Pro surf Secrets.

By Mike Low.

How to succeed in Surfing.

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Sports Credential
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This book is dedicated to my family and all those who have the strength and courage to follow through.
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1. Author's Foreword

Hi, if you've just started surfing or been surfing for a number of years, you'll know the frustration of seeing hot surfers ripping, performing maneuvers you can only dream of.
If you want to be the guy whose going off, then read on to find out the secrets that the best surfers keep up their sleeve to maintain the competitive edge.

Life's a beach

It's five a.m. and the alarm pushes the cobwebs from your mind.
Your body screams to hit the permanent snooze button, that is (toss the clock into the fish bowl.) But finally the forecasted surf report makes an entry through the fuzz. You imagine the six-foot sets on the horizon and the adrenalin starts shooting through your veins.

That's it you're out of bed, wiping lashings of crusty sleep from your eyes.
You stagger to the kitchen, grabbing whatever is edible and doesn't need more than 30 seconds to prepare.
With fuel now in the motor, your off, whether it be by dreaded push bike, nifty fifty or the nineteen seventy Ford Cortina.
(Leave the Porsche in the garage.)

You hit the beach, the sun still twenty minutes from rising, only a hand full of diehards beginning to show their face on the scene.
The forecasters have finally got it right and the lines are peeling in.
There's not a breath of wind and the water's like glass.
Your urgency to get out there has you suited up and board waxed in about two minutes flat. You trot down to the waters edge (warm up completed) maybe stretch your arms up in the air just before you enter the water. (That takes care of the stretching) You smile over at a mate who is just as amped and jump up over the first wave, trying to keep your nuts warm for at least another fifteen seconds. (Sorry ladies)

Your first pee of the session warms up the entry. You launch on to your board paddling with power and determination, veering to the left where you see a bit of a channel being formed. Your three quarters of the way out when you hear the dreaded hoot of a couple of surfers from out the back. You raise your head up slightly and see a huge set on the horizon. Decision time! Do you sit inside and duck dive OR give it heaps and paddle towards the impact zone, hoping to get out the back in time and miss being wasted. Your mate next to you has already made his decision. He's off, paddling like some crazed speed freak. Your fresh and feeling lucky so you follow your mates lead. The set on the horizon just keeps on building and the turbo charge button for paddling is given a serious whack. The speed your now paddling, puts you in serious contention for gold at the Olympics. You reach a point where your talking to God, promising your side of the bargain, if only he lets you make it out the back, untouched by the oceans mighty fingers. Looking up at the mountain of water beginning to break, you hit Adrenalin Overload. You drive up the face of the wave with the blood vessel on the side of your head about to burst. You slam through the wave lip throwing all your weight to the front of the board hoping against hope you'll punch through. The sunlight hits your eyes as you break through, your arms clawing towards the open ocean. Ever so gently at first, you feel the waves increasing grip pulling you back over the falls. Time to ditch the board.

Now its time for the stone wash cycle, in the heavy-duty washing
Five waves later and fifty meters closer to shore you pop out of the soup sucking air like you were addicted to it. **Man, what a way to start a session!** But you’re no quitter, you dig down deep and get into a rhythm slowly making your way out, refusing to be cheated of a **great session**.

After being caught inside for the next quarter of an hour you finally make it out the back. Laid on your board, your arms no longer feel like part of your body. You watch as a smaller set appears, lining you up in perfect position.

Hold on, some surfer's just made it out the back with **his hair dry** and begins to paddle towards the take off zone. He pushes you further inside and uses up any remaining energy you've got left. You feel the wave begin to pick you up and the guy who has pushed you into the suicidal take off, gives you a wink and yells out for you to **"Go For It."**

Your oxygen-starved body sluggishly responds to your commands, bringing you to your feet a fraction of a second too late. The board drops away from your stance and instinctively you lean back to slow down the freefall. Control has now gone. Suck in another breath and get ready for a repeat of the **washing machine soap opera**.

Okay, so this isn't your typical surf session. Most of the time you score decent waves and are **buzzing** over your latest **maneuver** you occasionally nail. But if your really honest with yourself you know there's got to be something those top surfers know that you don't. Would you like to get out there and consistently put together hot performances?
This is your lucky day.
In *PRO SURF SECRETS*, you'll find out the techniques used by professional surfers around the world to release their greatest performances when it counts.

Before long you'll be turning those dream maneuvers into reality. Adding power and sharpness to your performances. You'll hear advice from top New Zealand surfers from past and present as to what gives them the edge.

We are at the most exciting point, of Surfing’s evolution, even more radical, than the change from wooden boards to fiberglass.

The maneuvers of today that were once thought impossible are now tearing wave faces to pieces

*Aerials show us that the sky really is the limit.*

Information is now the gold of the surfing world, separating the wannabes and the achievers.

*Those with the smarts to get the information, will be those that have a shot at success.*

Before you begin this book you need to know that all of the ideas will not appeal to everyone. In fact, some ideas may seem to contradict others. What may work for you, may not for someone else.

Put the ideas into action and find out which best suits you. Personalize the tips with huge amounts of you and get ready blast off to ............... *Infinity and beyond!!!!*

Two points before we begin.
Firstly I have written the book in a male gender perspective, I mean no disrespect to you ladies out there. Feel free to replace He, Him and His with She, Her and Hers.
Secondly the book is written, using American spelling.
2. Why the hottest surfers set goals.

What do you want out of surfing and how bad do you want it?
These questions, set the foundation for the rest of the book so before you race through this section, think about it carefully.

Be aware of the one thing that will limit your potential more than anything else.

The critical factor separating the best from the rest is COMMITMENT.

What are you prepared to sacrifice to achieve your surfing goal?
Most people are prepared to suffer small hassles to achieve what they want, but when it comes to achieving excellence you need to be prepared to sacrifice everything.

To make your goal real, you first have to assess how much you’re prepared to give to achieve it.

Action: Write down on a scale of one to ten your commitment to achieving your surf goal.
One will represent very little effort and ten will represent being prepared to sacrifice everything.
To help put this into perspective, a 10 would require up to 4-5hr of training per day, covering all the different areas related to the excellence of surfing.
Think about this: Words are cheap. Along the way there may be financial hardship, loneliness, disappointing results, mockers, frustration and the list goes on.

"Yeah I agree with you Mike, you have to have the sort of passion that borders on fanatical. The sacrifices you make along the way are endless."

John Gisby: 15 times NZ national title holder.
"But Ahhh the rewards aye John."

Why set goals?

To best explain this question, I'd like to tell you about a little bush walk I took in a national park a few years ago. Off I set with my stash of chocolate, and extra jumper. ("Hey, I had my Indiana Jones pocket knife on me and thought I'd be safe.") About two kilometers into the walk, the trees began looking all the same.

I noticed the poorly outlined track I was on, began dividing into all directions. My choice of paths to take, were at best just a thoughtless exercise. After another two kilometers into my stroll! I felt the first tinge of panic. The bush was getting denser and the path I was on seemed to be fading before my very eyes. Guess what comes next?
"Yep, I was lost."

Indiana Jones began stumbling along, lost and going nowhere. This is when it dawned on me, (please take note as this is where the goal setting ties in.)
1. I had no idea in which direction I should go.
2. I had no map to follow that would show me the way.
3. And finally, even if I had a map, I didn't know where I wanted to go.

This is where most surfers are heading, without
1. Direction - choice of what paths you will follow.
2. Plan - list of things to do.
Your surfing needs a goal and plan that will give you direction and targets to aim for.

Without a plan, too often we end up where other people or situations push us.
To get to where you want to be, you have to sit down and think exactly what level of surfing you want to achieve.
Then, take Action.
**PRO SURF SECRETS**

**ACTION:** Take a sheet of paper and write down your end surf goal.

**PS.** Shoot for the stars, whatever you dream is possible, but remember to take in account your commitment level.

**Tip.** Go to your commitment number and honestly ask yourself if it fits your end goal.

Now that you have your end goal written down, it’s time to fill in the rest of the map to take you on your journey of success.

Like any great journey it will begin with a single step. So to get the journey under way break your goal into small achievable steps. For example if your commitment score is 10 out of 10 your main goal may read.

"I want to become a National champion surfer." (Nothing like shootin for the top.)

Leading up to your great moment of triumph there will be many smaller achievable goals, all to be completed within certain time frames. The more detail you can cram into this section the better. E.g.

1. I want to become world No. 1 by date.
2. I want to be No. 1 in my country by date.
3. I want to be No. 1 in my city by date.
4. I want to be No. 1 in my club by date.
5. I want to make it to a club final by date.
6. I want to make it past my heat by date.
7. I want to enter in a competition by date.
8. I want to complete certain maneuvers by date.
9. I want to join a surf club by date.
10. So on and so on.

This planning does three things.
1. It gives direction on what you must do.
2. It keeps you motivated by accomplishing small targets and
3. It lets you review where you are on your journey.
Don't be afraid to revise your timetable if things are not going to plan. Things can often proceed faster or slower than you expected.

**Get specific.**
Once you have completed your list of goals start asking the **HOW?** Questions. Remember, **questions** are your greatest asset, after all that’s how we get answers. For example one of your goals might be:
I want to make it past my first heat.

**How?** Surf well.

**How?** Produce successful maneuvers in front of judges.

**How?** By sticking with maneuvers your confident of completing.

**How?** Learning each maneuver by observing other surfers, getting coaching, reading books, watching videos or talking with hot surfers and most importantly, **practice by experimenting.**

**How?** Becoming involved with a club and with other positive surfers. They may able to give you a list of resources that you can use. The list could go on for much longer and the more specific you get in searching for solutions the greater your results will be.

The main difference between poor and successful surfers is the quality of the questions they ask themselves. The best will ask the questions that lead them to the surfing quality they desire.

**Keeping on track.**
You must **read out loud** your goal and plan on how you are going to achieve it, **every** morning and **every** night. Practice, imagining yourself as having already achieved your goal. (See yourself ripping.)
Doing this sets up a powerful belief that you **will** accomplish whatever goal you set.

Keep a written copy of your goal and plan by your bedside or toilet. (This is the primo spot, here you will find great constipation, oops I mean inspiration.) Going over your plan regularly will help to keep you motivated and focused. It also helps feed your subconscious mind. We will cover this powerful tool later in the book.

"Be determined and set your goal. Know what you want. If you want it badly enough, you'll do it."

*Maz Quinn. New Zealand's current no. 1 surfer.*

3. What drives the Pro Surfer? $$$$$$$$

The *money* I hear you scream or maybe the *fame*, or respect. These are certainly some of the rewards that greet the successful pro surfer but the key to success is not focusing on any of the above. Remember at the start there will be no *financial rewards* or fame or respect, so what will give you the drive to succeed?

The secret of success is overcoming the obstacles that you face everyday. For example getting transport to the beach, organizing video gear, approaching a coach or surf club, perfecting a new move.

Think of your final surf goal as a giant jigsaw puzzle. Every piece of the puzzle you discover will add to the growing picture. As you complete each piece of the puzzle, know that you are becoming the person you need to be, to complete the picture.

You'll find obstacles that cause you to stumble and fall but with *courage* and *determination* you'll find your way around, over or
under them. Every obstacle that you overcome to get that piece of the puzzle is an achievement worth gold. It will provide a buzz far greater than outside recognition. Every small piece goal that you achieve will ultimately give you the drive to succeed.

4. Starting steps to achieve the dream.

1. Search out and join a local surf club.

2. Find a coach.
This is a biggie. Most surfers think they're way too cool to have someone help them along the way. Don't you make this mistake! Get a coach.
If you don't have a coach in your area, approach an older experienced surfer and see if they're interested in helping you.

3. Get video footage of your surfing regularly.
Whether you have to beg, borrow or trade. This is one of the most critical tools for perfecting technique.
You'll be able to use slow motion to check out your weight distribution, body position and style. It will also help with visualization, which we'll talk about later.

4. Read everything you can on.
1. Surfing (surprised?)
2. Weight training.
3. Fitness
4. Nutrition
5. Sports psychology.

Talk with friends, coaches and supportive people about the information you learn and Listen for feedback. I'll tell you now, you'll get more differing opinions than surfers out in primo conditions.

Think through the information and experiment, find out what works for you. Remember knowledge is useless unless you put it into practice so get out there and....

Do what you know.
Find out what works for you and what doesn't.

5. Top surfers surround themselves with positive people.
Who are the positive people?
Positive people are those that have dreams and aspirations, they want to go places and do things with their life.
They are builders of other people.
They see the bright side of life. (Check out, their rose colored glasses).
They are people who see the best in others and most importantly, **They see what can be, not what is.**
So if you’re groveling in the white wash see yourself in the future, ripping and carving up a storm.

Positivism and negativism is catchy so....
If you find yourself surrounded by negative people, make new friends.
**Remember** it's hard to soar like an eagle when you hang out with turkeys.

