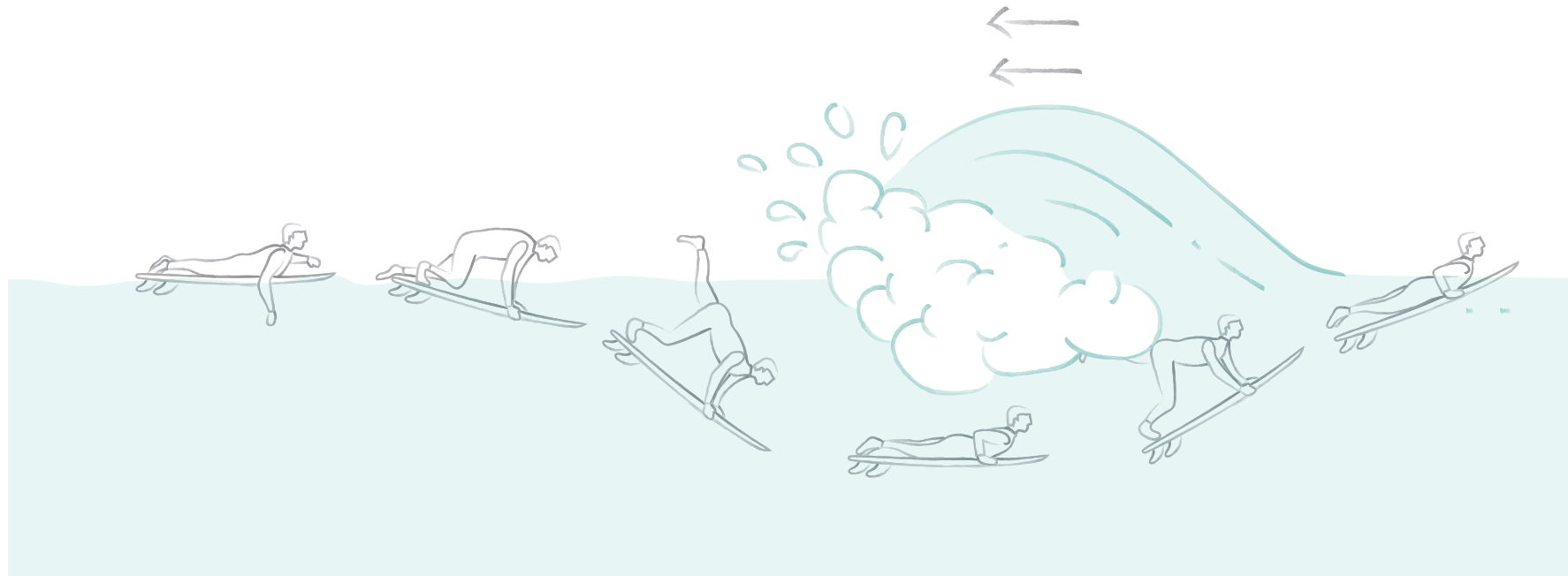
Learn to Duck Dive Properly, Step by Step.

The duck dive technique is used to pass incoming waves that you don't want to catch or can't catch by sinking your surfboard underwater and diving under the wave to come out the other side of it. This is a difficult technique that can take years to master, so don't let a lack of progress discourage you. Luckily, this is another technique that doesn't require waves to practice on just a body of water, like a swimming pool, a lake, or even a flat ocean. When you do practice with actual waves, the rolling momentum of the wave will help with your duck dive by sucking you through. Proper duck dives conserve your energy when passing the break, granting you more power to paddle and catch more waves.

First, is your board small enough?

Your surfboard needs to be small enough to sink underwater to duck dive. A surfboard with a lot of volume floats too much and will be problematic to push underwater. Some surfboards have too much volume to duck dive at all. Duck dives are done with shortboards, hybrids, and small "fish" type surfboards whereas the turtle roll technique is better for passing the break with larger surfboards.

SaltyWay Pro Tip: Try duck diving for your first time at a beach with a safe break using a low volume smaller shortboard.



A wave that's already broken (White Water)

A white-water wave (a wave that has already broken) can be tough to pass through with a duck dive as the force of the wave coming towards you can extend beneath the surface. Aim to dive deep enough underwater to avoid the white water beneath the surface. If you do pass through some bubbles on your journey underwater though, that's ok too.

STEP 1

Paddle Hard To Gain Speed

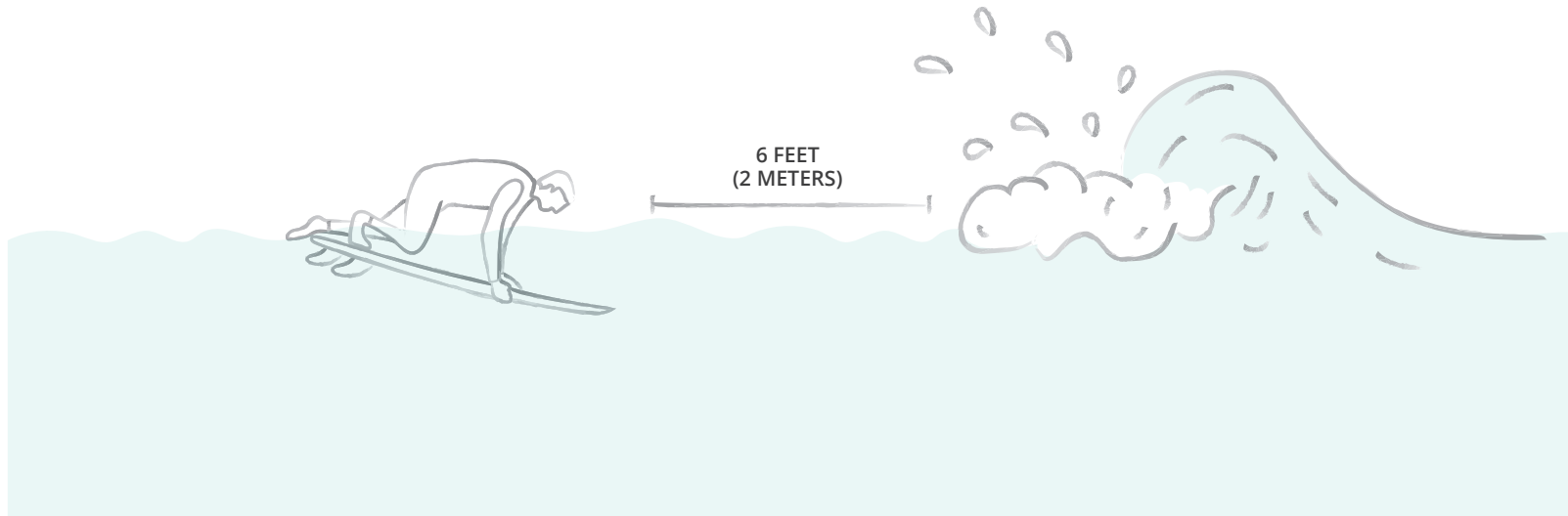


When faced with a powerful white water wave, it's crucial to build up enough forward momentum to get yourself all the way under and through the wave.

***SaltyWay Pro Tip:** Don't hesitate! Build up plenty of speed and attack the wave straight on. You want to be perpendicular to the wave when you duck dive.*

STEP 2

Start 2 Meters Before Hitting The Wave



Build up speed paddling until you are about a surfboard's length distance away from the wave, then grab your surfboard by its rails just under your chest.

SaltyWay Pro Tip: We often see surfers start their duck dives too late. It takes a bit of time (around 3 seconds) to push your surfboard's full volume underwater.

STEP 3

Push The Front Part of The Board Down & Forward

With your hands firmly gripping the rails, lean your upper body forwards and using strength from your shoulders, pierce the water with the nose of your surfboard. Aim the surfboard deep and forward, using your momentum from paddling.

SaltyWay Pro Tip: Straighten your arms when pushing the surfboard underwater to get it deeper. This will also help prevent your surfboard from getting pushed onto your face.

STEP 4

Push on Tail with your Foot (or Knee)



Now that you have gotten the front part of your surfboard to sink underwater, it's time to get the tail under too. Push the tail underwater by pressing down on the traction pad with your foot or sliding your knee a little forward and onto the stringer. If you are having trouble getting your tail down, lift your leg that isn't pushing the surfboard down like a scorpion's tail to use the extra weight over the tail to sink it (see picture above). The goal is to get the whole surfboard underwater and parallel to the bottom when the wave passes over you. You want to get the nose, then the tail underwater in one fluid motion to keep the forward momentum you gathered from paddling.

SaltyWay Pro Tip: If your surfboard gets pulled out of your hands when you are duck diving under a wave, your tail was most likely not fully submerged and the force of the wave pushing against it dragged the surfboard back towards the shore. Remember, the entire board needs to be underwater, parallel to the bottom.

STEP 5

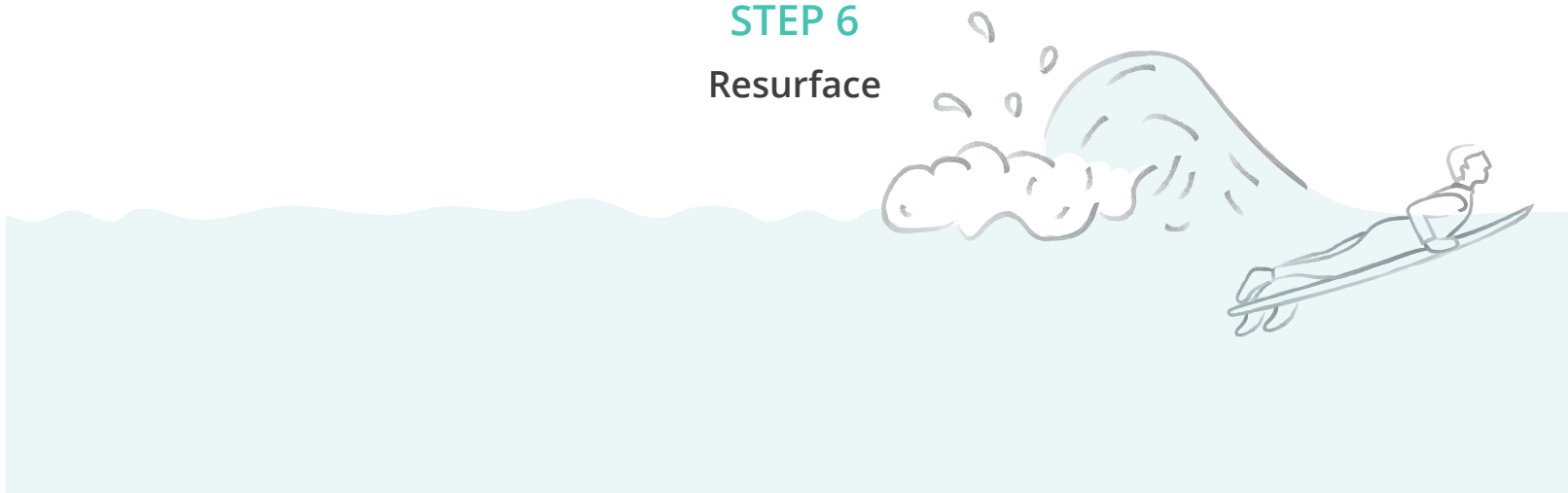
Bring your Body to your Board



Once you have your surfboard positioned sufficiently under the water and parallel to the ocean floor, pull yourself close to the surfboard by bending your arms as the wave passes over you. Make sure you are bringing your body to the surfboard and not the surfboard to your body as you don't want to lose any depth under the water. Remember, you want to be deep enough under the water that you avoid the core force of the wave. When duck diving under a white water wave, it is especially important that your surfboard is traveling parallel to the bottom as your surfboard could get pulled out of your hands by the underwater force of the wave if your nose is pointing downwards.

