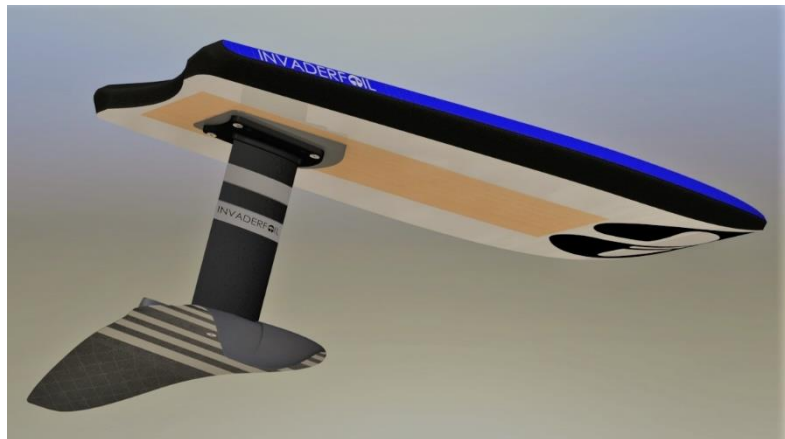


How To Ride Your Boogie Foil

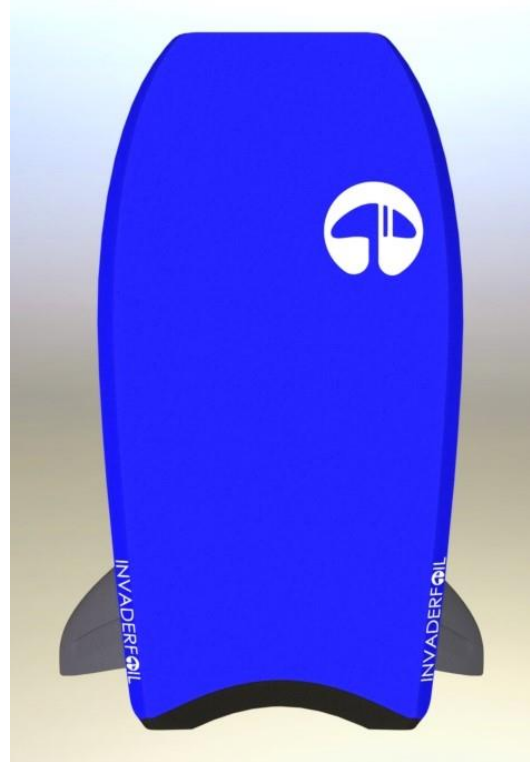


- Wax your deck like normal, slipping slightly on your board can mess up your pitch and direction control.
- Paddle and kick to take a wave. Since you are taking smaller waves you do need to paddle and kick with enthusiasm.
- Once on the wave pull up on the nose quickly, this should pop you onto foil.
- If you drop down onto the water you probably ventilated from too much energy in the wave. Bigger waves have more energy and more resultant lift.
- You do have to control the up and down pitch with your arms on the nose of the board and the more turbulent the water, the more you need to control your ride. Turbulence comes with white water, currents and shallow water.
- Your feet are your steering. If you want to go right, keep the right foot in the water and lift the left out and vice versa. Once you are



used to it you can keep both feet trailing on the surface and apply pressure left or right.

- Don't pull up on the rail to steer.... this does a very quick turn and tends to take you out the back of the wave. Unless that is your intention of course.
- If you want to stop abruptly, pull up hard on the nose and drop your legs and hips down into the water at the same time. This stalls the foil completely and halts any forward movement. This is also the best way to abort the drop on a steep or closing wave. If you are paddling toward the shore and decide not to take a wave, do this technique and the wave will either go past or close over you while you hang onto the board.
- You may need to position yourself further forward on the board in small conditions. Usually your hips should be on the rear of the board but if the wave is small you may need to be further forward to get on it. Once on the wave you can shift your weight back.
- Ride normally, down the line and try to stay in the face of the wave to harness the energy with the foil. Mid way on the face is best. The most lift is when you are riding in the face. If you get in front of the wave your foil ride will end quickly. If you can stay on the face, your ride will potentially continue until that face has totally vanished, no matter how small it gets.
- Taking foamies is not ideal, your longer rides will be on a clean face but if you have to take a foamie, bend your legs up and use the force of the foam to push you forward, then try to get out in front of the white water and track toward the clean face as quick as you can. Aerated water has less lift and makes for a bumpy ride with less control. You usually have to paddle and kick to get in front if it is a small foamie. Large foamies are chaotic so just hang on and get stable first.
- If you end up in a foamie or are out of control, head in a straight line at the beach with your legs spread apart until you gain control. Then if you are still in the energy of the wave, head for the clean face and continue your ride.
- Longboard type waves are perfect.
- Hollow waves are not great. Remember you cannot pull up on a rail to maintain your edge on a steep face. Your wing is your new rail and clipping the board rail back onto the water will alter your direction and your speed.
- Using a leash isn't fun. You don't want the board coming back at your head, so boogie foil when you do not require a leash (ie. you can hang onto your board if you do wipe out, and you are not in conditions where you're going to get dumped). Keep in mind that if you do lose the board, it is likely to foil itself to the beach, unmanned. It will go further than the average board so be ready to swim.



- Random monster waves do occur even on small days. If you do get dumped, hang onto the board with a bear hug. That way you remain on the soft side of the board and no one gets hurt by an unpiloted boogie foil.
- Duck dive like normal. The foil actually helps you go under foamies and breaking waves.
- Always use fins. You won't get on the smaller waves easily without them. Plus they are your steering and stability. Fins also help you dolphin kick yourself onto small waves at the last minute if you are struggling to get on. A hard single flip of the feet can often launch you forward to get in front of the wave and onto foil, leaving the average surfer behind.
- Kicking keeps your foiling momentum going so if you feel like you are losing speed or the wave lacks energy, kick. You will know when you have enough speed to stop kicking... then you only need to trail your legs softly on the surface.
- If you pick a quiet spot away from the crowds and people start to flock near to where you are riding, let them see what is under your board so they don't decide to swim under you as you take a wave.