6. Begin to start solving your own problems.
With every problem solved you grow in knowledge, maturity and confidence.

Don't be shy to ask the opinions of others but remember the **ultimate decision** is **yours** only.

Live your own life, not somebody else's.
In other words, listen and weigh up the advice you receive, then **make a decision.**

5. Get the mental picture and watch yourself fly.

We have all been gifted with a **video player** in our head. With
practice, we can turn it on and see vivid color pictures of whatever we want. Although this may take some time to develop it is worth the effort.

Top surfers use their **mind's playground** to go through maneuvers and routines. They see themselves completing perfect moves.

To learn a new move, try to see yourself completing the maneuver in your mind. Give at least ten minutes per night going through the move paying attention to the smallest detail.

You should see exactly what type of wave it is. Is it big, small, glassy, choppy? What colors the water? What brand of leg rope do you have on? What's the look on your face? Can you smell the wax? Where is your weight distributed going through the maneuver? Did you hit the lip? Can you hear the sound of the wave crashing. 

**The best can see, hear and feel it all.**

**Tip: Remember when visualizing. Detail Detail Detail.**

The more **real** you can see the action the greater the results. Watching yourself complete the move brings **confidence** and **belief** that you can achieve it.

You can **perfect moves** by replacing a flawed body position with the correct one.

This is where a **video camera** is ideal. You can sit down with your coach and go over **corrections** needed to perfect the move. Make the changes to your visualizing. See yourself with the perfect body position and note the difference in the way it feels.

A great tip is to watch and analyze video footage of the best. Put yourself into the picture, sort of like superimposing yourself over the top of **Kelly Slater**. 

In saying this let your own style come through: Copies are never as good as the originals.
To produce an even greater feeling of reality stand up and let your weight transfer as you see your maneuvers in your mind.

**Using visualization, to prepare for the future.**

Another use for your minds eye is preparation for competitions. This tool allows you to play out future events before they happen. It allows you to remain calm and focused no matter what happens before a competition. Let me explain.

Imagine you are walking down to the waters edge in the final of the club champs. The sun is out, and the crowd has packed the beach to check out the new hottie on the scene. A young grommet approaches you for your autograph. (He knows you’re on your way to the top.)

The surf’s 4 to 5 foot perfection and as you paddle out, you move through a group of dolphins. (You get the picture.)

While running this through your mind note how you react and feel with all the different distractions. Concentrate on how you would like to react and feel.

Next, re run the same scene in your mind only this time it is pouring with rain. The beach is deserted except for the other competitors. Surf’s one to two foot slop. A dog attacks your leg rope on your way down to the beach and a mate starts hitting you up about returning his video camera. Again concentrate how you would like to react and feel.

Both pictures present distractions. By running over different situations that may or may not occur, it prepares us to deal with them while remaining positive and focused. **Action:** Start visualizing today.
6. What the pros classify as Surfing Success?

Is it when you get to number 1 in the world, country, province or club?

“Nope.”

Is it when you make the big bucks $$$ from competitions?

“Not even close.”

Is it when you get a reputation as a hot surfer?

“Sorry, wrong again.”

Then what do you need to do to classify yourself as a success?

“I'm glad you asked.”
Success is focusing on your small immediate surf goals and doing everything in your power to achieving them. If at the end of each day you can say you did your best to overcome the problems that tried to stop you, you can claim success. With this sort of attitude nothing will be big enough, hard enough or ugly enough to stop you.
Persistence is the key word when it comes to surfing success. Nothing is more powerful than persistence.

**Talent** doesn't even come close to persistence. Nothing is more common than **unsuccessful** surfers with **talent**.

To be a success you need to persistently experiment again and again and again. Let this be your catch phrase. **Persistent experimenting** for success!

To drive the point home, I want tell you about the inventor, Thomas Edison. (I know it's not surf related but it's one heck of an example when it comes to persistence.) When trying to discover how to create the light bulb he had over 10,000 attempts before finally achieving success. Most people would have considered themselves a failure after only 100 attempts and given up but old Thomas looked at it from a different light. He figured that with every failed result he was one step closer to success. Now with that sought of persistence I can guarantee you'll **light up** the waves. The next time you wipe out, trying that vertical re-entry for the umpteenth time, **remember**. Every unsuccessful result brings you closer to your goal.

**7. Why the Pro's don't crack under pressure.**

You hear your heat being announced over the loud speaker. Your mouth becomes dry and your **pulse rates** high enough to alert the paramedics. Tension fills the air and you wonder how you’re ever going to ride your board with legs that are shaking **out of control**. Self-doubt starts to enter your mind.

**STOP RIGHT THERE.**

Weren't you the surfer who only two hours earlier was **going off** in a practice session?
Let me share a secret that the top PROS have discovered.

**Pressure does not really exist.**

"Pressure doesn't exist? You must be joking!"

"No joke. Let me explain."

Pressure is created in the minds of people. It is not like some monster ready to spring upon you. In fact, outside your mind it does not exist at all.

If this is true?

**Why do you sometimes feel anxious when competing?**

The first reason is

We think surfing well, makes us more acceptable to others. A belief, that comes from a need to be respected. (Deep Huh)

The second reason is

We think about poor surfing experiences from the past and fear a repeat performance.

The third reason is

We think we have to deliver the perfect surf performance every time.

And finally

We put too much emphasis on the outcome of each surf contest.

**The fix.**

All these reasons are caused by beliefs we have. Lets take a look and see how real each of them is.

1. When you started surfing you could barely stand up but those close to you loved and respected you anyway. (Big surprise you lovable thing you?)

So now that you have developed some surfing skills, is it such a big deal if you miss the mark occasionally? Think about it.

"Does jumping around on a piece of fiberglass make you better than a person who doesn't jump quite as well?"
2. Poor results and performances from the past are all part of the learning process, without them you'd never know what's required to make the jump to the next level.

You can't change the past, so learn from it, then close the door.

Speaking of not living in a different time zone, waiting for future events to come can be just as negative.

There is only the present so don't be living your life always looking to the past or future.

Get into the now part of your life.

3. Expecting perfect performance every time? This is an Unrealistic Expectation even for the best of the best. Say no more.

4. Blowing competitions out of proportion. So you blow it. Does the world end? Do they (who ever they are) drag you away to be shot, for not performing. Unless your surfing for the mob, chances are, the worst outcome will be a bruised ego.
Don't think of surf contests as the be all, end all. Think of each competition as just another chance to display your surf skills.

What can you do to hammer out negative thoughts in pressure situations?

Your paddling out and the other competitor, catches the first wave of the heat. He's going off, and to rub salt in the wound he does a cutback that sends a curtain of spray into your face. You feel that anxious feeling welling up inside.

The first thing to do, is reassure yourself that you are an awesome person no matter how you surf.

Look at the positives of this nervous energy. The adrenalin you feel shooting through your veins, has your blood flowing and your muscles pumped, giving you the sharpness necessary to surf at the highest level. This feeling is just your body telling you that you’re ready for action.

The next thing to do is to start focusing on the task part of your surfing.

Where do you want to be for take off? What maneuvers will you be focusing on for your first wave? Go through some visualization, reassuring yourself that you have your moves down pact. If you’re nervousness still grips you by the throat try the relaxation techniques discussed in the next chapter.
8. Why the elite surfers seem so cool and relaxed.

Top surfers know, that to produce performance max, their mind must be calm and their muscles loose and responsive to their brains commands.

Like a new move, relaxation is a skill that must be learnt then practiced to perfection.
Please read the previous line. It is that important.

There are many ways to relax. Learn the following techniques then refine them to suit yourself.

1. Body check.
Imagine someone's fingers running over your entire body gently massaging any muscles that are tight. As the finger move through the different muscle groups they are left loose and relaxed.

2. Slow everything down.
Including your speech, movements and breathing. Let a sense of calm invade your body.

3. Recall peaceful moments from the past.
It may be rowing by your self on a lake or a hot bath or maybe laying in front of a fire while a storm rages outside. (Might even be inside a 10 foot barrel) We all have our own moments so take the time to explore yours. Tune into this moment and let the feeling you associated with the moment come flooding back.
4. Hear your spoken words of reassurance.

Speak gently to yourself the words, "Calm, Relax, Tranquil, Composed, Confident.

"Why do I speak them out loud you ask?"

Because there is no-one's opinion, that you value hearing more than your own.

There is truth and absolute acceptance in your own spoken word. By hearing these and similar words your mind will carry out your commands.

5. Be conscious of your bodies responses.

Fear induces shallow short breathing responses. We can overcome this simply by not allowing the physical response to occur.

Decide to breath deeply and rhythmically all the way in and all the way out. Let the peace of each full breath dissolve the uncertainty you feel.

You must personalize each of the steps outlined above and begin to practice them in a non-threatening, non-competitive situation. Once mastered, take them into competitive arena and let them serve you well.

Action: Spend at least ten minutes per day developing these techniques.

I can't stress enough. Top performances can only be obtained when your body is relaxed, your muscles are loose and your mind is full of positive suggestion.

Tip
In competition you need to periodically check to see that tension does not creep in as your heat progresses.
9. Do you want consistent performance time after time?

Summer days, explosive maneuvers, that feeling of invincibility.

We all have those days when everything we do is magic. The days, where the waves seem to be chasing you down and your mates are checking your feet for super glue. Your move selection is perfection and your balance is that of a tight rope, walker.

Wouldn't it be great if every surf, were like this?

What do the pros know that has them able to produce hot performance time after time?

The most important point absolutely critical for consistent top performance is....

**Preparation**

The meaning of the word preparation is:

To get ready for, putting in order, spadework, groundwork, build up.

This definition is the recipe for success.

Notice the word work appears twice, sorry, but that is what is required.
The good news is, that if your serious about being the best you can be, most of the work you do will be fun and rewarding having major pay offs when preparation is completed.

The areas of preparation that the surf pro gives attention to are.

1. Gear.

Maintenance of the board is given regular attention.

PROS know, if the board is full of yellowing un-repaired dings covered with thick dirty wax, you are not only carrying extra weight but mentally you may as well be surfing on a log!!!

Their wax job is fresh, always the same thickness and texture so that the feel is consistent and grip is never an issue.

Their leg rope ankle strap is clean and fastens securely. There are no nicks in the lead and the attachment to the board, does not unravel as the surf session progresses.

"Hey, you do this and the long swims to shore, will become a thing of the past."

Wash your suit out with fresh water after each session and dry it in the shade. This will keep it soft and flexible not hard and crusty.

Unless your being sponsored and hopefully one day you will be, your gear has to last a few sessions so look after it and it will look after you.

2. Mental

Before every training run, you should go through a mental checklist of goals you wish to accomplish in that particular session.

Your goals may range from....
1. Relaxation techniques.

2. Focus techniques

3. Strategy changes midway through a session.

4. Changing bad moods into good moods

5. Getting your self into a positive frame of mind before the session.

6. Staying in a certain frame of mind during the surf no matter how the session unfolds.

7. Mentally go over the physical techniques (Visualization) of a move you wish to work on.

When the session finishes, assess it away from the surf scene. Try to draw out the positives.

Remember even the negatives can be viewed positively

For example, you kept falling off on your bottom turn. Review it in your mind and try to see where you made the error. Was the turn too sharp, was the rail buried too deep, too shallow, not enough speed? Was it started too early or late?

Turn these moments into learning experiences.

Every time you go over a move you attempted in your mind, you help build a memory bank that will eventually have enough data to make you a great surfer.
3. Physical

Ever hear the saying, you surf to keep fit.

"Sorry just one of those old wives tales."

Today's pros are amongst the fittest of all athletes. If you want to excel, part of your training has to be out of the water.

Weights are vital to provide the strength required for powerhouse turns, busting through curtains and for a stronger stoke when paddling. The program you follow must be designed to gain strength combined with speed while maintaining flexibility. (Muscle bound, surfers risk losing the agility needed for top performance.)

Stretching is necessary to avoid injury and allows the flexibility needed to get your body in the correct positions. Try to combine stretching before and after every work out. If your wanting to surf at the top level you need as much strength as you can, but just as important is the stretch for flex.

Don't be like Joe Average who says, "Stretching is not for me". Go the extra distance and reap the rewards.

A good tip for stretching is to only push until mild discomfort is felt, hold the pressure there for 10 seconds then relax. In your next stretch, exert a little more pressure if your body allows it without any extra discomfort.

Remember: Don't bounce while stretching. The key is gentle pressure and regular sessions. Over time, with consistent sessions, your body will accommodate what you ask of it.
Get an aerobics program into action whether it be circuit training or hard out extended sprint work.

Swimming adds strength, aerobic fitness and an understanding of stroke shape.
It's the biggie when trying to build.... **Stamina**

You need to make your training harder than the real thing. It will give you the confidence of knowing that no matter how physically tuff the heats are, you have the fitness to keep on fighting for every wave.

Get either your coach or gym trainer to devise a program that is geared for you to peak at certain times.