STEP 6

Resurface



Ensure that the wave has passed over you before you resurface. Tilt your surfboard aiming its nose for the surface by pulling the nose up and pressing the tail down while utilizing the natural buoyancy of the surfboard to bring you back up. If you resurface before the wave has completely passed you, the force of it will pull you backward.

SaltyWay Pro Tip: Straighten your arms as you are resurfacing to turn your surfboard into an anchor by utilizing the mass of the water against it to pull your body out of the water.

MORE ADVICE:

Timing is everything

Start your duck dive too early and you'll lose momentum and float too soon, getting hit by the wave. Duck dive too late and you won't make it deep or parallel to the floor enough before the wave passes over you and the force of the wave will rip the surfboard from your hands. Remember, the ideal starting line for a duck dive is a surfboard's distance before the wave.

- **There is no such thing as too much speed.** Paddle to build up as much momentum as you can then dive deep.
- **Don't race to get to the surface.** Resurfacing too quickly will get you pulled backward.
- **Open your eyes underwater.** You can find the smoothest path by avoiding more turbulent water as you can see where you are going. Opening your eyes underwater is especially important when duck diving under heavy waves in shallow conditions to avoid accidents.
- **Get that tail down.** Kick the traction pad hard to bring the surfboard deep and parallel to the bottom when the wave passes over.
- **Practice!** Got a pool or lake nearby? Get the duck dive technique mastered before hitting the waves by learning how to balance your surfboard underwater, sinking its nose first with your hands, then kicking the tail down with your foot, propelling your surfboard down and forward.

SaltyWay Pro Tip: Practice your duck dive technique as often as you can. It's a vital tool for having fun in the water and feeling safe in bigger waves.

.PUSH THROUGH



How to get through waves and pass the break easier using the “pushing through” technique.

Surfboards such as longboards, with too much volume to sink under waves, require a different technique to get over the break. The “pushing/punching through” technique uses speed and the higher flotation of the bigger surfboards to drive through smaller waves instead of going underneath them.

STEP 1



- ✓ • Walk out until the water comes up to your chest
- ✓ • Hold the surfboard by the nose, to your side
- ✓ • Wait for the “set” of waves to break before paddling out

Walk into the ocean until the water comes up to your chest. Hold your surfboard by its nose, keeping it by your side and perpendicular to the waves until you reach chest-high water. Wait until bigger sets of waves have passed and the ocean looks relatively calm before you paddle out.

SaltyWay Pro Tip: You’ll have a brief window of smaller waves after a big set - Use it. Time your paddling, so you hit the impact zone of the smaller waves that come after a big set.

STEP 2



- ✓ • Paddle hard towards the white water
- ✓ • More speed = more control

Build up to maximum speed as you paddle straight towards the white water waves. The more speed you harness, the more control you will have when pushing through the wave.

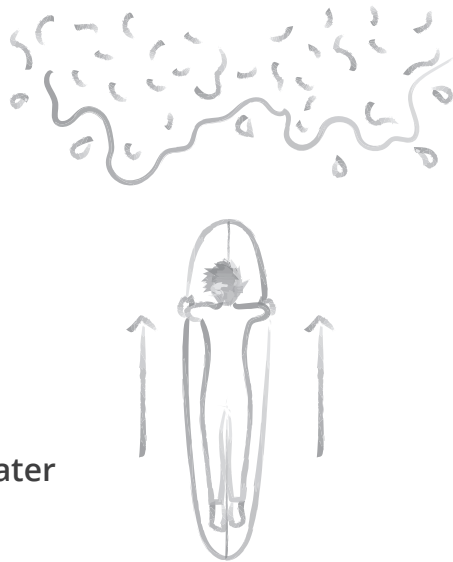
STEP 3



- ✓ • 2 meters before white water: grab the rails, push chest up and arch your back

Paddle, building up as much speed as possible, till you are about 2 meters in front of the wave, then grab your rails and push your chest up. This will open up a space between you and the board for the force of the wave to pass through. When faced with larger waves, you can keep the front of your surfboard from flying up and knocking you off or smacking you in the face by adding more weight forward, kicking a leg in the air.

STEP 4



- ✓ • 100% perpendicular to the white water
- ✓ • Push hard, keep your back arched and hold on tight

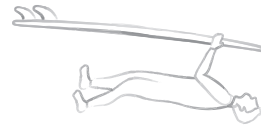
Make contact with the white water straight on, completely perpendicular to it. Holding on tight to your rails, keep your chest up as you come in contact with the white water, letting the force of the wave pass through the space between your chest and the surfboard.

Common Mistakes

- **Not paddling hard enough.** Don't be scared of punching through the incoming wave too fast or hard. You need all the momentum you can get to pass through it without getting knocked off your surfboard.
- **Not being exactly perpendicular (90 degrees) to the wave.** Meeting the wave not completely straight on will have the wave pushing a side of your board, either flipping it over or pushing you back.
- **Trying to push through a big wall of white water.** The punching through technique is for high volume surfboards to pass through smaller white water waves. If the white water wave is too big, the flotation of the board will cause it to flip back instead of passing through. For bigger white water waves, use the Turtle Roll technique.

SaltyWay Pro Tip: Zig-zag through the zone of waves to always punch through the weakest part of the white water waves.

.TURTLE ROLL



How to “Turtle Roll”

How to get past white water waves using the Turtle Roll technique.

The “Turtle Roll” technique is used to pass bigger white water waves with high volume surfboards such as longboards and foamboards. Longboards and foamboards are great to learn on as they provide plenty of flotation, but that extra flotation also makes it impossible to duck dive under waves or “punch through” the bigger white water waves. Use the Turtle Roll technique, to pass through big white water waves without getting pushed back, keeping control of your surfboard.

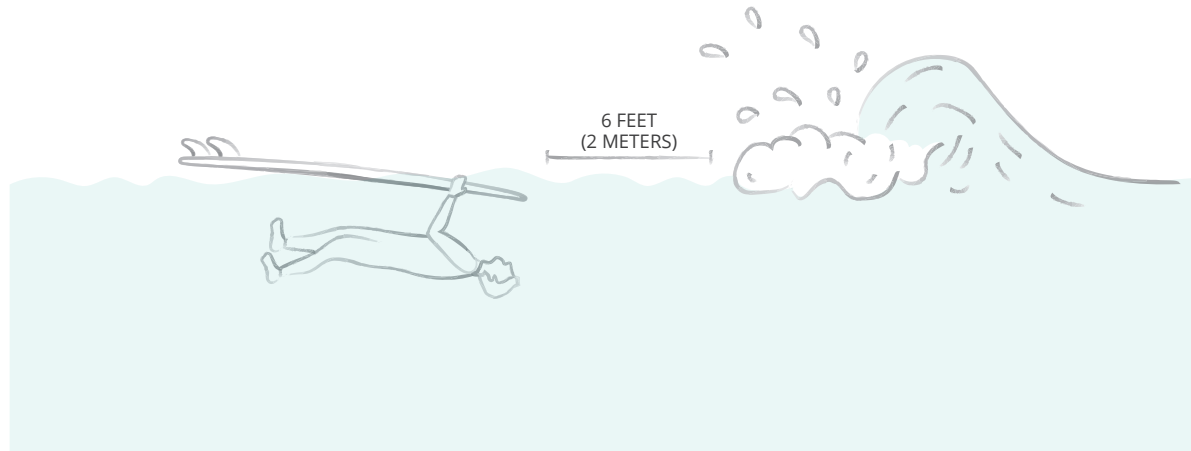
STEP 1



- ✓ • Walk out until the water comes up to your chest
- ✓ • Hold the surfboard by the nose, to your side
- ✓ • Wait for the “set” of waves to break before paddling out

Walk into the ocean until the water comes up to your chest. Hold your surfboard by its nose, keeping it by your side and perpendicular to the waves until you reach chest-high water. Wait until bigger sets of waves have passed and the ocean looks relatively calm before you paddle out.

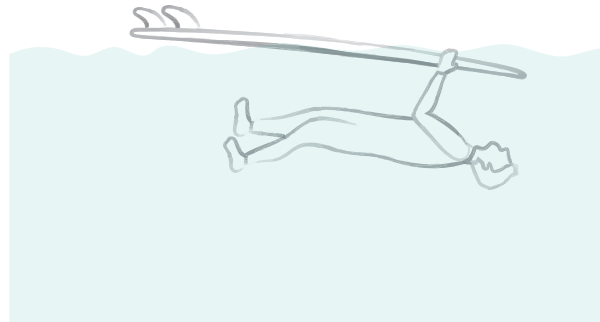
STEP 2



- ✓ • 2 meters before white water:
grab your rails at your pectorals
and flip upside down

Grab the rails at your chest when you are about 6 feet (2m) from the white water wave then taking a deep breath first and **flip yourself and the surfboard upside down.**

STEP 3

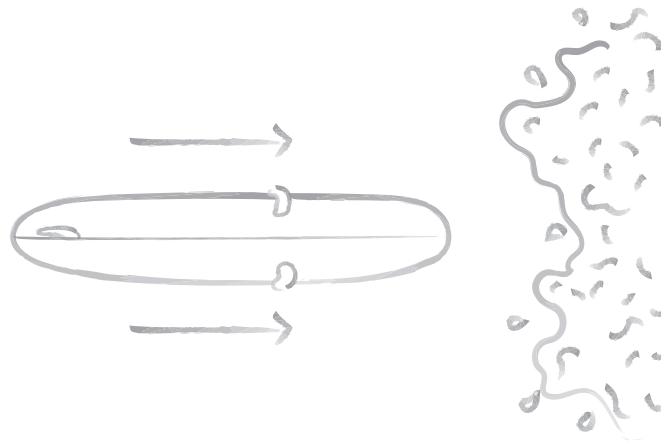


- ✓ • Surfboards nose must be in the water and arms should have a bend in them

When you flip yourself and your surfboard, ensure that you submerge the nose of your surfboard and you seal your surfboard to the water, leaving no space between it and the water. Leave space between the surfboard and yourself, holding onto the board with a slight bend of the elbows and keeping your head away from the board as you wait for the wave to pass over you.