Going hard out all the time will just leave you exhausted and flat, which is the reason training needs to tail off before big events. This applies to both the mental and physical sides of training. Resting up before competition will leave you refreshed and eager to get out there.

**Get fit enough to surf heat after heat after heat.**
(See energizer battery for details)

10.Strategies for hot performances.

Competitive surfing is a display-orientated sport, (judged by how it looks).
Although entirely different in form, gymnastics, diving, skateboarding and even big time wrestling (whoops) come under the same category.
The way a routine flows together is critical.
Moves must be seamlessly sown together as if they were planned to fit the wave.
A wave where Joe Slash does 30 radical re-entries in a row and nothing else, might be some feat but somebody hand the judge a handkerchief to dry his tears of boredom.

A video is an excellent tool for seeing how moves link to one another and whether they are pleasing to the eye.

Vary your routine Find out what works in small, medium and large surf. What works in powerful or sloppy breaks?

Practice moves that lead into others with regular consistency. Get these routines down pact. (They're your bread and butter.)

"Hang on a minute," I hear you say. "No two waves are ever the same so how do I develop a regular routine?"

The truth is your right, no two waves will ever be ridden exactly the same. What’s important is that your moves flow from one to the other complimenting the wave as it opens and closes options you have to work with.

Adjustments will be needed to accommodate wave differences but the key is having familiar sets of moves that have been tested and look good.

11. Changing gears to pull away from the pack

Included in your surfing arsenal, should be moves performed at different levels of intensity. E.g. Basic re-entry, intermediate Re-entry, radical re-entry and....

Re-entry that needs permission for landing.

Some should be basic that you can perform with ease, while at the other end of the scale, can only be performed when surfing at the peak of your ability.
Applying this to performance.
During a heat that you expect to get through easily:
Use moves that have a high success rate.
Although top scores may not be awarded, a professional polished
performance should safely see you through.
It just doesn't make sense to bring out the big guns at this stage.
It’s called risk elimination.

If you don't need to use the top end of your arsenal in the early
stages of competitions then don't.
Like most sports, the winners play the percentages.
Save the high risk for when it's really needed.
The level you decide to perform at, should be planned before
entering the water and will depend on the strength of your
opposition. In saying this, a change in strategy should always be
kept in reserve in case things don't go according to plan.

12. Hot then not.

Unlike robots, performance perfection every time does not exist.

We all experience highs and lows with our biorhythms and
emotions. It is the way humans are created.

Like a roller coaster ride, we travel through life feeling great as we
hit the high points in life. Sadly, usually for no reason, an
emotional low will follow, till again we rise from the depths.
The more passionate a person is, the greater the highs and the more
depressing the lows.

Think about two radical different personalities. First Joe Cool. The
most exciting news has little affect on his emotion, a smile is about
is as excited as he gets. As you see, he doesn't scale the heights of
excitement. But in light of that, when he comes down, his fall
below stable emotion is of no great depth.

Next is Pete Excitable, the slightest bit of good news has him doing
kart wheels, hooting and hitting a high that goes off the scale. But
what goes up must come down and down he goes, straight through
emotion stable through into depression.
Check out Pete and Joe’s level of emotion.

These emotional highs and lows, can happen for absolutely no reason what so ever.
Why am I telling you this?
It is part of preparation. If you realize lows follow highs and highs follow lows this helps equip you to accept certain parts of your life when you don't feel so hot. It's good to know that the next high is just around the corner.

13. Drugs

There are three types of drugs that are available.

1. Medicinal

2. Performance enhancing.

3. Recreational
Medicinal drugs.

A Doctor prescribes medicinal drugs.

With today's advancement in modern medicine, there seems to be a quick fix for most illnesses that comes in a pill. With more information available, Doctors have realized that many symptoms are warnings to change life styles and bad habits.

In the past most of us would simply go to a bottle of pills that would suppress the symptoms. Doctors now prefer to help patients help themselves by improving eating habits and getting enough exercise.

Medicinal drugs either natural or synthetic have a place in healing but must be part of a total overview of a person’s life style. Your habits of today will affect your health in the future, so get informed then make choices geared towards healthy living.

Avoid over indulgence (gluttony) in all things (Food, drink, sun exposure etc) Doing most things in moderation will take the stress off your body.

Performance enhancing, drugs.

Your climbing up the surf ladder of success and have reached a point where your performance, you think, has reached its peak. Frustrated, you're still a fraction away from where you want to be. During a weights session one day a mate approaches you with a bottle of pills and tells of his radical improvement since dropping a couple of these medical wonders. "They're totally safe and definitely not addictive," he tells you.

The competition of the year is looming and even though you've been training your guts out, past results suggest that you'll fall short of the mark. "Just take a few of these a couple weeks out from the big one," your mate tempts you, "all the top guys do it but only for special events. Look, they won't cause any damage and you definitely wont get hooked."
"What a load of rubbish."

Firstly, if you give in to the temptation your a CHEAT!

Second, cheats victories are hollow. There ain't no glory there, just guilt.

Thirdly, while the drug may not be physically addictive the psychological need can be just as powerful and may surface if you get the results your looking for.

And finally, putting something in your body that increases muscle growth, aerobic capacity and metabolic rate with no harmful effects, sounds too good to be true. Guess what? It is.

Medical evidence supports that these drugs cause havoc with the liver, heart and also have horrible side effects including irritability, infertility, uncontrollable aggression, depression and the list goes on.

"Is it really worth it?"

**Recreational drugs**
These range from coffee to cigarettes to alcohol to cannabis to heroin. The choice, with so-called designer drugs is endless.

The common result of using any of these substances is an altered mind state.

Some relax you while others give you a pick up.

Many are highly addictive and toxic.
Before you say you'll never become addicted, ask the town drunk if he thought his drinking would end him up in the gutter.

Ask the guy with lung cancer from smoking, if he thought he'd be the unlucky one who'd end up in hospital.

None of us know how dependent upon a drug we will become. For some they are hooked after the first hit others after years of social drinking or smoking. Some can take it or leave it.

Drugs give a pathetic high compared to the buzz of real life.
If you want to be the best you can be, put only the best into your body.
The choice is yours.

An excellent book to read on the subject is.
The Great Brain Robbery
by Tom Scott.

14. Fuel to put in your tank?

If you want to be a hot surfer then seaweed is critical for those Re-entries and mushrooms help with the cutbacks!!!:

But seriously, nutrition is one of the key factors for top performing. Your body needs a wide range of vitamins and minerals for the growth, repair and health of cells. One way you can obtain these vitamins and minerals is through your food. The more variety of high quality foods not covered in sprays or pumped full with steroids is a great start.
Nuts, Fruits, grains and vegetables are a delicious packed source of everything you need, they include carbohydrates for energy, vitamins and minerals, fiber for keeping everything moving and amino acids for protein building. If we need it, it's in there.

I can hear the meat eaters screaming where's the meat. Yeah meats OK in moderation, but I figure if we were meant to gorge on meat we'd have an inbuilt desire to jump on a cattle beast and rip its throat open with our carnivore teeth. Not.

Challenge yourself to think with logic when it comes to nutrition.

Don't get sucked in by.

Adverts of lolly water pretending to be the ultimate sports drink. Health bars filled with sugar. Fast foods saying there really is a lot of good in them.

Think Fresh, natural, unprocessed, organic if available.

Tip Cooking destroys the enzymes contained in food that help in digestion. Better digestion makes available more nutrients to your body. So if the food source is fresh and clean eating it raw is an option.

Let your gut help you decide. If it’s hard to digest like beans then cooking is an obvious solution.

Does not include flesh food, i.e. meat, chicken, fish, etc

A large variety not only stops you getting bored with what you’re eating, it also ensures a wide range of nutrients available to your body.

Pre competition scoff.

After reading hundreds of books on nutrition and talking with heaps of top athletes about pre event feeds.

I've made an amazing discovery….
Nearly everyone has a different view on what works.

1. Some like to starve 12 hours out from the event (The mean and lean theory) Claiming greater mental alertness and a greater sense of calm.

2. (The stoke her up theory) 3 to 4 hours out from the event some like to carbo-load, Pasta, potatoes, noodles, bread. You know, the starchy sort of grub, with out all the creamy or sweet toppings.

3. (The more I eat the better I perform theory) Total pig out on anything right up to event then go out and wallow. I don't recommend this one, you risk cramps and secondly the energy you need for your performance is being sucked up for digestion, leaving most feeling tired and uncomfortable.

4. (The sugar fix theory.) These guys are junk food addicts who you'll find peeling the wrapper off the third chocolate bar while paddling out. Watch out, these guys will be speeding for the first ten minutes then black out into a veg state for the rest of the heat.

5. (The Drink till you drop theory) 15 pints of water later, these guys finish they're eighth slash in 2 hours then slosh down to the sea to be jet propelled out through the break.

6. Superman formulas, Power drinks, Diet supplements, Bigger, Better, Stronger, Faster. If you believe it and the products are safe, go for it. If nothing else it may give you a mental boost of self, confidence.

The theories are endless and just because some Doctor says this or that works, it's No guarantee.
Pro surfers experiment, keeping records of what and when they ate before their surf, noting down how they feel and perform. For general eating the food pyramid is a good guide to health with the base making up the majority of foods eaten and the peak containing the occasional treat.

**Remember** consistency is what your after. One good surf on a feed of pies doesn't cut it unless you can produce the your best performances time after time on this sort of food. We are all different so find out what works for you.

15. What's with the attitude?

Pro surfers know three things that limit how high they will fly.

**Genes.**
The first is known as the gene factor. Everyone has an inbuilt program in every cell that makes us who we are. It decides whether we are tall or short, have slow twitch muscle fibers or fast. This is the way we were created and can’t be altered. (Well not yet anyway. Watch out as genetic engineering gets underway.)

**Skills**
Second is the skill factor. This is what you develop with learning and training. This is something you can build to the moon.
Attitude.
Thirdly and most importantly is Attitude!

This can be changed in the blink of an eye. You have absolute control over your attitude and it has the power to transform you into a fierce determined competitor.

When Joe average is out in the water and things aren't going well, the first thing to go is his attitude, followed by his surfing. Don't you, make the same mistake.
In training, competitions and in life, attitude is the one factor you control. Most people think situations govern how they feel.
But they're wrong. Top surfers know that attitude is controlled by their will.

Sean Silversurf’s, quote of the century.
Don’t wait for perfection to be happy.
Don’t wait for money to realize how rich you are and don’t wait till your six-foot underground to experience peace.

Think about the following emotions and beliefs and decide what you want to be.

THE CHOICE IS YOURS.

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<thead>
<tr>
<th>Negative</th>
<th>POSITIVE</th>
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<tbody>
<tr>
<td>sad</td>
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<td>hateful</td>
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<td>frustrated</td>
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<td>prideful</td>
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<td>i can't</td>
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<td>loser</td>
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<td>half hearted</td>
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A positive attitude allows you to focus on solutions not problems.

A positive attitude will help you.....
A positive attitude will allow you to do what you dream.

**Action**
Set a day aside where no matter what situations arise, you will only see things in a positive light. Then do it the next day and the next and the next and the next..............................................

16.**Surf Reflection.**

The session you had was unbelievable. Your timing and balance, rated close to perfection. You smile as you bend down and tear off your ankle strap thinking, “Yep this is as good as it gets.

You tuck your board under your arm and stroll up the beach with a bad case of the warm fuzzies.

Once you’re next to your car, you drop to your knees and feel for the keys you left on top of the rear tyre. Oh great, you knock them over the back and they fall down into the rear suspension. No hassle, you’re still buzzing from your awesome session.

You crawl under the car and spend the next ten minutes trying to prise them out from between the springs till at last they drop free.

You roll out from underneath the car and open the door.

On goes the latest CD that sounds better than it ever has and even better still, the sea breeze swings in, promising to keep up the swell size for another day.

The drive home is sweet, with the summer smells, flooding in through the open window.

Now that your home, its time for a feed. (Open up that fridge and attack.) Comfortably full, you stretch out on the sofa and enter sleep in a state of BLISS.
Okay, time to back up our little story and find out the most commonly missed opportunity for improving your surfing. I call it Surf Reflection and it involves sitting down shortly after each session and analysing each wave of the session. Break each wave down into individual manoeuvres eg bottom turn, re-entry, tube, cutback etc. Go through in your mind, each wave, focusing on replaying each wave as clear as possible. (To start with, you may struggle to recall even a couple of waves but with consistent practise recalling your waves, you’ll soon develop an eye for detail.) For this exercise to be effective it needs to be done soon after your surf.

To begin with, don’t try to analyse what you may be doing right or wrong, simply get in the habit going over your session. Developing this mental skill pays big dividends further down the track when combined with word links.

17. Word Links.

To get an understanding of the concept that follows, think of a link, in a web site. If you want to go some place on the Internet, you simply hit the link and away you go. Keep this in mind as you read the following tip.

In the last chapter, we checked out surf reflection and how, when reviewing your surf session, you could review your waves. Now we’ll take this a step further and learn about creating links for success.

Okay, so you’ve just had an awesome session and have gone through some serious surf reflection.

What you need to do now is to note where your main thoughts were focused during the session. Eg recovery, weight distribution, locking in or releasing the rail, creating speed etc. Once you have discovered the area of focus that brings out the best in your surfing you need to create a link similar to a web page. The link can be in the form of a single word or phrase you speak to yourself.
This link will take you to a place that has a strong connection to a certain move or with hot surfing.

**How does this help your surfing???

In competitive surfing or pressure situations, often the mind, will either concentrate on distractions, feelings or things related to surfing poorly. The link, that you create, can transport you to a positive place of focus, a place that feels good and comfortable. This is a place, where confidence is high.

These links that you concrete into your brain, allow you to enter a state of mind that’s full of cues for excellent surfing.

So go on, start developing your Word Links today and link to the world of surfing excellence.
There's a story floating round about an Aussie surfer called Shaun Silversurf making it through to a surfing final held at Burleigh Heads, Queensland. With only minutes to go and in desperate need of a perfect wave to have a chance, he took off on one of the better waves of the day. After handling the suicidal take off, he powered into a bottom turn that sent spray into the eyes of the spectators watching from the high rises on the shore. The crowd oooohed and aaaaaahed as his airtime matched that of a fighter pilot. Then suddenly the crowd hushed as an insane jet skier began to head out on a collision course with the young champ. The jet skier, not wanting to get wasted by the huge chunder, roared between the surfer and the white water narrowly missing our young champ. The surfer carried on his awesome performance right into shore where he stepped off his board and received the trophy amongst a roar of applause. Reporters fought to interview him, wanting to know how he felt about the Jet Ski intruder on his wave and how he had managed to keep his cool and continue on unfazed.

The surfer looked confused, "What jet ski," was all he could utter.

Now that's focus!

You see Shaun's world for that final ride, consisted of his body, the wave and his board. There was nothing else. Focus is the ability to block out everything that distracts you from completing your task.
How do I get that intense focus?

Firstly focus is a skill that can be learnt and practiced until it becomes a natural part of your surf attack.

While sitting on the beach, look down at a shell or stone that's at least a meter away from you. (PS this exercise can be done anywhere, looking at any thing.)

**Zoom in like you have a telescopic lens connected to your vision.**

Let the object you choose to look at, fill your mind and let the surrounding objects blur from view.

Concentrate with every cell of your body on what lies before you.

After a couple of minutes let go of the focus and bring back the big picture.

Then refocus, again allowing every thing else, except for your point of focus, to fade away.

This is one of the best methods for grooving the concept of focus and should be practiced regularly.

The same drill can be done with noise. Pick out a certain sound and pull it to the front of your mind while the other noises slide into the background.

Focus is used to block out distractions and allows you to enter a world where the only things that enter your mind are geared to helping you complete a task.
How do I use this focus on a wave?

The focus types we have discussed can be divided into two groups, Broad and Narrow focus. The Broad focus (Zoom out) is used when we want to see what the wave directly in front of us is doing and at the same time watching what the wave is doing ten meters ahead of us. The narrow focus is used when precision is called for, for example.

Every move should be aimed at a certain point on a wave.

* Whether your trying to hit the lip or coming up from a bottom turn to set up a tube, you want to be in a critical position at a certain moment.

The clearer in your mind, this point is, the greater your chances of success. Don't just see a mass of water in front of you, zoom in exactly where you want to be, let it fill your vision and nail it.

Also, many moves rely on a feeling as to when and how a change in position is required. Zoom in on this feeling. Try to express the feeling in your own words to help cement it in your mind. Name it e.g. weightless, unweighting, heavy pressure, feather touch, springy, uncoiling. Focus on this feeling!

This type of internal focus (what your feeling) is the step to understanding how great surfers know what to do, when they do.

19. Want to survive that wipe out?

Every hot surfer at some stage or another suffers from the inevitable wipe out. When the surf's small and your ripping it up, the worst thing about a wipe out, is the inconvenience of blowing the wave.
But as surf size gets bigger the stakes increase and a wipe out could, cost you your life.
Why then do top surfers seem fearless when taking on the might of the ocean?

We go back a few chapters where we looked at preparation. A top surfer knows his limitation by including diving and breath control as part of his training program.

He builds up the time he can remain under water in a safe environment like a pool. He includes twisting and rolling to get used to the out of control tumbling, experienced when a big wave has you in its grip.

Armed with the knowledge that he can remain underwater for one to two minutes, gives the confidence to remain calm and relaxed. This is vital for conserving oxygen.

While it may feel like forever that you are being held in the washing machine, in reality it is rarely over twenty to thirty seconds. The critical point to remember is to stay calm and have faith in your breath holding capability.

Get to know your limits, preferably not only in the bathtub.
It's better to err on the side of safety. Only a fool goes out without the proper preparation. With training and experience, your confidence will increase and remember there will always be another big day to test your skills of survival.

If your not confident you shouldn't be out there.
Maz Quinn NZ no.1.

Tips to lessen the effects of the wipe out.

Try to land away from the impact zone by either falling into the face of the wave or throwing yourself ahead of the impact point.

Know the depth of the water where the wave is breaking. A deep dive, head first, could be fatal in shallow water.

If the break is shallow, try to land flat then quickly roll into a ball. Cover your head with your arms if the bottom is rocky and let your feet hit the bottom first.

Suck in a quick breath before going under. (Sorry, I just had to throw in the obvious.)

If the water is deep enough dive deep to get away from the worst of the turbulence.

Do not struggle against the wave. Instead go with the flow until you feel the pressure of the wave subside.

Open your eyes when heading for the surface try to head for the still water avoiding the foamy patches. (These areas are filled with air bubbles that you will not support you.)
Once you have surfaced, grab that breath and check that another wave is not about to slam down on you.

If you’re still in the Impact Zone, diving deep under the next waves is your best form of defense.

Life saving tip.

When your heading for the surface and you feel your lungs on fire screaming for oxygen and darkness is all around you.

NEVER, NEVER, NEVER GIVE IN, YOU WILL MAKE IT.
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NEVER, NEVER, NEVER GIVE IN, YOU WILL MAKE IT.
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In the last twenty years wet suits have changed from thick inflexible rubber to flexible thin neoprene.

Manufactures are slowly moving toward a suit that has not only has your warmth in mind but caters for the need to be able to twist and turn with little restriction.

In saying that, all suits are not the same and some are far superior to others.

Revolution in suit design now has seams that are stitched and glued or even seamless. This has put an end to the continual cold dribble every time you go under a wave.

High quality suits have gusset pieces built in to them to allow a full range of movement where your joints need the freedom.

Material and design are continually improving. I am sure the future holds a second skin like suit that will keep you ultra warm and have the freedom of your birthday suit.

But until then, the best method for choosing a suit is to find mates of a similar size and ask to try out theirs. This gives you an opportunity to get the real feel of a suit that is difficult to do in a shop with out being locked away.

Wet suits have different cuts that may fit certain body shapes better than others. So the more brands you try, the better your chances of finding a suit that's tailor made for you.
Three things to check when trying out a suit.
1. **Warmth**
2. **Freedom** of movement and comfort.
3. **Quality** of material and workmanship. (Look for guarantee)

PS A bit of **distinctive** color is eye catching, try and include a portion of color on either your board or suit to help **stamp** your brand on the wave.

### 21. Pro surfers do it.

The world is **full of people** with dreams and goals that go unfulfilled.

**WHY?**

They fail to take **action**, instead, looking for **excuses** to why their dream will remain just that.

**Don't** make the same mistake that **millions** of people with great ideas and dreams make.

Act on your plan. Don't let situations stop you. Don't let other people’s opinion stop you. Don't let disappointing results stop you.

**Let nothing stop you.**

Only you are **responsible** for your **action or inaction**.
Scary as it sounds, become the person who does what they say they will do.

Share your dream with others who will support you, people who will give you encouragement and a gentle prod when motivation seems to have disappeared.

Remember little steps are what it takes to climb mountains.

Climb yours.

Start now.

Get going

22. What the pros know about surf judges.

Your out in a heat and it's one of those days where your just not in sync with the ocean. Your moves are radical enough but everything feels pushed and untimely. Of the last five waves, you've come off three times.
You see your opponent who pulls out a stock standard wave, nothing too radical, flowing smoothly to the shore. This gives you a glimpse of hope as the maneuvers you’re cranking are off the planet.

The hooter sounds and you head for shore, knowing by the look of your opponents last wave that it's going to be close.

What?

You were slaughtered? but, but, but.

There's no but. Competition surfing is entirely different than free surfing. No matter how radical you are, if you can't get your moves flowing together and successfully completed your watching the finals from the beach.

What do the Judges look for?

In a nutshell, here it is.

1. Radical (Powerful) maneuvers in the critical section of the wave.

2. A style that is pleasing to the eye.

3. A natural flow of maneuvers that lead from one move to the next.

4. Size of the wave

5. Length of ride.

6. Successful completion of wave.

7. Ability to complete moves without sacrificing power.
Finally, a pro secret that will help with the close calls.

Have a respectful attitude, no matter what the outcome. Most judges are out there because they love the sport and want to give something back. They are not out there as some hot heads think, secretly plotting their downfall.

Get real and accept disappointing results with a smile:) and give congratulations to the victor. Thank the judges for an often, tough thankless task.

Judges are human and it can’t help enter their overall view of a performance, if the surfer has the attitude of a snot rag. It’s a good feeling to give a nice guy a good mark but it stinks to have to give a good mark to a snot rag.

Think about it.

*It pays to have a word to the judges, especially in smaller surf, to find out what's going to turn loose those big scores.*

*Maz Quinn NZ no. 1.*

### 23. The pro surfers wonder kit.

The board bag can lessen headaches if it contains a few items that are usually left at home, benefiting nobody.

If you haven't bought a bag yet, make sure that when you get one, it has an extra waterproof pocket for a few accessories.

If you already have one without a pocket a plastic zip bag will do the trick.

**The stash.**

Things to stash in your bag to ensure a hassle free surf.

1. Wax (If the water temperature varies greatly from day to day, a variety in wax textures are a good idea!)
2. Vaseline (white petroleum jelly). Helps relieve that wet suit rash and stops it developing any further.

3. Plasters, bandages and scissors. (Most top surfers get cut, banged or crunched at some stage.)
4. **Wax comb.** Excellent for scrapping off dirty wax and roughing up existing wax jobs for that edge in grip.

5. **Sun cream.** Surfers put more time in the sun than nearly all other sports. With the sun's reflection off the water, exposure is **doubled.** Remember, skin **cancer** is a very real threat if steps aren't taken to prevent being hammered by the sun. Don't become a **statistic.** Cover up.

PS If your traveling over seas and don't have removable fins it pays to put **extra padding** around the board and foam **blocks** between the fins. Saves the heartache of opening up **broken glass.**

### 24. How pro's prepare for the real thing.

**Simulation**

**Simulation** is a secret weapon in the **Pro’s armor** used to produce conditions that he is likely to face in the **real event.** Simulation is putting the **real competition situation** into practice.

Pros produce **pretend heats** of similar, **time length** and **number of competitors** as the competition they are preparing for.

The advantages for you in reproducing the real thing, is that it gives you valuable **information** and **experience** of differing styles of competitions. Mock battle on the water allows you to prepare **physically** and **mentally.** You will experience situations that will arise in the real event.

Mock heats will give you a **sense of history** to call upon. This will reassure you, knowing you have been in a **similar competitive arena.**
Below, we have made a possible list of distractions that may occur in an event but you should not be limited to just these. Put into training sessions, they will allow you to keep or regain your focus in a competitive situation.

**ACTION**

Get a group of surfers who are keen to use the following technique in simulation heats.

1. **Practicing in a highly aggressive atmosphere where the desire to get the best wave is intense.** (Push yourself to the limit in an effort to get the prime position.)

2. **Practice shutting out verbal attacks or dirty tactics that other surfers may resort to.** (Remain focused on the task not what is being said. Remember it is the task that is important, nothing else matters.)

3. Put yourself into a position where you need three waves with ten minutes to go. Again stay focused and do not panic. Focus only on the things that you can control like obtaining the best position and paddling strongly out after completing a wave. Do not concern yourself whether waves will come in time. That is out of your hands and is a needless distraction.

4. Wipe out on the first three waves keeping calm and focused then nail the next five waves. (This is great preparation designed to keep you in control in a less than ideal start.) An unprepared surfer can easily push the panic button and destroy the rest of his heat.
5. With a coach or judge *scoring waves*. Get a feel of how *radical* you need to perform to win through with the *least amount of risk*. For this exercise, use *less experienced* surfers as your competition.

This is a tool for *experienced surfers* as judging the *others performance* can be inaccurate and can also *distract focus*. You also need to have a *higher skill* level than opponents.