SaltyWay Pro Tip: If you are having trouble keeping the nose underwater after you've flipped, move your grip further up the board so you are holding on to it closer to the nose, using your body weight to help keep the tip of the nose under.

STEP 4



- ✓ • 100% perpendicular to the white water

Make sure you position your surfboard perpendicular to the wave before and as the white water wave passes over you. Even deviating in the slightest from a perpendicular angle can lead to the wave hitting the side of your board, ruining your Turtle Roll by pulling the surfboard out of your hands.

To flip your surfboard and yourself right side up again after the wave passes over you, pull one side of your surfboard by its rail and push the other side's rail with your other hand while kicking your legs to help you flip.

Common Mistakes

- **You don't position your surfboard perpendicular to the wave when the white water hits it, knocking it out of your hands.**
- **You leave the nose of your surfboard poking out of the water, or there is a space between the flipped surfboard and the water when the white water passes.** Parts of your surfboard left out of the water will catch the force of the wave as it passes, pulling your surfboard back towards the shore.
- **Keeping your arms stiff and straight when you're flipped over.** A bend in the elbows allows you to absorb the shock from the white water as it passes over you. Without this springiness, it is much easier to lose your surfboard to the force of the wave.
- **Flipping upside down too soon.** If you are too far away from the incoming wave when you flip, it is unlikely that your surfboard will remain perpendicular to the wave by the time it gets to you.
- **Turning upside down too close to the wave.** Flipping your surfboard as the white water hits you will simply not work. Also not having enough time to get properly situated underwater with a good grip on your surfboard before the white water reaches you will lead to your board getting pushed around resulting in you either losing your board or getting pushed back towards the shore.

100

Surf a
green wave

angle take off / trimming /
bottom turn / cutbacks / top turn

SURF A GREEN WAVE

ANGLE TAKE OFF

Learn how to angle your take off so you may draw your line either right or left on the shoulder.

Paddling into a wave

Step A



- **Left or right?** Know which way you want to go before you start so you can better position yourself and read the waves according to which shoulder you choose.
- **Paddle perpendicular to the wave until your last 3 strokes.** Catching unbroken green waves works best when you paddle towards the beach until you are a few strokes away from popping up.

Step B



- **Only start paddling towards the direction you want to go during the last 3 strokes before popping up.** This push either left or right before popping up will set your surfboard at a slight angle towards the direction you want to go.
- **Look towards the direction you want to go.** As you set up to pop up with your hands bracing the surfboard under your chest, face the direction you want to go, pointing your head and chest towards where you plan to draw your line after dropping in.
- **Place slightly more weight onto your inside rail, digging it into the wave.** When in the push-up position just before popping up, put a little more weight on the rail closest to the wave. If you are going right, this will be your right rail that digs slightly into the shoulder of the wave and vice versa if you are going left. Pushing slightly on the inside rail will give your surfboard direction and momentum before you complete your pop up by standing up.
- **Pop up facing your head and shoulders in the direction you want to go.**

SaltyWay Pro Tip: Aim for the high line on the face of the wave so that it's easier to maintain speed after take off.

Common Mistakes

- **Paddling with too much of an angle towards the shoulder.** If you angle yourself towards the wave too much, you'll just paddle over the shoulder instead of catching the wave.
- **Paddling at an angle too soon.** Remember, it's only the last 3 strokes before popping up that aim for the direction you want to go in. All paddling before this should be perpendicular to the wave as you face the beach straight on.
- **Paddling without facing where you want to go.** You need to see where you are going to determine the speed and the line you'll want to draw once you stand up.

SaltyWay Pro Tip: The angle you want to make with the wave depends a lot on the steepness of the wave. The more waves you drop, the more experience you'll gain to help figure out the appropriate angle for each wave.

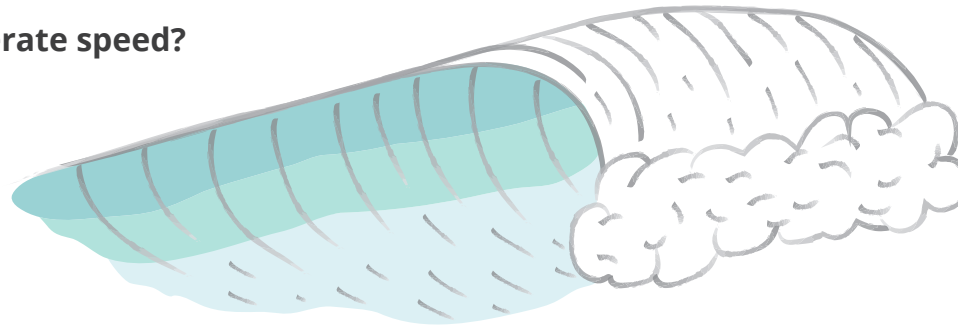
.TRIMMING

How To Generate Speed On A Surfboard

Surf Tips: Create your Acceleration & Surf Faster

Learning to build up speed will open up a world of possibilities for you, as most surfing manoeuvres require a good bit of momentum to land. The easiest way to build up speed is to shift your weight forward by applying pressure with your front foot. As you progress on your surfing journey, you can learn how to create acceleration by using different parts of the wave. Before advancing to speed generating techniques, ensure that you have mastered your pop-ups and your stance is correct. You should also consider the dimensions of your surfboard and the quality and form of the waves you will ride on.

The Pocket: Where can you generate speed?



TOP 1/3: MOST POWERFUL PART, BEST TO GENERATE SPEED

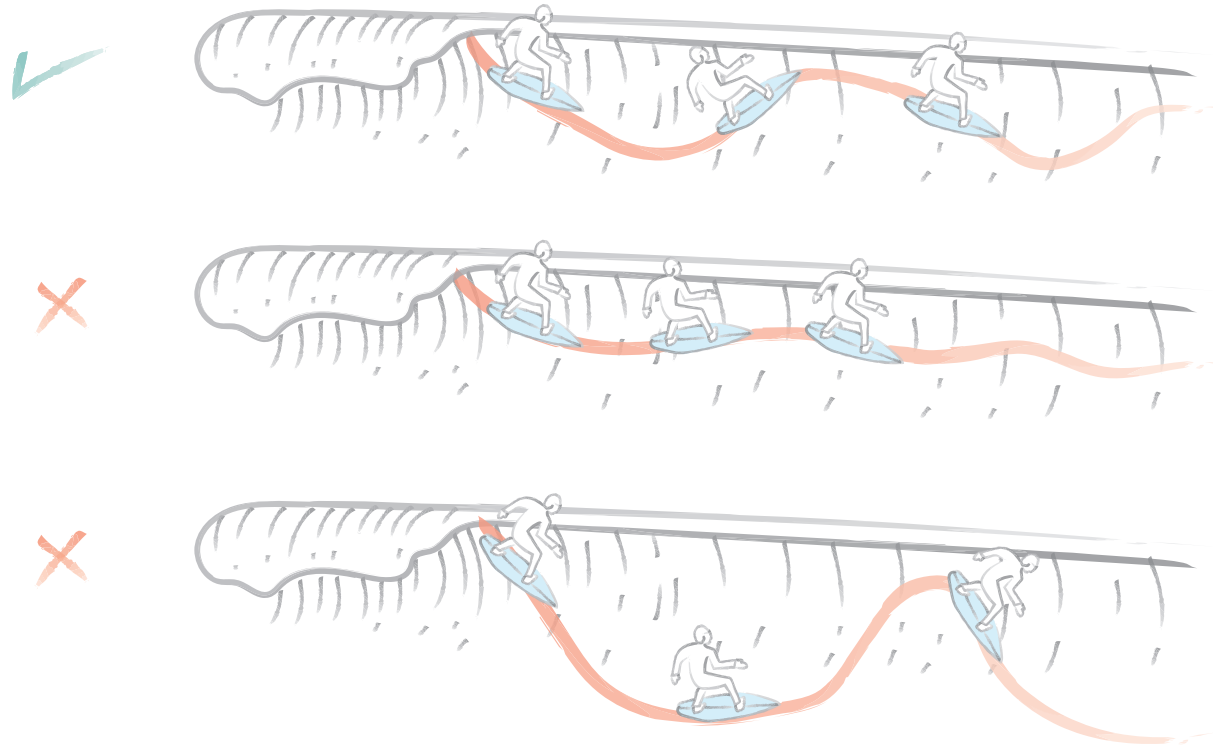
MIDDLE 1/3: STILL GREAT TO GENERATE SPEED

BOTTOM 1/3: LESS POWER, HARDER TO GENERATE SPEED

You can use certain parts of a wave to give you a boost of acceleration by harvesting speed, riding the most powerful parts of the wave. The pocket or the curl refers to the steepest and most powerful part of the wave and is the area located closest to the lip containing the top third of the wave. Use the pocket to give yourself a necessary push for more advanced manoeuvres.

How to “pump” and use gravity to fly on the face of the wave?

Pumping refers to a technique where you surf up and down the face of the wave repeatedly to harness the wave's power in the pocket to generate speed going forward.



Wave #1

This surfer uses the entire face of the wave by going up to the top of the face and coming down till he is just above the bottom of the wave.