In saying this *Pro surfers* develop this *skill* as it enables them to surf through earlier heats with *minimal risk* and lets him *weigh up risks* he must take in *tighter* heats.

**Remember**
For *confidence* in any situation, you need a *plan* that is *tested* and *practiced* in competition simulation.

### 25. Simple solutions

When learning any surf move, it can feel like ninety-nine different thoughts are racing through your mind at once.
Think back to when you were learning to drive. You had to remember to put in the clutch, put the car into gear, release the handbrake, check the rear vision mirror, indicate and put your foot on the accelerator, (and you haven’t even started moving yet.) To start with, you would bunny hop along, slam on the brakes like every stop was an emergency and panic whenever someone was too close behind you. (Any closer than 100metres and they were tailgating)
Thank goodness surfing is a little more forgiving when learning a new move.

Just like learning to drive, the principle of learning a new surf move, is the same.
Your mind is full of different ideas, things you need to do, to complete a new maneuver.
All this thinking, *creates tension* and more often than not, you freeze up and kook the move.
To overcome this you’ll need to get back to what I call KISS (Keep It Simple and Smooth)

This phrase reminds me to focus on only one or two (maximum) basic points of a move.

Select the one or two points you want to work on before your surf session. (For example, you may choose to work on weight transfer, trunk rotation, timing or recovery centering)
Write the points you want to work on, in crayon, on the top of your board. This will help you to remain focused and give your training session direction.

By focusing on just one or two points at a time, you’ll give your mind permission, to take care of the one hundred other points, automatically.
This leaves your mind free of all the clutter, leaving an open channel between your mind and body, specific to the new skill your learning.

You will notice increased awareness in the area you choose to work on.
By having such a narrow focus, you’ll be able to break the move down and receive feedback instantly.
The small changes you make will be noticed straight away, allowing you to refine your moves to perfection.
Pretty soon, just like driving, your moves will become smooth and fully automated.

One last thought
When it comes to narrowing down your thoughts, think of a laser beam.
You see, the more concentrated the beam of light, the more effective it is.
Let your mind become that laser beam.
Intensify your power, by narrowing down the area you want to focus on.
Unlocking secrets that lead to greater performance is the biggest rush in any sport.

The best tool for achieving this is the humble diary or for you techies the computer lap top.

Through out your career you will be given advice ranging from what to eat, to tips on maneuvers, what wax works best in different temperature waters, how to paddle for more speed and so on and so on. While the advice may work well for the person who gives the information it may or may not work for you.

This is where a diary/laptop allows you to record how a certain change affected your performance. It may be an alteration to style, diet, wax, mental approach or any one of a thousand facts.

Remember
Give any change a fair amount of time, as often a change feels awkward compared to what you’re used to.
Note down in your own words, how a change in thought or technique affected your performance.

Keep your entries daily, paying attention to how you felt physically and mentally.
Note what techniques you used to stay focused and relaxed.
Note how diet affects the way you feel and how this affects your performance.
Note, what were your focus points on successful maneuvers. What were you thinking when it all just fell into place.

Write down events that happened before competing that may have influenced the way you surfed. E.g. did you sleep in or go for a relaxing jog? Did you do some physical work or study? Did the pre surf warm up leave you feeling flat or lift you up?
The key in keeping a diary/laptop is to find out what works for you.

You will build up a bank of experience that you can review at your leisure. It will highlight your strengths and weaknesses.

The list.
Review your notes regularly, taking the best information and putting it into different categories that can be looked up quickly. Your headings could include:
1. Bottom turns
2. Re-entries
3. Paddling tips
4. Mental strategies
5. Strategies for different wave sizes and types.

Creating links.
Earlier we discussed creating links. Now it’s time to take it one step further.
Once you have your list, try to create links in your mind that relate the words, to the physical sensation of actually doing the action. Juice it up, by seeing your actions, LOUD, BIG, FAST MOVING, CLOSE UP, POWERFUL, SMOOTH.
Experiment with the way you see your links, try visualizing them small, quiet, far away and in slow motion or even still pictures. Mix the different ways you view your links. Find out which get you into the best frame of mind for excellent performance.

The information you gather will one day complete the plan for consistent top performances.
27. Top surfers beat their problems.

Use your diary and your **limitless mind** to solve problems.

**Remember, to solve a problem is like creating an opportunity that was never there before.**
(Please re-read the last line and think about it.) X 3

If you are having difficulty with a certain **maneuver** or an out of water problem write down the problem as **clearly** and **accurately** as you can. The more **detail** you can provide the better.

Now look at the problem and begin to write down **any solutions** that come into your **mind** no matter how ridiculous they may seem. If an **obvious answer** does not spring to mind, leave the problem and come back to it the next day.

This will give your subconscious mind time to check over the **millions of bits of data** you have stored away that may **help solve** the problem. Ask **friends, coaches, parents** or basically anyone, whose input **you value**.

**Two sayings spring to mind when trying to solve a problem.**

- Two heads are better than one.
- And
  - The only dumb question is the one you don't ask.
28. Why the Pro's succeed whether their tall, short, fast, slow, solid or thin.

No two surfers are exactly the same. We all have different body shapes, different mixes of fast and slow twitch muscle fibers, varying reaction times, different amounts of physical strength and different mental capacities.

If some qualities are more favorable to surfing than others, why do the pros come in all shapes and from all the different groups we have mentioned?

The answer is simple.

They use what they have to the best of their ability.

What many might see as a disadvantage, pros turn into an asset. For example, a tall thin surfer with slow twitch fibers must create a style that suits his make up. He may surf with a smoother more flowing motion. Whatever you are gifted with, look at it from a positive position.

Work on what you see as a weakness to the best of your ability then cover it by developing your strengths, or designing a strategy that favors you.

E.g. If your reaction times are not so quick, learn to read a wave early to off set the need for quick reactions.

If your paddling strength is below par, practice getting deep inside the take off point and learn the art of late take offs. Develop a more efficient stroke.
If you have greater endurance but less speed in paddling you must force your opponent's to work harder and longer for waves.

Create a style of surfing that complements your strengths.

29. For competitions it starts at the start.

**Build up**
As an example, we’ll use Shaun Silversurf’s build up for competition.

**Day, before competition.**
- Light surf session or work out.
- Check gear after final session.
- Double check, heat time.
- Repair or replace any faulty or suspect looking gear.
- Wax up board.

Check batteries on Discman.

Set alarm.
Prepare meal.
Go through mental imagery of next day, from wake up to the end of heat.
Include relaxation techniques.
Watch a video, film or read a book (basically chill out and relax.)
**Morning of event.**
Light surf\work out.
(Re-check gear and wax up)
Find out where contest is to be held.
Session of mental imagery.
Shower.
Prepare breakfast
Rest and relax listen to music, read etc.
Get to event at least an hour early.
Spend time studying break, check out rips, time between sets and favorable positions while quietly stretching.
Decide on surf strategy.
Mental imagery.
Go for a light jog.
You’re out there.

These are just some suggestions. Yours could be **wildly** different, the **key** is to have a **pre competition routine** that leaves you feeling relaxed, clear headed and **focused**.

It should be as **consistent** as possible once you have a found out what works for you. The **build up** should be rehearsed in training and should be included in your mental imagery training.

The **purpose** of a pre competition plan is to give you **mental anchors** that do not change.
Whether it is a club final held at your local beach or a world final held in **Bali**, the routine, will bring a **familiar feel** with it, giving you a sense of **comfort** and **control**.
30. The greatest surf secret of them all.

By instinct or training, a hidden skill that all pro surfers have is

#AN–TI–CI–PA–TI ON#

(Pssst, to reveal the coded secret, join the letters together)

It is that feeling you have naturally or have learnt by experience when a wave is about to suck up or the lip is about to pitch out. When a section is makeable or is about to close out. How deep you can get inside the tube. Whether to paddle like crazy for the horizion on a giant set or wait inside.

This is the most dynamic tool the pro surfer can posses. It is your ability to predict a waves path with complete confidence and in the blink of an eye, commit yourself to what you have foreseen. Anticipation when instantly acted upon, buys you time and good position.

**Action**

Start making judgment calls of what a wave is about to do then commit yourself to it. Even if you get it wrong you are gaining valuable experience and over time will develop this vital ability to see into the future.

May the force, be with you.
31. Talk about powerful.

The spoken word has the power to build up or destroy.

Have you ever seen someone who has fallen off, swearing and cursing, calling themselves an idiot, a useless so and so, a loser etc.

In their mind they have just confirmed their thoughts, by the person whose opinion they value greater than anyone in the world.

While this is the negative side to the spoken word there is a positive side that has the power to drive you on, lift you up and encourage.

Your words can be used as commands for both your body and mind to follow.

Using words for success.

If you feel anxious, slowly whisper the word relax three or four times, dropping your shoulders, feeling yourself loosen up a bit more with each repetition. Try it now even when you’re not anxious and feel the difference.

If your nearing the end of your heat and tiredness is threatening to destroy your performance, encourage yourself with the following words or similar. Strength. Power. Control. Remember at this stage, it is a battle between your body and mind. This is a battle your mind must win. These powerful suggestions will give you the lift you need.
Our brain stores away feelings and experiences and lists them as a certain words or phrases. As you hear the word, the feeling you associate with that word will enter your conscious mind and affect the way you feel and act. So lose your negative vocabulary and fill it with powerful, positive and inspiring words.

Next time you blow it and we all do at some stage.

Don't say what you think, before thinking.

32. You need to know the latest findings that may change the way you approach competition.

Notice the top surfers have an air of confidence that surrounds them, some painfully so. I am not recommending the arrogant or full of yourself confidence, but it will be highly beneficial for you to develop real confidence in your ability.

WHY?

An amazing study was completed recently on this subject. A group of confident athletes were asked to perform under a pressure situation while brain analysis was conducted.

The same test was carried out on a group of athletes who were nervous and had thoughts of self, doubt when competing.
In short, an amazing discovery was made that should change the way you approach competition forever.

Put simply, a chemical that is necessary to transmit signals from brain cell to brain cell disappeared in the athletes who were nervous and anxious. This made it impossible for the smooth transfer of information from the brain to the muscles.

This explains the poor performance when worry and fear invade our thoughts. It shows that lack of belief in yourself, creates a real physical barrier to performing well.

So go ahead, trust in your ability.
Be fearless.
Believe in yourself.

Please note that false confidence doesn’t cut it.
Be sure you develop a real confidence by knowing you have prepared well.

33. Just bombed out?

**Better get what the Pro’s use, to pick themselves up.**

Courage comes in all shapes and sizes and is necessary to face what we fear. It may be in the form of going for a late takeoff or surfing a big wave but the greatest courage you will ever need, is the courage needed to pick yourself up after the feeling of failure.
A story comes to mind about a puppy that was being trained with the aid of an electric collar. As she neared the boundary of her owner’s house, a small electrical charge would be discharged from the collar. Each time the puppy approached the edge of the section she was zapped and would cry out and run to the safety of her kennel. After two weeks, the collar was removed yet the puppy never again ventured outside the property.

This happens with people as well, some of us face hurt, loss or failure a few times and give up, believing it is useless to continue. In reality most of us have the ability to step over the boundary but some are controlled by fear (false beliefs) formed from the past.

Those that give in will never know what they were truly capable of achieving. Have the courage to step up to the mark again. Even the very best get knocked to the ground but it’s their courage, and determination not to remain there, that takes them to the top.

"After a bad run, a free session with a group of friends is a real pick up. A few positive comments received, goes a long way. Also seeing guys on the circuit, coming back strong after a long dry spell helps inspire you."
Maz Quinn. New Zealand's current no.1.
34. Sometimes you have to put it all on the line.

Okay, so your surfing well in training and the word \textit{wipe out} is becoming a thing of the past. You begin to operate at that \textit{comfortable} level where everything is familiar. Let the pros words inspire you.

\textbf{WAKE UP!!}

With this attitude you’re going nowhere. If you don't take \textit{risks} in training with your surfing, you won't \textit{grow}. You must consistently be \textit{pushing} your limits, going to new heights, \textit{STRIVING FOR EXCELLENCE}.

\textbf{Hunger} for knowledge and understanding of techniques. Contentment is a recipe for standing still while others pass on by.

Strive for the following:
- Re-entries, that are more vertical.
- Cutbacks with more power and speed.
- Turns that are tighter and faster.
- Deeper tubes.
- Harder attacks on the lip.

That dry hair do at the end of a session may be a sign you've entered the \textbf{COMFORT ZONE}.

35. Knowing, your board’s limit.

Ever go for that big move, only to blow it because a rail let go, when you weren’t expecting it.

A key to control, while performing radically, is realizing what sought of pressure can be applied to your board in all wave types.
In training you should give a mental number to the pressures you feel, while performing maneuvers. 1 being no pressure and 10 being maximum pressure. For this scale to be effective it must be combined with a similar scale for wave power. You must find out what pressure the board will hold in to.

To begin with, this will be a conscious internal focus that is not great for releasing your greatest surf session but with repetition, you will store this rating into your muscle memory.

Eventually, your muscles will associate this maximum feeling of pressure with a rail losing its grip on the wave. This will happen without having to think about it.

In competitions, surf within this limit or prepare for a release of the rail.

By giving the board a pressure limit figure, you can remove the nasty surprise of a rail letting go at a critical moment.

NB Include this max pressure feeling with visualization.

36. Basic ideas of surfing

Before you start the following sections, go over the illustrations below. They will help you understand some of the concepts covered in the next few chapters. Think about, visualize and practice what comes next. It will prepare you for more faster, more powerful and more radical maneuvers.
Surf Stance.

Both feet should be placed about shoulder width apart. The rear foot should be at 90 degrees (at right angles) to the stringer that runs through the center of the board. The front foot’s position is angled forward. This front foot open stance, allows your body to twist in both directions either side of the stringer. It also allows you to bring your weight forward without falling over. Try it now.

Lean towards the front foot with both feet at right angles to the board. Now do the same again, but this time open the front foot stance. As you come forward let you front knee bend and project your weight into the back of the knee. You should able to come further forward in your stance with increased balance. Finally, the open stance allows a greater view of the wave on your backhand.

Inside and outside rail.

To help explain some of the moves to come, I have drawn a diagram showing the inside and outside rail. The inside rail is up against the wave face when the nose of the board, is pointing to the shoulder of the wave.
Fundamentals

Firstly I'd like to simplify all surfing maneuvers to a basic statement. Hopefully this paints a clearer picture of the following descriptions of certain moves.

Nearly all, surfing maneuvers can be bought about through a combination of leaning in a certain direction and twisting your body through rotation of your spine. This is a very simplistic statement that does not take into consideration your position in relation to the wave, your stance shape or where your weight is distributed on the board etc, but I believe these two fundamentals are where your initial focus should be. The following read will require a bit of thought so be prepared to come back to this section regularly. Take what follows, out into the water then return here, hopefully gaining greater understanding each time.
More speed.
Okay with that spiel out of the way, lets find out the first step to creating more speed.
The one thing that surfing and other speed related sports, have to overcome is FRICTION.
The solution to creating less friction in other sports is simple to see and understand but in surfing the answer lies hidden and out of site for many surfers.

Take for example Ice Skating. The blade of the boot is extremely narrow, making as little resistance as possible as it flies over the ice. In Cycling, the wheels are now so thin that a good sneeze can cause a major buckle. Both these examples show you that as you decrease the surface areas in contact, the more speed you can generate through less FRICTION.

So what’s the answer to a surfboards huge bottom area creating FRICTION with the surface of a wave?

The solution is to get your board onto its rails (inside and outside edge) and off its flat bottom as much as possible. When you get just the edge of the board onto the wave, your biggest enemy FRICTION is reduced to the bare minimum.

To get this result you need to be continually changing your line of attack, transferring your weight from rail to rail through moves and turns.
Well cover this more specifically later on and tell you how to get your board off its flat and onto its rail.
37. The secrets to speed and power.

The forces.
Two natural forces aid the surfer to create power and speed. These forces are the equivalent of your motor. Learning to harness, these two forces, will change the nifty fifty scooter some surfers ride and turn it into the fuel injected V8 monster that so many of today’s top surfers ride.

These two forces that surfers use to propel themselves over the waves are firstly (Kinetic energy) this is the energy that the wave exerts upon you as it travels toward the shore. This energy wants to thrust you forwards and lift you up.

The second is (Potential energy) this is the gravity you feel pushing you downwards from the top of the wave. Potential energy is the one that wants to smash your nose into the reef six foot below the surface.

It stands to reason that if you can combine the two forces you'll have double the power.

This is where the bottom turn comes into its own. Firstly the forward pressure and lifting effect of the wave is constant and is able to be tapped into at any time. But the Potential energy (Gravity) is only released in its useable form when you are dropping down the face of the wave. It max’s out as you hit the bottom of the wave, meaning at this point you have the maximum amount of energy available to you.
38. The Bottom-turn.

Note how the surfer leans into the wave

Photo courtesy Positive Pics

The board is put onto its inside rail. Surfer bends at the knees and waist.

The bottom turn as the name suggests, is begun at the bottom of the wave allowing you to tap into the greatest power source.

Your bottom turn, should act like a slingshot that will launch you into your next maneuver.

Like a powerful golf swing that pivots around a single point, the bottom turn also generates power through a circular motion around a single point. (This point has to be imaginary because the wave is continually moving towards the shore, therefore so is the point.)

The bottom turn harnesses this energy supply, and transforms it into a spinning or centrifugal force.
**Picture this.**
Okay this is where a picture is worth a thousand words. Imagine a fair ground ride at the show where you’re seated on a swing connected to a long rope that is joined to a revolving pole. Your spinning faster and faster and as your speed increases you get higher and higher with your body eventually getting to a horizontal position.

![Diagram of a fairground ride](image)

Now, imagine the ropes that are holding you, break. Watch as your flung out into space at 100 kilometers per hour. As you see, when this centrifugal force is unleashed it has the ability to deliver explosive power in a certain direction.

Now hang in with me we're just about there.

Note: As the speed increases on the ride, the swing seat goes from horizontal (Flat) to vertical. (Straight up and down.) Go back and check out the image again. This is because as the centrifugal force is created we must oppose its outward thrust with an equal and opposite force to avoid being thrown off. We can only oppose this force if we have something to push against.
Therefore as our speed increases the swing seat needs to be more vertical.
Imagine if the seat stayed horizontal at speed. We would have nothing to push against to oppose the centrifugal force and would be thrown outwards, even at low speeds.

**Now the link, to tie everything together.**

Your bottom turn creates this same centrifugal force that wants to throw you outwards. To overcome this, you need to oppose this force by create a platform that is at right angles to the imaginary point you are pivoting around. (Wow! heavy dude, read this again and try to form a picture in your mind) This correct angle gives your leg muscles a solid base to push against to withstand this centrifugal force.
Again imagine if the board is flat during a bottom turn (a common mistake among learners) they have nothing to oppose this outwards force and are thrown from the board.
To get this correct board position you must lean towards the wave dropping to a crouched position at the same time. This will automatically put your board onto the correct angle. Remember to **lower your body position.** This gives better balance and lessens the effect of the outward driving force on your body. As the board pitches to this correct angle the outside rail is released from the water. This adds speed to the turn by reducing the surface area of the board dragging on the water.

Pictures in your mind are the greatest aid to help understanding so to help explain this concept, imagine a cycle racing track.

![Bike racing](https://via.placeholder.com/150)

Notice how the corners are banked and that as the riders hit the bends at speed they lean **into** the corners. This puts their bike at right angles to the bank allowing them to continually power into the turn.

The banked track creates the platform at the correct angle to avoid being thrown outwards.
You need this same angle in surfing if you are to generate power throughout the turn. Remember: drop to the crouched position and lean into the turn to create the correct angle of the board.

As you begin the bottom turn, your weight should be more on your rear foot. You get that explosive release (like the ropes breaking on the swing ride) by flattening out the boards rail when the board’s nose, points towards the exit point of the turn. This is usually decided by, where you’re looking to head for. So pick the spot with your eyes and when you feel your board come round to the correct position, flatten out the rail. (Bring the board flat onto the surface of the wave.) This will direct all that outward thrusting centrifugal force in the direction you choose. When executed with perfect timing you will experience the V8 grunt needed to create the power moves of today.


**Definition**
(Moving up and down the wave face while traveling along parallel with the wave.)
When you’re faced with a fast breaking section that requires speed to make it, carving is an ideal way to generate the speed you need to make the section.
To get the most out of this skill, an understanding, of the way a wave moves, is helpful.
To begin with, let's review the wave diagram.

Fig 1: When your board is traveling parallel with the wave and the inside rail is weighted, note how the flow of the water in the wave, hits the board's rail trying to lift it to the top of the wave.
Fig 2: Note how when the inside rail is released, the board is no longer being lifted by the flow of the wave. It is now free to drop back down the wave face.
Using this knowledge, you need to combine the two board positions to get the most out of a wave.

**Keys to carving.**

1. In the rising part of the carving action, your board’s nose angles towards the top of the wave.

2. You need to position your weight over the inside rail and the weight of your body transfers to the rear foot.

3. Let your board rise by allowing your *knees to bend* and letting the lifting action of the wave raise the board.

4. This puts you in a powerful position to enter the downward part of the move.

5. At the top of the *carve*; the rail is released, by centering your weight over the stringer and outer rail of the board. The board’s nose is angled towards the bottom of the wave.
6. Your weight is now transferred to your front foot. Drive down by straightening your legs.

7. Return to step 1.

Try to create a rhythm to the 4 steps. Imagine the rising and falling stages on a swing. In this example there is a driving downwards and a lifting up phase. The more flow and rhythm you can give to the changing phases the more speed you’ll create.

40. Radical re-entries that look and feel explosive!

The re-entry is a look good, feel good maneuver. The Pros add the shine to it by giving it vertical shape and getting as much of the board out of the water as possible. Their aggressive approach to the maneuver is usually the reason behind their success.
The secret to giving your re-entry the x factor begins with a powerhouse bottom turn. This will give you the speed and ability to choose what angle you wish to attack the lip.

**Key points.**

1. Coming out of the bottom turn, look at the spot you want to hit.

2. Let your shoulders and arms swing smoothly around and in front of your body, towards the wave face. This has the effect of twisting your spine so that its natural tendency is to **spring back** to its natural position. (Back towards the beach)

3. Your weight transfers smoothly to your front foot as you drive up the wave face.

4. Before hitting the lip, the board should be taken off its rail, leaving it flat with the surface of the wave.

5. The trunk of your body then turns back towards the beach, **before** you hit the lip.

6. Your weight should now be transferred to the back foot.

To give punch to this turning action your shoulders should start the turn by strongly rotating towards the beach. This uncoiling, action is followed by driving hard into the lip with your rear foot.

**Tip**

*Vertical Forehand Re-entry:* Just before uncoiling into the re-entry, you should be looking at the wave over your front or leading shoulder.

*Vertical Backhand Re-entry:* Just before uncoiling into the re-entry, your chest should be facing directly out to sea.

Both these body positions indicate, you have wound up the trunk of your body into a position that is ready to uncoil.

To start the turning part of re-entry, rotate your shoulders towards the shore.
Your arms should be thrown back towards the beach in a circular motion. This action whips the board round in a tight pivoting turn.

Try to put the board between yourself and the lip of the wave. Before impact, position yourself, with your knees bent ready to absorb the impact of the wave.

**Centering**
As you come down the face of the wave, your focus should be on balance recovery.
Center over your board’s stringer with your weight distributed evenly between both feet.
Return to a crouched position.
A good centering technique, to help with balance, is to imagine a heavy brick in the pit of your stomach, pulling you down towards your board. This will make the board feel more stable.
Because every one’s center of gravity is slightly different, experiment, by imagining the brick higher or lower in your gut. Once you have established the bricks position that is comfortable, you will be able to return to this feeling focus point when entering the recovery phase of a move.

**Action:**
Try these techniques on land, at the same time, imagining you are on the wave.
When practicing, focus on a smooth and controlled turn of the upper body.

1. In preparation for the re-entry, feel the spring action you create; by twisting your trunk so far round that you have to look over your leading shoulder on your forehand to view the wave.
2. On your backhand, get your chest facing out to sea. When doing this on land, your feet will not come round as they would on a wave so to compensate, allow your front foot to come off the ground in the turning phases. If you do not do this, you will not be able to look over your leading shoulder (forehand) or get your chest facing out to sea (backhand).

3. Begin your re-entry with the uncoiling of your shoulders then allow your hips to follow, your weight on your rear foot.

**Movement keys**

1. Pick a spot where you want to hit the lip.
2. When coming out of the bottom turn let your arms swing around and in front of your body towards the wave.
3. Start to uncoil before you hit the lip.
4. Crouch before impact.
5. Center over board after completion.
41. Un weighted re-entries.

Sometimes on your way to the top of the wave, you'll experience sections that begin to crumble before you make it to the top.

To get over the breaking white water, you need to take the weight off your board to allow it to climb over the breaking section and put you in a position where you’re able to complete your re-entry. **How to accomplish this?**

As you come out of your bottom turn and approach the white water you need to throw your weight vertically skyward. To gain the maximum effect, throw your arms in front of you and upwards. This will enable the board to climb quickly and allow you to breeze over the white water. As you hit the white water make sure your weight is forward and over your front knee.
Don’t weight the turn, at the top. Allow the waves force to bring you round and back down. 
Putting the board in this non weighted position stop the rails from digging in and grabbing in the turn. 
You can use this method whenever you need an extra burst of speed. 
It’s also ideal for small or slow moving waves when you need to generate that oomph that does not exist in the wave.
42. The killer cutback.