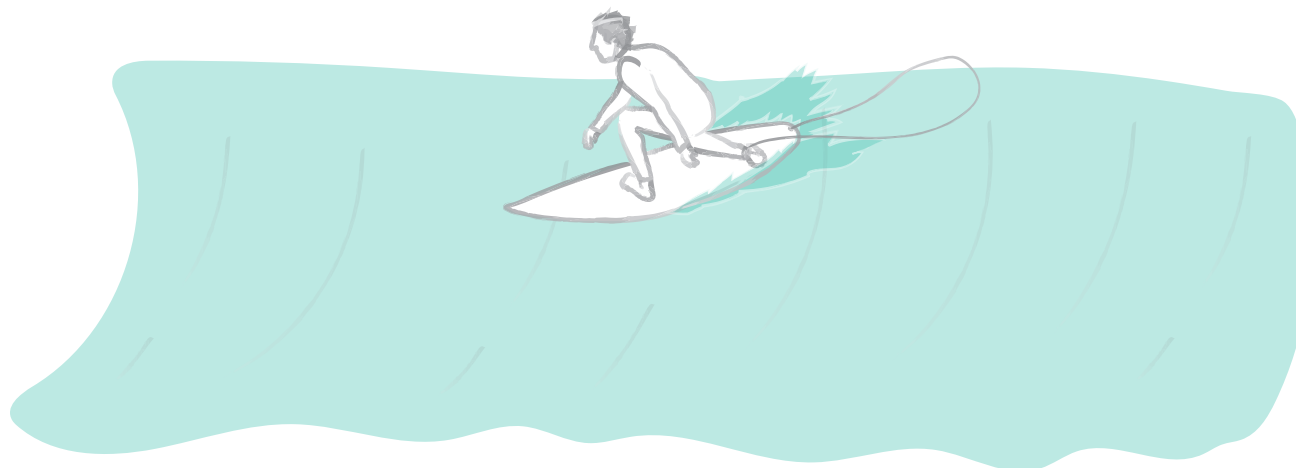
Wave #2

Just wiggling in the middle. As you can see, this surfer is not reaching the top of the wave nor getting close to the bottom before turning. Without utilizing the steep, powerful part of the top of the wave or gravity as he is going down, he is unlikely to build up much speed.

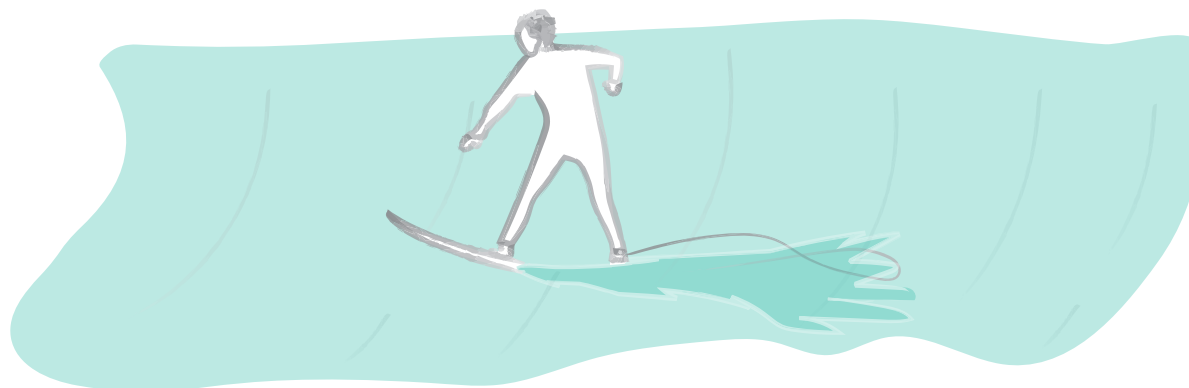
Wave #3

The closer you get to the bottom of the wave, the flatter and weaker it gets, so don't be like this surfer and lose all your speed by going too low on the face of the wave and possibly getting stuck in the white water.

When to Compress, when to Decompress?



Once you reach the top of the wave, start turning by rotating your body towards the bottom of the wave. Right as you complete your turn, bend your knees compressing down and apply pressure to your front foot to accelerate on your way down the wave.

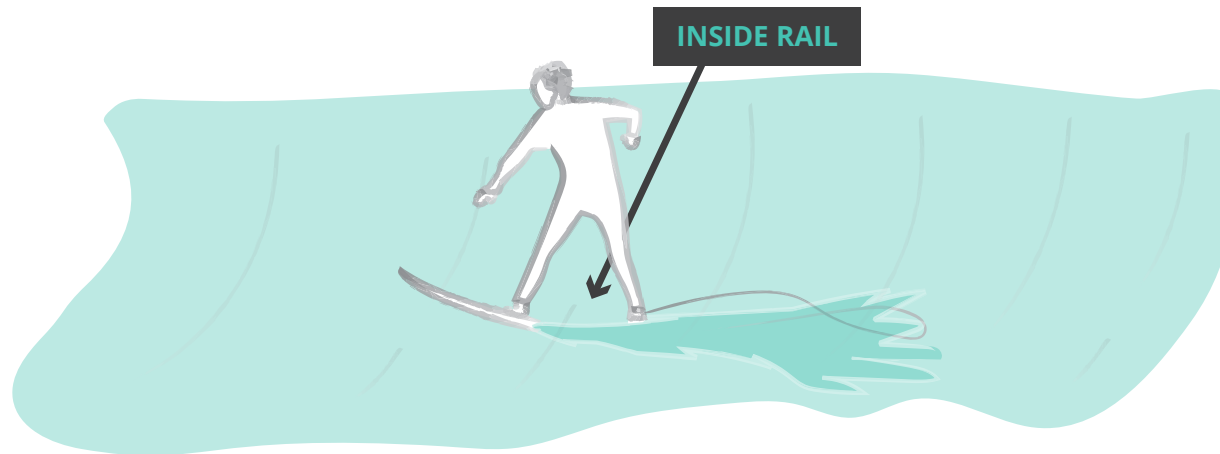


Once you reach just above the bottom of the wave, turn your surfboard by pointing it towards the top of the wave again. To do this, you must be as light on your surfboard as possible so unbend your knees, decompressing, and stand tall. Twist your body and surfboard towards the lip of the wave, raising your arms to help lift you up. This flow of up and down the wave, turning, compressing, and decompressing creates forward momentum and speed.

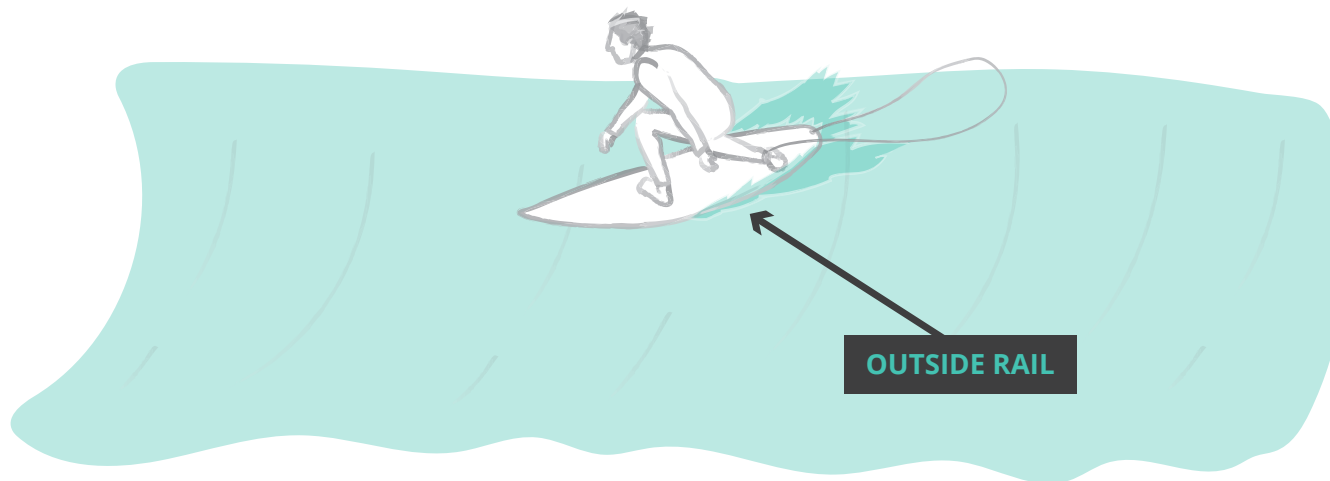
SaltyWay Pro Tip: Your body is working like a spring. Compress your body when you go down and spring up to reach the lip of the waves again.

Surf from Rail to Rail to reduce Drag

Reach maximum speed by surfing on your rails. While pumping up and down the wave leaves only a part of your surfboard in contact with the water, reducing drag and increasing speed.



When pumping up toward the lip, decrease your drag as you propel forward by decompressing your body and digging your inside rail into the wave. This will leave the other half of your surfboard out of the water limiting the surface area in contact with the water, thereby reducing drag and speeding you up.



Once you've reached the lip, turn, compressing yourself while shifting your weight more towards the outside rail now. By riding on the smaller surface area of your rails instead of the whole bottom of your surfboard, you limit the drag you create and gain speed.

Throw your arms

Throw your arms towards your intended direction to help propel yourself to where you want to go. This is critical in small wave conditions where waves contain minimal power.

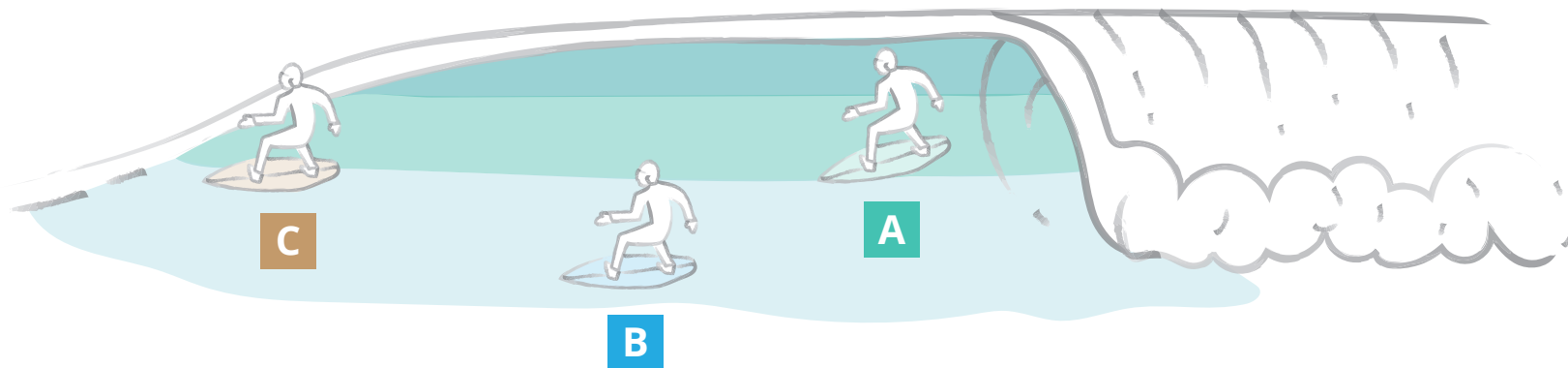
Move your feet Forward

When you have advanced to riding barrels and super-fast peeling waves that require ultimate speed, a neat trick you can do is move your stance slightly forward so that your back foot ends up either at the end of the traction pad or just over it.

Don't "Overwork" the wave

You want to create smooth lines going up and down the entire face of the wave, not short, choppy pumps constrained to the middle, forming drag and slowing you down. You should center the top half of your body over your board while the lower half turns, flowing as you pump up and down the wave in a fluid motion.

Positioning: Stay connected to the wave's Power



All of the above technique tips are only useful if you're surfing the proper area of the wave. Remember that the top 1/3 and middle 1/3 part of the wave are the best to generate speed, and that the pocket of the wave is the area with maximum speed generation potential (surfer A).

Pay attention not to surf too far on the shoulder (surfer C), or too low down the bottom of the wave (surfer B). These are the most weak areas and hard to generate speed. Dealing with the more powerful parts of the wave is challenging and it's something that comes with time, but eventually you will get more used to it and even feel how much better it is to do some maneuvers on these parts.

.BOTTOM TURN

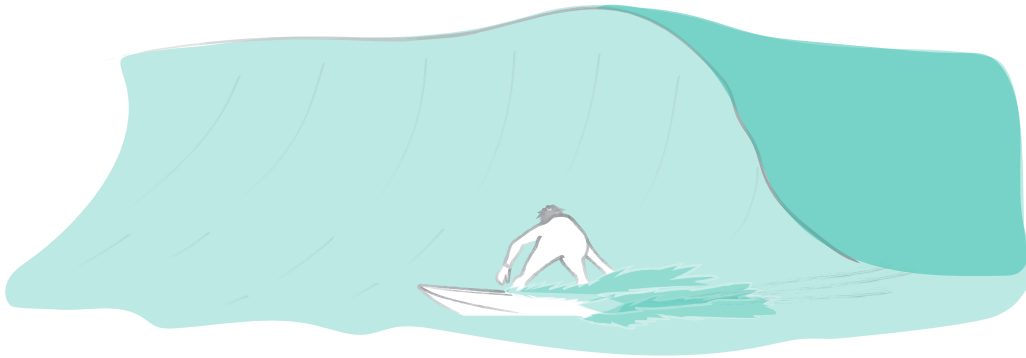
A Step-by-Step guide to Bottom Turns

Bottom turns are the backbone of performance surfing as they set you up on the wave's face for future manoeuvres. The more your bottom turn improves, the more all your other manoeuvres that include a bottom turn will too.

Definition:

A bottom turn is the transformation of the vertical energy from dropping in and down the wave, into horizontal energy as the surfer turns to create a smooth and powerful turn at the bottom of the wave

2 Types Forehand and Backhand

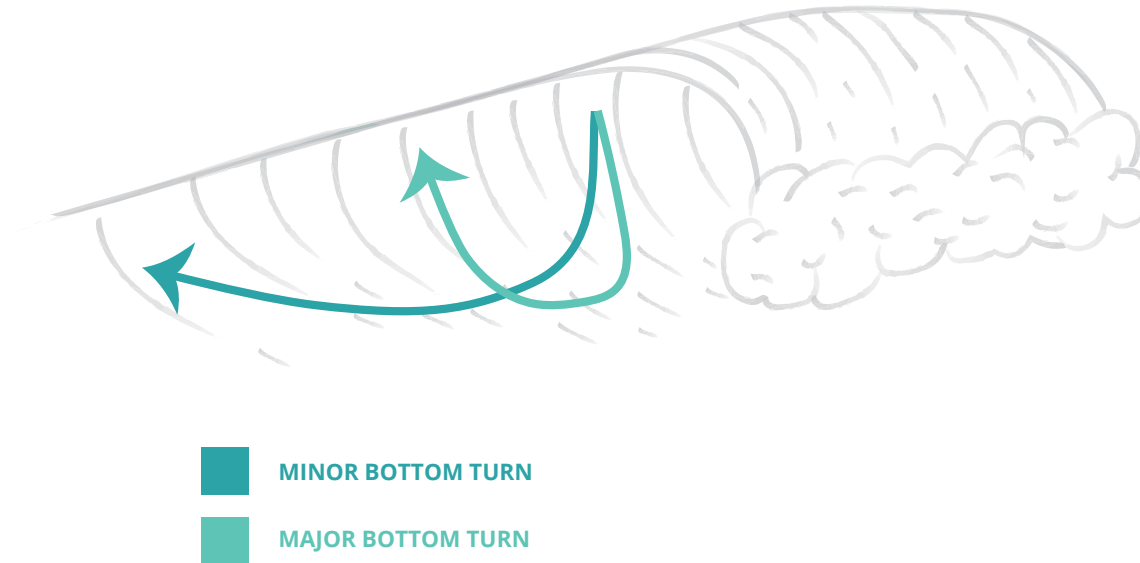


A forehand bottom turn is when the front of the surfer faces the wave during the turn at the bottom of the wave.



Backhand bottom turns are when the surfer's back faces the wave as they turn.

2 Levels Minor and Major



There are two main types of the bottom turn and each has its own uses depending on the shape of the wave and the surfer's skill level. The minor bottom turn is when you make a longer arch along the bottom of the wave whereas the major bottom turn is a sharper shorter turn.

Lacking experience with vertical manoeuvres on the steeper sections of the wave, beginners and intermediates should focus on minor bottom turns. By drawing out their turn they will find themselves further down the shoulder where the wave is softer, making it easier for them to train intermediate manoeuvres like carves and cutbacks.

As surfers gain experience riding on the steeper parts of the wave and begin attempting vertical manoeuvres, the major bottom turn will start coming into play. The major bottom turn sets up surfers on steeper, more powerful sections of the wave which are needed for more advanced manoeuvres like snaps, airs, barrels, etc.

STEP 1

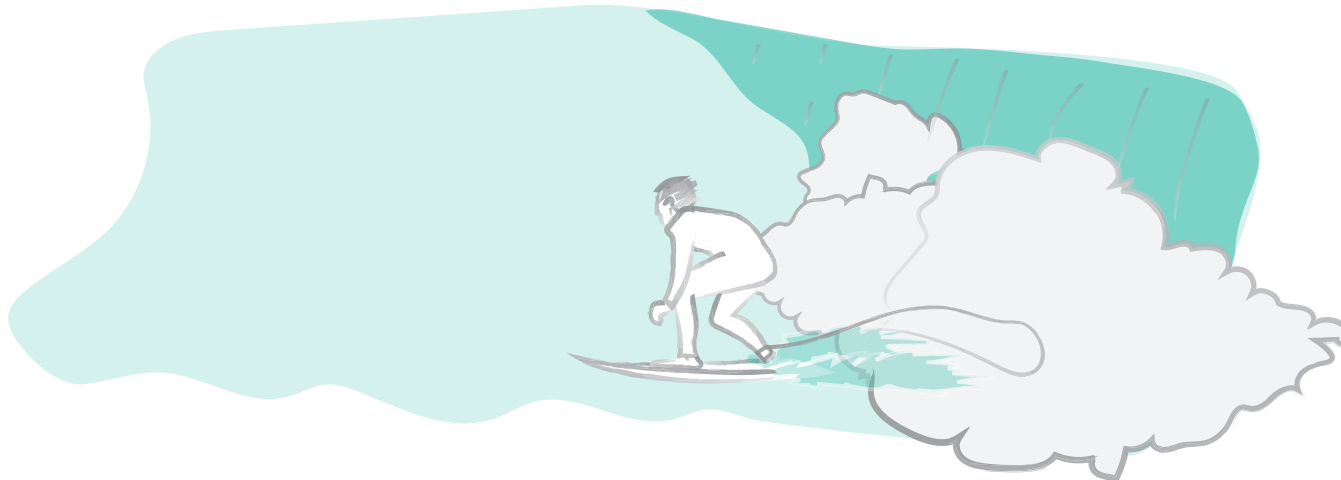
Position & Speed



Aim for entering your bottom turn with maximum speed by taking off at the peak or as close to the breaking part of the wave as possible.

STEP 2

Compress Down



Compress down, bending your knees to give you control and balance as you ride down the face of the wave.

STEP 3

Dig the Rails



As you start to turn at the bottom of the wave, compress down even more and tuck your back knee in slightly. Evenly distribute your weight on both feet and look towards where you want to go next on the wave's face. Dig your inside rail into the bottom of the wave as your turn to use the power of the water's flow on the bottom of your board to propel you back towards the shoulder with plenty of speed. If you are doing your bottom turns right, you will actually ride up the wave's face faster than when you went down it.

How to dig the rails?

To dig your rail into the water, place extra weight onto your toes by leaning forward. Utilise your trailing hand to help you lean forward by reaching it down towards the wave. You can also use your reaching hand as a pivot point to turn around as you head back to the top of the wave. Remember to keep your lower body compressed as you get onto your rail, holding your turn as you being to pivot.

STEP 4

Pressure on the Tail & Body Rotation



To finish your turn up the wave's face, twist your chest and hips towards the direction you want to go as you apply pressure to the tail via your back foot. Decompress your body as you ride up the wave's face.



Backhand Bottom Turn

The backhand bottom turn is a lot like a forehand bottom turn with a few key modifications. You still need to compress down low, steer with your head and start your turn with equal weight over both feet, but your back is going to be facing the wave as you turn making things a bit trickier.

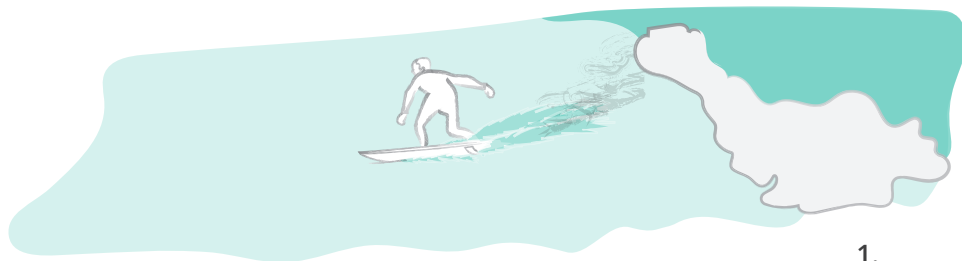
Common Mistakes

- **The depth of a turn doesn't match the conditions of the wave.** The shoulder's shape is a huge determinate of what line you should draw with your bottom turns. The softer and flatter a wave is the less steep and vertical you want your bottom turn to be as the wave needs to have enough power and shape to bring you back down the wave. If you try to do a steeper, more vertical bottom turn on a weaker wave, you will probably fly over the shoulder and behind the wave.
- **Burying your rail too deep by placing too much weight on the front foot during the bottom turn.** This will cause you to stall and possibly make you fall off your surfboard.
- **Changing direction and not holding your initial line.** Maintaining maximum speed is only achieved if you draw and hold an initial line that will bring you along the right parts of the wave. If you change direction, breaking that initial line, you will lose momentum and won't be able to propel yourself to where you want to go. Minor adjustments to your line will have huge negative impacts on your momentum.
- **Not using your leading arm to initiate the opening of your upper body towards the wave on backhand bottom turns.** Since it is more difficult to see and turn back towards the wave during backside bottom turns, it's extra important to use your leading arm to help guide you by reaching down towards the wave to start your full-body rotation, followed by your back arm reaching towards the top of the wave.