Put the board onto the outside rail. Lean back towards the white water And bend at the knees and waist

The cutback is used to allow the wave time to reform after flattening out and to return to the power source of the wave.

To begin with you must have good speed driving away from the white water (this will stop the rail grabbing in the turn back towards the wave.)
Understand that the movements of the cut back are similar to that of the bottom turn only on a more horizontal plane.
OK so here are the points to remember to add power and flow to your cutbacks.
1. Drop to a crouched stance and lean back towards the wave, sinking your outside rail to get the right angle we discussed earlier in the bottom turn.

2. Remember, lack of speed will cause your rail to grab, so the depth you sink your rail will be determined by the amount of speed you have available.

3. Continue to look over your leading shoulder to view the broken water. Your stance will straighten as you come out of the turn.

As you feel the board coming round towards the whitewater, swing your arms across and in front of your body. This will give you more drive and will twist the spine (like tightening a spring) in preparation for when you release your re-entry off the white water.

4. Keep your board on its rail until the last possible moment as this will help keep up your speed.

5. Flatten out your rail as you hit the foam, returning to a crouched position to again cushion the impact.

6. Before you hit the foam, your weight transfers to the rear foot. Your arms and shoulders uncoil with a similar action as the Re-entry. This uncoiling puts a powerful turning action on your board, tightening the arc of your turn.

7. Centering. Center over your board and focus on recovery.
An excellent shot of the board put on to its outside rail and the right angle of attack.

43. Radical Rotation.

Rotation around the spine is what generates the radical pivoting turns of surfing, for example, re-entries, snaps and the re-entry phase of the cutback. To better describe this action, imagine you have a spike that enters your back just below your neck and runs through the length of your spine. This spike exits at the bottom of your spine and continues through your surfboard. Now all your circular movement will revolve around this spike.
**Action**
Here is an exercise that will groove the correct rotating action. Keep your feet planted on the floor about shoulder width apart. *Gently* twist from side to side, looking left to right, by turning your shoulders. (Remember to keep your feet planted.) Repeat this for 2-3 minutes with a continual motion. As you warm up begin the turning motion by driving off your instep of either foot.

Now extend your arms in a relaxed manner and continue for another 2-3 minutes. Using your arms will increase your turning torque and aids with balance. Finally as your arms rotate let them rise from hip height (right side) to shoulder height (in front of you) then let them drop back to your hip height again (left side.)

Store away this feeling of rotation in your memory and start to use it with your visualization. Take it to the water and use it in your radical pivoting turns. You'll enjoy a more explosive turning action with more spray and power.
44. Powerhouse Layback Snap

Continue facing towards the shoulder of the wave. Drive downwards with your rear foot. Lean back and reach down to the wave with your trailing hand.

The layback snap is one of the true power moves of surfing. It requires a lot of physical strength to get the impressive wall of spray, created in the turn.

For maximum effect, it should be produced in the power pocket of the wave.

As with most maneuvers, begin with a powerful bottom turn. As you near the lip of the wave, lean back towards the white water while continuing to drive towards the shoulder of the wave. Your weight should transfer fully to the rear foot. This acts as a brake, stopping your board’s forward momentum. As you lean back, reach out with your trailing hand towards the wave. Continue to drive down with your rear foot. The nose of your board will begin to lift, leaving only a small area at the rear as the sliding pivot point of the turn. As your board’s tail begins to slide, drop your stance to a crouched recovery position.
As the board comes round, your forward momentum will bring you back over your board from the laid back position.

Please note: The speed at which this maneuver is produced will determine how much weight can be applied to the back foot. i.e. more speed - more weight, less speed - less weight. In relation to this, the more weight you apply to the rear foot the more spray you will create with the maneuver.

45. The Floater

Photo courtesy New Zealand Surfing Magazine

The Floater gives you one of the ultimate highs in surfing. You’ll experience freefalling while in control. It will allow you to go over sections that without, the Floater, could not be made. We’ll go over a few points that will help explain the mechanics of the floater and get you on your way to mastering it.
The floater is one of the more challenging maneuvers, in that the landing of it requires excellent body position and balance. We’ll get to that section soon enough, but to begin with we’ll start with the entry of the floater.

Firstly the aim of the floater is to ride along the top of a wave, then come down with the foam section or the lip of the wave.

To begin the maneuver, you need to enter the move, as the wave is about to crumble or when the lip is about to throw out.

1. Your angle of entry should be very little and once on top of the wave you should be traveling parallel with the wave. (Your board’s nose should be pointing towards the shoulder of the wave.)

2. Focus on keeping your board flat and level once on top of the wave.

3. Your weight needs to be over your front knee, as this keeps your momentum going forward. It also helps your board remain level through the nose and tail and flat from side to side.

4. As you begin to freefall, turn your shoulders towards the beach and pick a landing spot with your eyes. This is done for two reasons, firstly, this will put you out in front of the crashing lip and secondly it will bring the board round, pointing it towards the shore. This makes the landing easier, due to the board traveling in the same direction as your momentum.

5. Due to the impact at landing, you need a low center of gravity for better balance. Bend at the knees and waist. This automatically lowers your center of gravity and your bent knees act as shock absorbers.

6. Focus on keeping your board’s landing position, level and flat and your body in the recovery position.
46. Tube riding.

Undoubtedly the tube ride is the greatest unseen move of surfing. In small waves it’s a buzz but as the surf size increases it takes confidence and guts to put yourself in the belly of the beast. The tube ride is probably the least technical but because of the punishment factor in failure, it’s probably the least mastered move.

**You can enter the tube by**

1. On a fast breaking section pick a good line and tuck in.
2. On a slower breaking section stall your board by weighting the rear of the board.
3. Delay your bottom turn and wait for the lip to pitch out before you pull in.

Unless your riding in large tubes that enable you to carve for speed, your focus should be on picking a good line and keeping your body in tight to the wave wall.

Your aim should be to get the board onto its inside rail by placing your weight directly over the inside rail.

**The forehand tube.**

1. Lean into the wave wall.
2. Position your rear foot closer to the inside rail.
3. Your weight should be positioned over the front ball of your rear foot and along the instep of your front foot.
4. Pick your line and narrow your focus to a point you want to head for.
5. Adjust your speed by allowing your trailing hand to enter the wave thus acting like an anchor or allow your weight to transfer forward for more speed or back to slow.
6. To pull out of the tube, allow your weight to center over the stringer, taking the board off its rail. Aim the nose of the board towards the bottom of the wave and allow your weight to come forward at the same time.
The forehand tube is easier because
   a. You’re facing the same direction you need to lean
   b. You can see what the wave’s doing.
Armed with this idea, it make sense that if you can lean into the back hand tube, facing towards the way your leaning you’ll have more control.
To get into such a position a few alterations to your natural body position have to be made.

The Backhand Tube.

1 The critical point to the backhand tube is to turn your front foot towards your inside rail (wave facing rail)
   This allow your body to adopt an open stance.
2 Lean forward over your front knee, weighting over the inside rail.
3 Grab the outside rail with what was your trailing arm but now becomes your leading arm. (This gives greater stability)
4 Your stance, should now be open or even facing slightly towards the wave face. (This will allow you to lean into the wave while viewing what is happening.)
5 Your leading shoulder now becomes the trailing shoulder, let your arm trail behind you (like in the forehand, the trailing arm can be dragged in the wave face to act as an anchor.)
6 To exit the tube, allow your weight to come over the stringer taking the board off its rail and aiming for the bottom of the wave.

47. Professional surfers need protection.

Throughout your surfing career, there will be times leading up to competitions that are less than ideal. E.g. Twenty minutes out from your heat your girlfriend, mate or parents may decide that now is a good time to have an argument.
Obviously if you allow yourself to be sucked into the argument you risk be left uptight, annoyed and your thoughts focused away from surfing.
At times like this you need protection from outside hassles. Other than choosing a life without friends or family (a pretty sad solution) the best idea for creating this protection is what I call.

**The boy in the plastic bubble solution.**
What you do is, imagine an invisible bubble surrounds you. This bubble deflects any comments that would normally get you involved in an argument. The put downs, smart comments and the irate words simply bounce off your protective bubble, leaving you unaffected.
Slip into the bubble the morning of the event and feel protected from the outside world.

What if someone continues to hammer away at your bubble, trying to draw you into an argument?
Politey explain that, now is not the right time to deal with the issue and that you will deal with it at another time.
Give the other person a definite time that the issue will be dealt with, as this will usually satisfy them.
If the worst comes to the worst remove yourself from their presence. Focus on your plastic bubble that protects you temporarily from outside attacks.

Doing this, will allow you to stay focused on your surfing, help control your emotions and ensure distractions are kept to a minimum.

**Action**
At home, slip into your plastic bubble for an hour at a time. Feel the protected and separated feeling you gain. Notice that any negative comments leave no feelings of emotion.
PS. Make sure you tell your family when your doing this exercise. (I don't want them to think your doing drugs.)

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### 48. Knowing your own limits.

To master a new maneuver takes **time** and **constant practice**. So... to go out in a comp and try a maneuver that is new, unpracticed and unperfected is suicide. To be successful you need to be **confident** that the moves you use have been **polished** till they **gleam**.

Don't be the **clown** who sees a fellow competitor, pull off a radical new maneuver and tries to **copy** him in the **heat of competition**. Instead, put the move in the memory bank and work on it in training when wipeouts don't cost you.

**Know** what moves you are capable of, **all** of the time, **some** of the time and **once in a blue moon** time. When you have this list, allow the **facts** to help design **strategies** necessary to get you through to the next round.

There will be a time where you will have to surf to the **very edge** of your **limits**, but if you can't pull the maneuver off in **training**, the odds are well and truly stacked against you, pulling it off in competition.
When success comes, watch out for the one thing that drags the big head back down faster than gravity. Ever hear the saying PRIDE COMES BEFORE A FALL. If the Big Head feels that his surfing has suddenly made him Mr. Superior, Watch Out. Pride blocks his ears! He might be hearing advise but he's not listening (Why listen when he's heard it all!) Pride closes the eyes! He might be looking but is he seeing? (Why bother if it's not a picture of him self or a mirror) Finally pride shuts off the mind (Why think about it when he knows it all.)

A cocky arrogant know it all, knows all he's going to know and stops learning. The moment he stops going forward, he's not even standing still, he's, going backwards. Wave, as you pass him by. Please don't confuse, self-satisfaction, and the glow of doing well, with pride. Definitely enjoy your moments of success but just as life moves on so should you. One shouldn't dwell too long on a poor contest results, the same applies to good ones.

To guard against pride stay humble. Listen to those who want to share their latest and greatest surf secret. You may just learn something. Don't judge who is capable of giving you good advise. Be receptive to ideas no matter who delivers them. Remember a book can have a cover that sucks, yet deliver a message of gold.
50. How much time in the surf?

Heaps and more.

In the famous style of Dr Zuess

BIG SURF, little surf, fat surf, skinny surf, hard surf, soft surf, dirty surf, clean surf, green surf, blue surf, hollow surf, flat surf--------pumping surf:) storm surf, juicy surf, gnarly surf, close out surf and........ surfed out.

Experience it all.

It would be great if the contests were held in only primo surf but it just don't happen.
As part of your preparation, get to know it all.
Get to know the different personalities of each wave type, what they will allow you to do, and what they won’t.

Remember it's not only time, in the surf that's important, it's what you do with the time....
Shorter focused sessions are more beneficial than long drawn out sessions where the mind and body begin to shut down. If time and circumstances allow, break sessions in to shorter ones focusing on one skill at a time. Analyze between sessions and take what you have learned into the next session. Remember to progress, you have to be thinking, pushing and building on what you've learnt and accomplished.
51. A time to chill out.

As part of a well-planned program, time must be set aside to just relax and have fun. Days off from training will refresh your mind and body and increase the hunger to get out there.

Make sure at least one day a week is a rest day. This will stop the body breaking down and will give you a time to rest and recuperate. Include fun sessions where the pure joy of free surfing is experienced.

Days away from the beach, focusing on other activities can be refreshing and may open your mind to ideas that you can relate to surfing.

Socialize with people with different interests and get a breath of fresh air. To live, dream and talk surfing, twenty four hours a day, is fine until you find yourself naked, surfing imaginary waves at the mental asylum.

Remember a balanced program will avoid burn out.

52. Respect da locals, man.

When surfing at a foreign surf sport you are the guest. Act like one. Would you enter someone's house, open the refrigerator and pig out on all their food, while they just watched????

This is the way some surfers act when checking out a new surf spot. Be courteous and friendly. Don't be the glutton who stuffs his face full of waves at the expense of his host and then wonders why he's getting a helping hand up the beach.

(Now you know why Mum and Dad taught you to share your toys.)
53. Accountability for success ability.