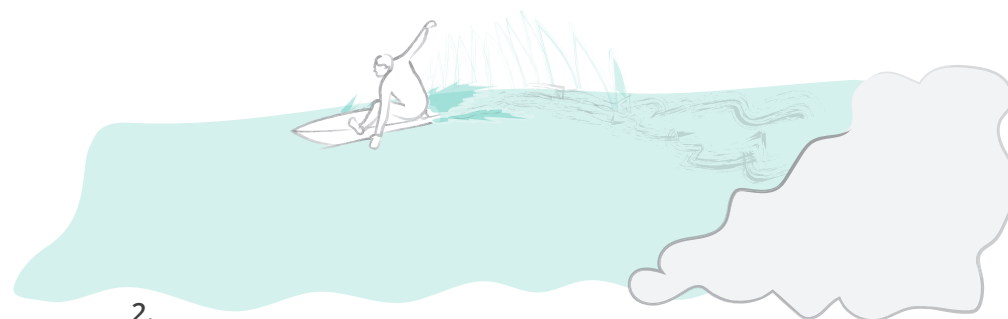
.CUTBACK

How to do a cutback

Fins allow surfboards to carve. As a result, if a surfer is going too fast, he needs to return to the power source, by burying rail and getting back to the curl. A cutback is an S-shaped line drawn as wide as possible on the face of the ripple. The more power you apply on your carving rail, the more spray you'll get. Remember to keep your knees bent, maintain a low center of gravity, and look where you're going. The cutback will always reposition yourself back in the power source, i.e., on the foam ball.



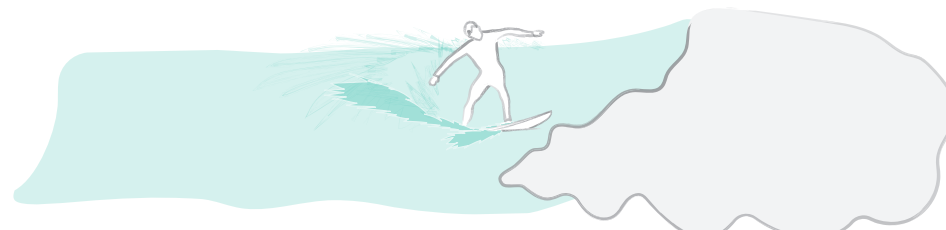
1.



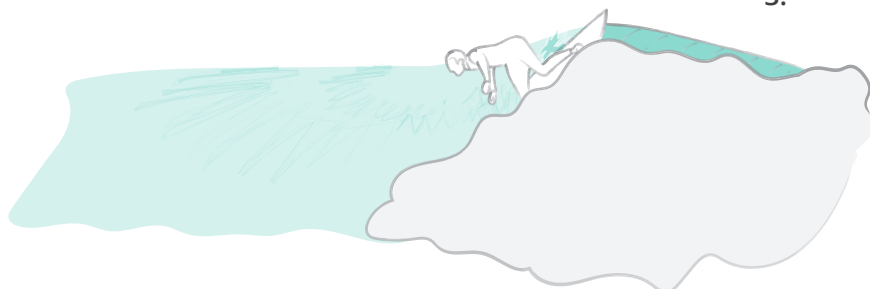
2.



3.



4.

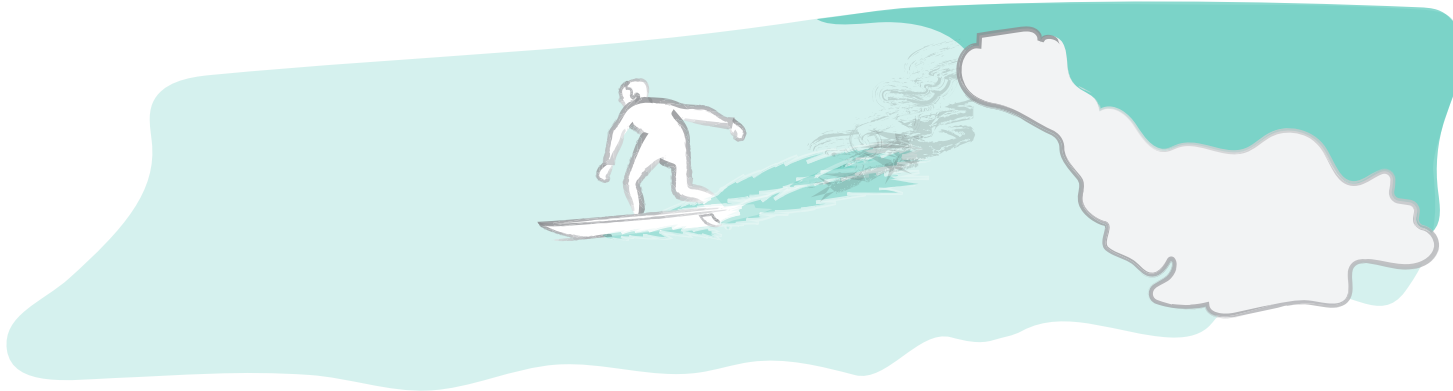


5.

FOREHAND CUTBACK

STEP 1

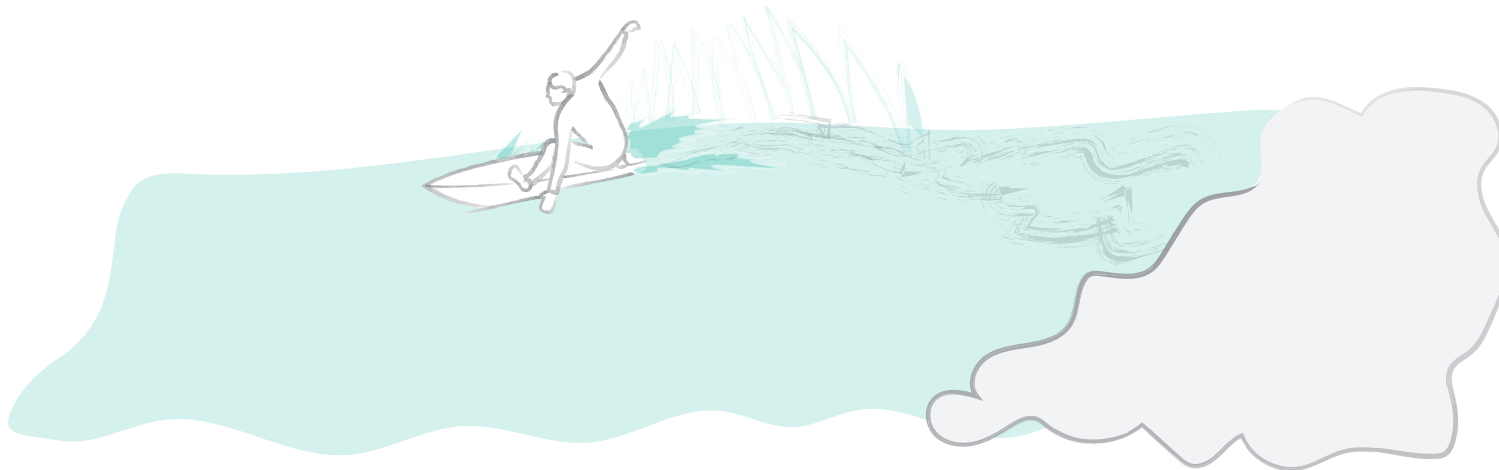
Generate Speed + Shallow Bottom Turn



Generate speed by compressing your body as you ride down the wave's face towards the trough (bottom of the wave). Perform a shallow bottom turn towards the shoulder as you decompress, drawing it out until you reach the top of the wave.

STEP 2

As the surfer gets to the top fo the wave:



When you reach the top of the wave, compress down, and shift most of your weight onto your back foot, engaging your fins. Use the hold of your fins to help you pivot back towards the curl while your front hand leans down, opening up your shoulders and chest back towards the breaking part of the wave and digging the rail behind you into the water.

STEP 3

Turning the Upper Body towards the Curl

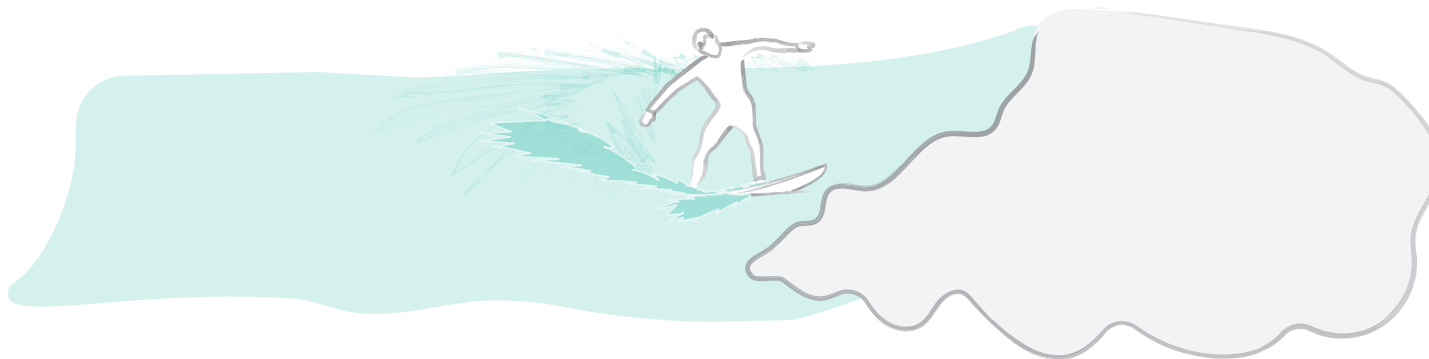


Turn your head towards the curl followed by your shoulders, throwing your arms to help you change direction while you ride down the wave using the rail behind you. Keep eye contact with the curl the entire time. Compress your body, putting weight on your back foot to help you pivot and continue with your body's rotation and riding on your rail.

***SaltyWay Pro Tip:** Make sure you are looking towards the curl with your eyes and mind! Like we have said before, your head is your steering wheel!*

STEP 4

Hips & Legs follow the Direction



Your hips and legs follow your upper body completing the turn towards the breaking part of the wave as you continue to turn aiming for the lip just above the white water. Decompress your body as you travel towards the curl from the trough. As you approach the top of the white water, your head should already be turning back towards the shoulder as you will need to change your direction of rotation completely just before you reach it.

STEP 5

Bouncing in the White Water



Before you reach the top of the wave, your whole body should turn back towards the shoulder, followed by your board, as you pivot quickly by compressing your body, pressing down on your back foot, and guiding with your front foot while applying weight over your toes. Once you complete the turn, bend your knees to absorb the shock of the white water as you hit it, bouncing back toward the shoulder. Bouncing off the white water will provide you with extra momentum to get back towards the shoulder, and it's what makes this manoeuvre a roundhouse cutback. However, it is not crucial to bounce off the white water to turn back to the shoulder.

STEP 6

Back in the Pocket

Once you have completed the last turn, you should find yourself back in the pocket where the wave is steep with plentiful power, setting you up for endless possibilities and ultimate fun.

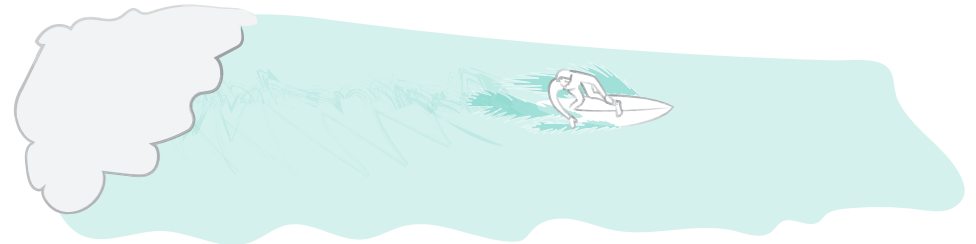
HOW TO DO A BACKSIDE CUTBACK

Backside cutbacks use a lot of the same techniques as forehand cutbacks and sometimes are considered easier as you are facing the curl when turning back towards the power source. The techniques used in both forehand and backside cutbacks are:

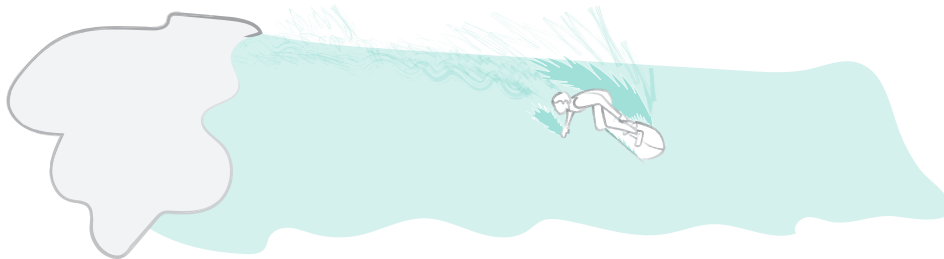
1. Decompressing your body as you go up the face of the wave.
2. Placing pressure on your fins with your back foot as you compress your body, throwing your inside hand to help you turn back towards the curl.
3. Turning your upper body, followed by your hips and legs.
4. Holding a rail as you make your way back to the power source.



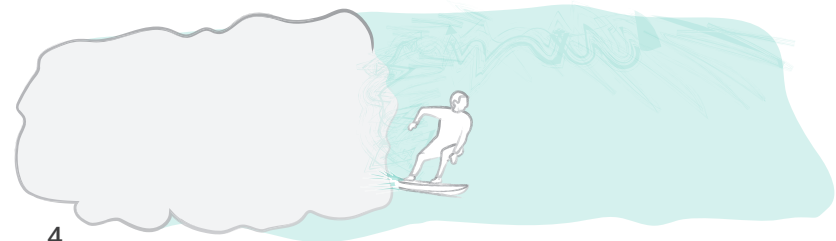
1.



2.



3.



4.

Extra Tips

- **Use your hand as a pivot point for turning back towards the white water.**
- **Choose your waves wisely.** Look for clean, predictable wave conditions to practice on such as point breaks.
- **Hold your rail the entire turn** to get a good looking, smooth, and powerful turn.
- **Use the right section of the wave.** Get far enough down the shoulder before turning back towards the curl to give yourself time to finish your rotation. If you find yourself stalling, generate more speed by doing your cutbacks on steeper parts of the wave's face.
- **There's no going too fast.** Speed will only help you with this manoeuvre.
- **Pivot with your back foot closer to the tail on the traction pad.** It is easier to rotate back towards the power source of the wave if your back foot is further back on the traction pad to help you pivot on your fins.

SaltyWay Pro Tip: Once you have found the perfect spot with nice waves to practice cutbacks or roundhouses, aim for just one cutback per wave.

.TOP TURN

A Simple Guide on Top Turn Techniques

While there are a variety of top turns available to you, start with the basic top turn before moving onto the others. A basic top turn involves riding up the wave's face to the top before turning back down.

Different Surfing Areas for Different Skill Levels

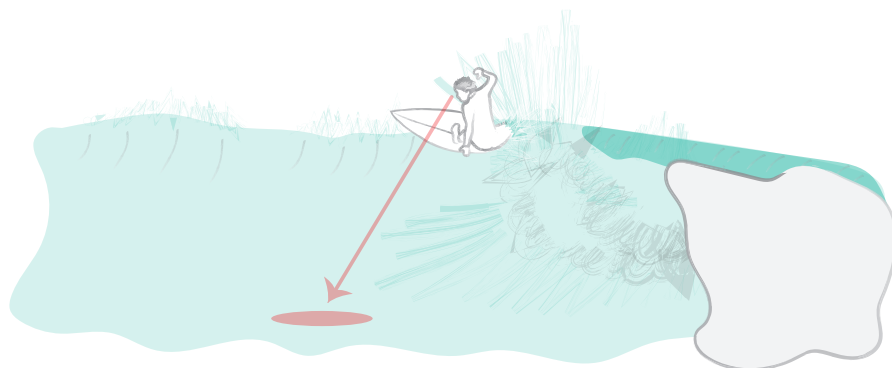
Depending on your skill level, you will use different parts of the wave for your basic top turn. Surfers just starting to work on their top turns should aim for the softer parts of the shoulder. More experienced surfers can do sharper bottom turns, allowing them to reach the steeper, more powerful section of the wave closer to the lip.



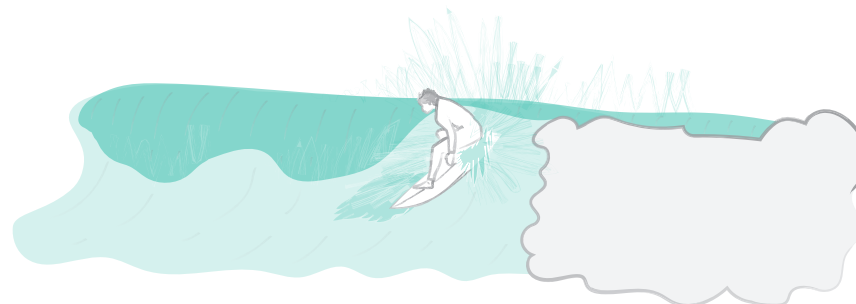
1.



2.



3.

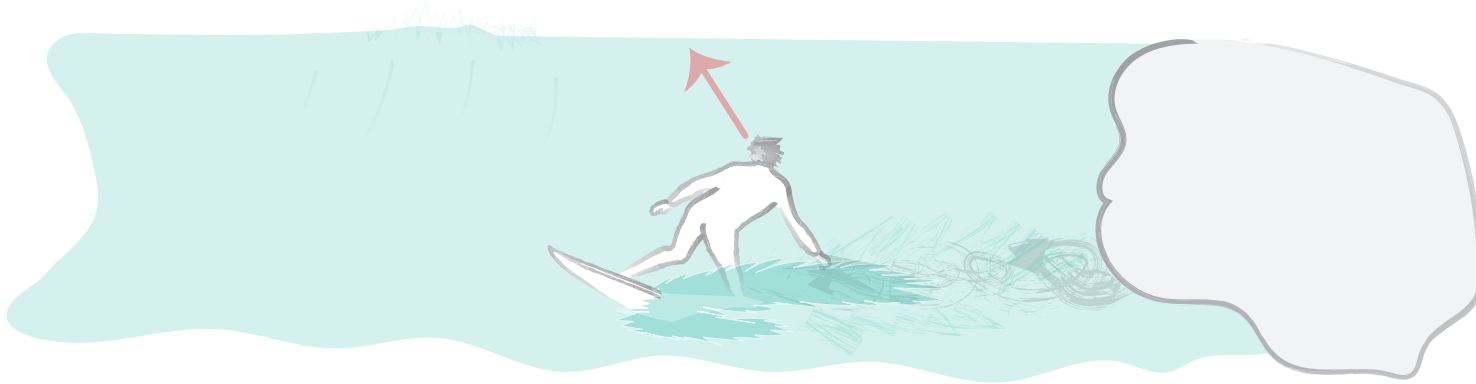


4.

BASIC FRONTSIDE TOP TURN

STEP 1

Aim your Target on the Face



Use your head like a steering wheel, aiming it where you want to go on the face of the wave while placing the majority of your weight on your back foot to support your turn. Your turn originates from the top of your body and moves down, starting with your head and ending with your hips followed by the board.

STEP 2

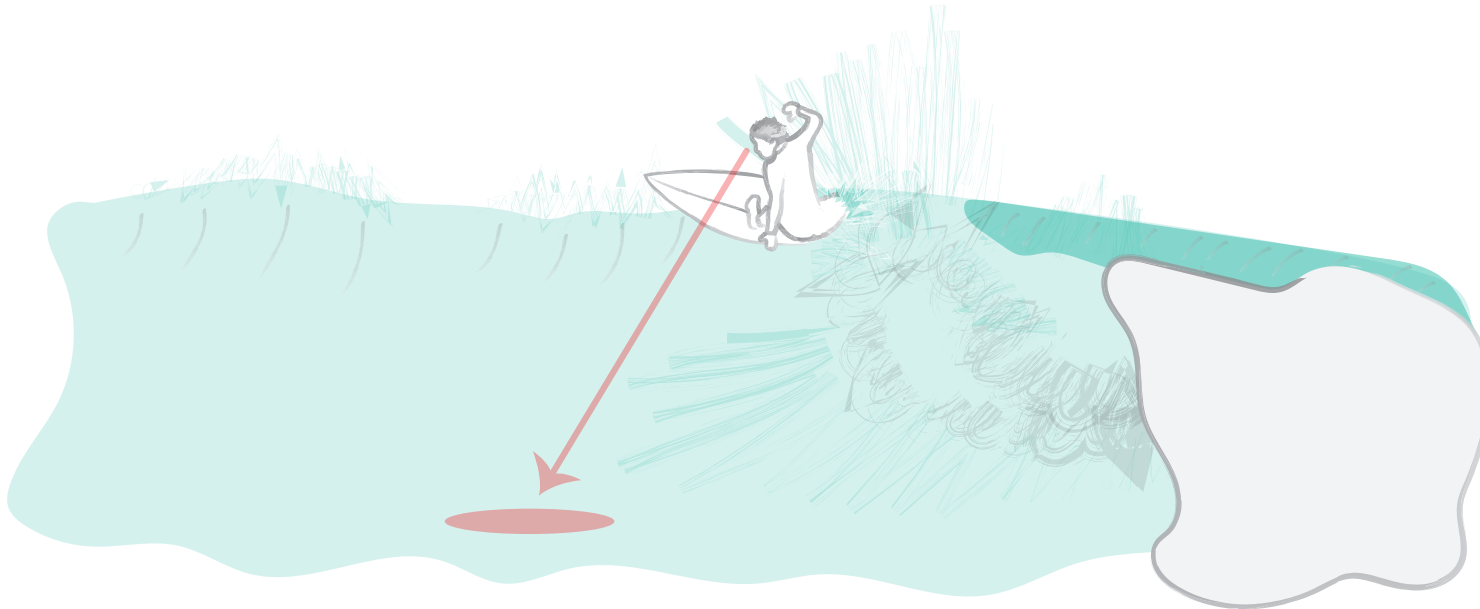
As you are Coming Up the Wave



After you complete your turn towards the shoulder, decompress by unbending your knees and straightening your upper body, careful to center your head over your body as you approach the top of the wave's face. Both of your hands should reach over and past their respected rails throughout the turn. Begin your turn back down once you have reached about $\frac{3}{4}$ up the wave face by turning your head to look back down.

STEP 3

Once you get to the top of the wave

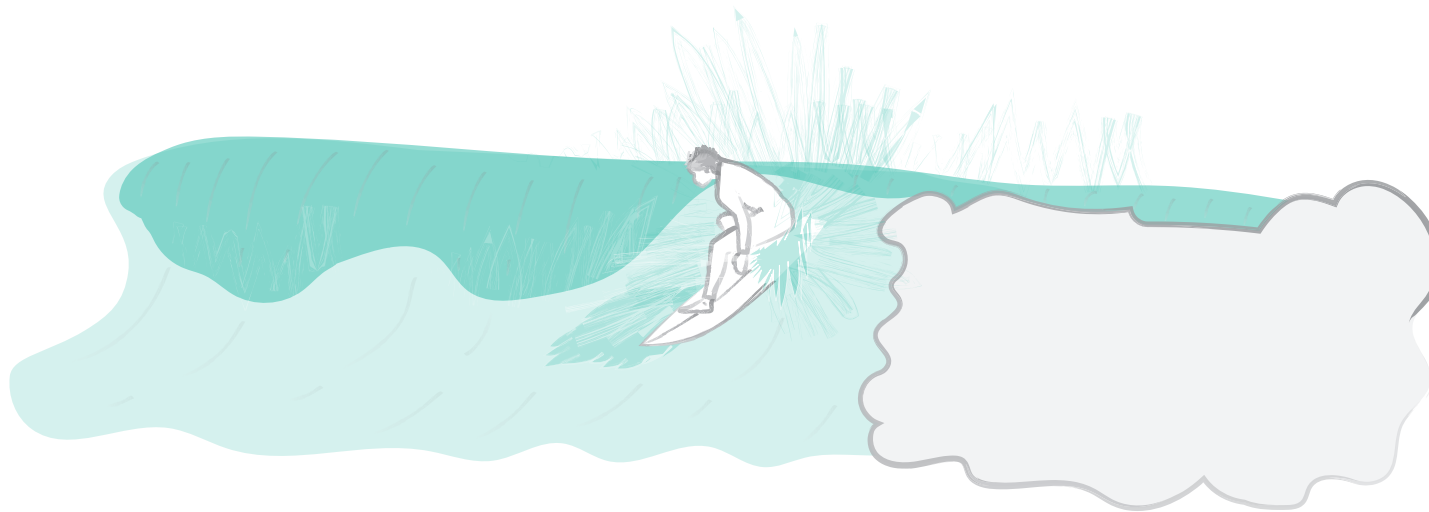


- **1st:** Turn your head to look down the wave towards your next intended destination.
- **2nd:** Twist the rest of your upper body to follow your head.
- **3rd:** Finally, your hips, legs, and board follow to complete the turn.

Make sure you center your head over your upper body and your upper body over your front foot while keeping your hands reaching over your rails. Focus on turning your upper body towards the beach and your surfboard will naturally follow the rotation.

STEP 3

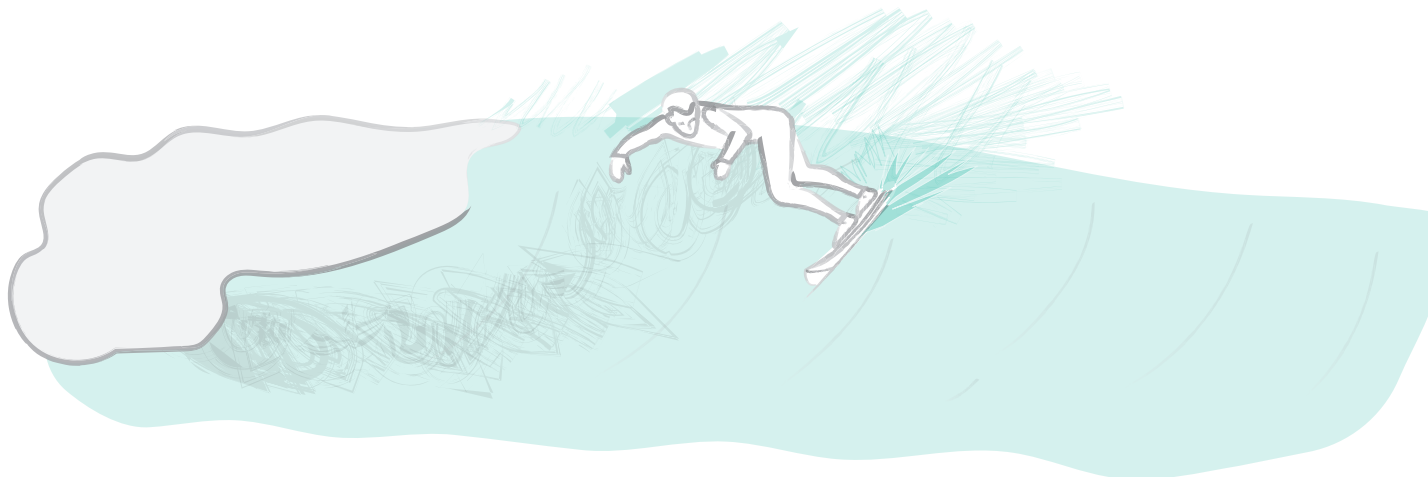
As you start going back down the wave



- Get low on your board, compressing down and bending your knees to help with balancing during the drop.
- Move your weight forward to give yourself some extra momentum to get down the wave by bringing your chest forward over the front part of the board.

HOW TO DO A BACKSIDE TOP TURN

Backside top turns use many of the same techniques as a frontside top turn, with the fundamental difference being that your back is facing the wave during your top turn. You will still use your head as the steering wheel, looking at where you want to go. Your upper body will follow, then your hips and legs with the board. Many consider backside top turns easier since your chest is already facing down the wave when you turn back down the wave.



Extra Tips

- **Start looking to go back down the wave once you have reached $\frac{3}{4}$ up the height of the wave, and not a moment later.** If you wait too long to start your turn, you will end up going over the shoulder and behind the wave.
- **Center your head over your body for balance.** More balance makes for easier turns.

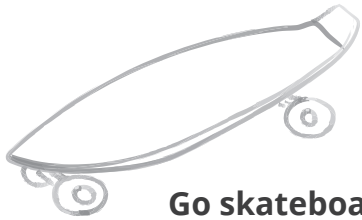
125

*How to improve
your surfing?*

(while not surfing!)

HOW TO IMPROVE YOUR SURFING

(while not surfing!)



Go skateboarding!

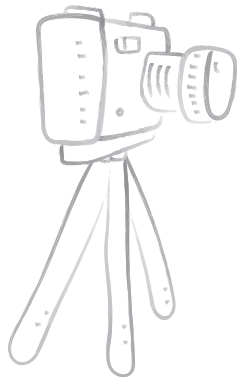
Practicing one, helps you improve on the other.

In fact, regularly skating can have a pretty big impact on the way you surf.

It shares so many of the fundamental elements of surfing that you can practice over and over, regardless of what the surf conditions are doing.

Thankfully surfing and skating mimic similar biomechanics to one another. Which means when you're skating, your body's muscle memory is being directly stimulated as if you were surfing.

You're able to break down each movement step by step - from top turns, to carves, to cutbacks or to simply ride with flow. Skateboarding is the perfect partner to your surfing.



Fim your surf sessions

If you have a blessed soul that can film you while surfing, go for it. It is one of the best ways to quickly improve your skills, because you'll have a real notion of what you're doing. Of course, you have to know a bit about surfing to realize what you can improve. If not, show it to a better surfer friend, so he can give you some tips.



Watch surf videos and clips

This is basically how everyone learned to surf before surf schools! Besides the tips from friends and the hours spent surfing, watching surf videos was the way you realized how certain moves were done.

Because you can pause, rewind or play in slow motion its perfect to study how the same maneuver can be done depending on witch part of the wave it is being executed.

Nowadays, there is incredible stuff being thrown to the web every second, so you're gonna have much fun!

SaltyWay

SURF-CLIMB-PORTUGAL

SURF TIPS

Thanks. Have fun!

SaltyWay
SURF-CLIMB-PORTUGAL