Top surfers have accountability built into their training system. If you get a coach to design a program for you or you design one yourself, ensure you build in accountability. (Make yourself answerable to someone.)
You can include, signing off drills and exercises, or a training partner that ensures your completing your program. Get a friend or family member to ask at regular times, how training is going? Set up a number of specific questions. E.g. are you putting in the required hours? Is the intensity of your training, matching that which your program demands? Are you reading surf related material. Is junk food being eaten, only on treat days. Etc.

Answer with total honesty.
Honesty is critical.
Nothing is more revealing, than hearing your self explain sloppy habits that may have crept in.
Listen for excuses for not completing the tasks you have set yourself. Are they truly valid?
Let the answers show where you’re slipping or doing well.
Do what is needed to bring your self back on track or give yourself a pat on the back.

If you don't make yourself accountable to someone, it is just soooo easy to drop the standards you need to succeed.
54. Pro's, view it, how they want to see it.

You’re warming up for your heat when you notice a fellow competitor checking you out. He looks over at you, eye balling you. He throws an insulting comment and snarls with agro. ("Talk about psycho!")

You can view this two ways, you can either be psyched out about what was said or realize this guy’s really worried about you and has some confidence problems about his own ability.

(He's probably scared.....less) Go hard and blow him out of the water.

Teddy Colbert winner of New Zealand's first Pro/Am

As you see, whatever happens in life, there's more than one way to view it.
How you choose to see the world around you, greatly influences the way you act.
So ask yourself.
Is what I'm seeing and hearing the only way of looking at this situation? If the answers yes: Wrong Answer, try again.

It reminds me of a young Shaun Silversurf who had been working on radical trick maneuvers all summer, positive they would be the high scoring waves of the future. He turned up to a contest and after talking to judges and watching how they scored other heats he discovered these maneuvers weren't getting high scores.

He could either, sulk and focus on all the wasted effort he'd put into training, or be thankful he found out before his heat and change his surfing plan accordingly.
Being short on surfing experience he chose the first and bombed big time. Luckily all was not in vain. He learnt from his mistake and faced with the same situation, he focused on more traditional moves and impressed the only ones who matter in contest surfing.

**THE JUDGES!**

Your point of view usually stems from how you see life. I know a guy who thinks *life is about hitting your head against a brick wall followed by death*. As you can see, with this point of view, everything he does is a painful experience followed by frustration or failure. Believe it or not, this is really how his life unfolds.

Another friend thinks of *life as a game*. He’s always happy and has a go for it attitude. His problems are just challenges that need whipping. No stress living with heaps of fun. Think of positive statements that you can apply to your life; for example, life is like a dream or an adventure.

A point to remember. Always try to see the *truth* in the matter. If the truth is pricking you and pointing out a problem, *rose* colored, glasses aren't going to make the problem go away, but seeing the problem from *another angle* may just help reveal a *solution*.

**Viewing others.**

While we're looking at all the different ways to view the world, I'd like to tell you a story that may help your surfing indirectly by giving you a cooler and a more thoughtful way of viewing those around us.

Ever noticed that when people don't act the way you want them to, you feel angry and uptight. This sort of reaction is only good for two things, firstly an ulcer and secondly an early grave.

Most of the time this reaction is created by us, judging others. While I'm not saying you have to agree with what the other person is saying or doing, you should refrain from judging them, as rarely do we have all the facts to make a call.
Quite a few years ago this point was made perfectly clear to me by an episode that happened in Bali. I remember being greeted by 3-4 foot perfection on my first day and thinking, "This is paradise." I grabbed my wax and board and trotted down to the waters edge. I put my board down and began to fasten the ankle strap of my leg rope. It was about this time I became aware of another surfer next to me throwing his ankle strap on at about 100 kilometers per hour. (He was obviously in a hurry to get out.) At this point I saw him lean over, grab my wax and start giving his board the mother of all wax jobs. Being from a foreign country and the fact this guy was built like King Kong, I kept my mouth shut and just watched in amazement as my block of wax disappeared before my very eyes.

With three quarters of my wax securely stuck to his board he chucked me the remaining piece and said in a deep voice. "Here, your wax job looks a little thin," and off he trotted. Man, was I fuming. All I could think about was this overgrown jerk stealing my wax in front of my very eyes. I went out and had the most aggressive surf session, man has ever seen. I slammed that surfboard into the lip (imagining it was King Kong's nose) for a solid two hours. It wrecked my session. I was wiping out all over the place, my mind not on surfing at all. Tired and somewhat cooled off I caught the last wave in. I strode up the beach and threw my board on the ground, disgusted in myself for not having bopped old King Kong in the head. I reached into the jeep, grabbed my towel off the front seat and there, sitting next to my thongs was my block of wax.

What a jerk I had been. Here this guy was giving me his last piece of wax and I'd been judging him, giving him the evils of my mind. I'd wasted this beautiful day with negative and destructive thoughts. What a lesson! From that day on I vowed never to jump to conclusions, no matter what the facts may suggest. I now always try to give the benefit of the doubt to the other guy. (Well most of the time) Preferring to believe there must be a good reason why someone has said or done something that doesn't seem right.
Maybe they’re having problems at home, work or school. Maybe they’re hurting or maybe, I’ve just got the facts wrong.
Remember, if you think you’re the only one with all the facts you’re probably wrong.

**Tip:** When you think someone has done you wrong, let it go and even try to see the funny side of it.
To do this, you'll have to put **pride** aside, but having done this, you'll see how funny and unimportant life's many hassles truly are.

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55. *Surfing masters let it flow.*

**Absolutely critical information, for delivering your peak performance.**

Our young star, Shaun Silversurf, went on to become world champ, putting together top performances time after time. His fans and media hounded him night and day trying to discover the secret behind his insane surfing. No matter what the stakes were or how much pressure he was under, his surfing was never affected. His peers would describe his style in one word.... **SOLID.**

Asked, what he thought about when he performed, he replied. **"Nothing."**
The media felt let down by his answer, thinking he was guarding the most vital secret that led to his greatness.

They were wrong!!!!!

While a **storm rages** on the surface of the ocean there is **peace and quietness not far below the surface. The wild fury that boils on the oceans surface is separate to the stillness of below.**

Silversurf knew, that while his body violently, pushed and strained, twisted and turned, a quietness from within, controlled the fury.

**Letting go**
There comes a time when planning, thinking, anticipating and all other forms of **conscious** thought must take leave.
A time where you **trust** you have done all you can, mentally and physically to achieve you’re best.
You must let go of self, awareness and let instinct rule the show. If you could imagine separating you from the action and let your body turn to autopilot for guidance.

Inside your mind, is like glass, crystal clear. No, decision making, no fear, no frustration, no joy and no ego. Just existence. From this uncluttered place comes the mastery of performance.

The legendary big wave surfers of past knew the secret of quietening the mind either by mediation or prayer. When a surfer puts his life at risk in big surf he can’t afford to have distractions of the mind. This same approach applies also to competitive surfing. Thoughts may slow reactions or distract from perceiving what the wave is about to do.

Emptying the mind will keep you in the present and allow you to react, only to what is.

What’s the purpose?
To achieve calmness where your body and mind work as one.

Hot tip
While you are performing......
Imagine you are a spectator who is watching your performance from outside your body. (Maybe a cameraman in a chopper)
Make no judgments; you are just an observer, nothing more than a lens on a camera.
Like the masters Let it flow
56. Pick a world to compete in.

A long time ago, an old cricket coach once told me to pick a world to compete in.
"What do you mean," I replied.
"Well," he said, "watch this."
He picked up a ball and hit it to one of the out fielders of the cricket team he was coaching.
"Check out young Silversurf."
He pointed to a young man, day dreaming in the middle of the outfield. The ball trickled past him as his teammates yelled to awaken him from his dream. Silversurf was oblivious to the shouts of his teammates, lost to a world inside his head.
"Silversurf's chosen his world which is filled with all his thoughts and ideas." he continued.
"We're all a bit like Silversurf to a lesser or greater degree. When we view what's happening in the real world we are constantly interrupted by our thoughts.

The groove.
When competing, a top athlete needs to shut down or silence the world in his head and only allow the information coming in from the outside to enter.
Have you ever been playing sport when you had all the time in the world to do, what you needed to do? May be the ball looked larger than normal or things around you seem to be happening in slow motion.
This is known as the groove or zone and it occurs when there is no interruption to the information coming in from outside.
" I could see the glint of passion in the old coach's eyes as he continued."
"Imagine the information from things happening around you as a stream of particles hitting your brain. Every time you have a thought, it disrupts the flow, so instead of receiving a full view of what's occurring, you only get broken bits of information.
Even though you are seeing everything unfold, your mind is only fully taking note when it is not engaged with other tasks.
In the picture below, the break in focus is illustrated by an interrupting thought. This has the effect of speeding up the action and giving you less time to react.
Its fine to think about focus points beforehand but once the action begins, keep your mind clear and enjoy an uninterrupted flow of information.

Notice that when you're lost in thought, how time seems to fly, for example a car trip, while lost in thought, seems like a blurred flash.
Sooo..... for the ultimate performance you have to get out of this internal world and receive uninterrupted flow from the outside.

"Wow," I said, "This really sheds light why the Surf Masters just let it flow, and how emptying their mind before battle, takes them to that higher place of performance."

The old coach agreed, but added that in any event, thoughts would continue to try and make an appearance. The secret was learning, how to let go of these distractions.

PS. Silversurf obviously took the advise of the old wise coach.
One final surfing tip to add to my old coaches idea. To mentally disconnect from your actions, your moves need to have been planted deep into the subconscious, through repetition. This will allow you to perform without any conscious thought of body-position; weight transfer, rotation or any of the other points that help you complete a maneuver. To get to this stage, you will have covered all the thinking phases in training.
57. Practical thought control.
In this chapter we will focus on two forms of mind control.
1. Thought control.
2. Emptying the mind.
As you can see from the previous chapters your mind plays a very important role when trying to produce your top performance.
You need to be able to control which thoughts you allow to settle in your mind and which ones you will instantly give the flick.
Sometimes you can’t control what thoughts enter your mind but you do control which ones will take root so........
when a negative thought appears, practice letting it go, or if need be, give it the boot.

Action
Practice the following at home and as you develop your thought control, take it out into the surf.
1. Practise bringing up thoughts of performance technique, then let them go, leaving your mind an empty clear slate.
2. Let random distracting thoughts come into your mind then let them go.
3. Let positive and negative thoughts enter, then again get rid of them.

Learn to control your thoughts or they will control YOU.
PS When you start to practice emptying your mind, you will find other thoughts will quickly come and fill the space. Your object should be to extend this period. The more you practice the longer you will be able to keep your mind clear and free of clutter.
(see masters let it flow)

Remember: You are the soul boss of what thoughts you will allow to settle in your mind, take charge and become a positively charged winner.
58. The surf club scene.

Not only does the surf club scene provide valuable competition and friendships, it also provides a base where the old and young heads can get together and share their love of surfing. Listen to the older guys reveal the wind and tides needed for perfection. Get in on those secret surf spots and generally listen to a few good ole yarns. You'll get hands on advice that just can't be illustrated in a book.

Traveling to outside contests can be lonely and expensive; again the good old surf club comes to the rescue. Mini buses or car, pooling can be organized to cut transport costs. Sharing motel accommodation costs a fraction of what it would be if you went on your own. Throw in the classic adventures and shared memories and it makes surfing all the more of a hoot.

For me it provided valuable experience. From an early age, I progressed through the age group sections. It helped build the solid foundations you need in competitive surfing.
Maz Quinn; New Zealand's current no.1.
59. Back to basics

To go from novice to superstar takes many hours out in the water, building the basic foundations of surfing. If you want to get to the top you need a solid foundation.

Begin with the bottom turn, which is the launching pad for most other maneuvers. Focus on the timing of its launch. Try to arrive in good position and at the correct time to enter the next maneuver. Next, try to create speed by developing a sense of Rhythm. Tip: When carving for speed, keep to the top third of the wave where the face is steepest.

These two skills (bottom turn and rhythm) give the basic foundation for all other moves. Practice them like all other moves depend on them because, they do.

Drill them over and over and over. Dream them, feel them and perfect them. Once you have these two skills mastered you have a good base to start building on.

Understanding how to complete a maneuver, for a person who has not grasped the basics is like a blind person trying to understand what a color is. (Now that's tough) To have a chance at understanding a new move you need a previous point in your memory that you can relate to.
When you’re getting impatient and having trouble understanding ideas about surfing: Remember:
To get to the top you have to start at the bottom, understanding each step along the way.

These steps when built upon produce a staircase to the top. Miss one of the steps and it makes it all the harder to get to the next level. Get into the habit of trying to understand fully each new skill learnt.

E.g. the stepping stones, for an aerial, may go from barely getting your board’s nose above the wave to a basic re entry to a good re entry to a radical re entry then finally an Ariel. It’s highly unlikely you’ll go from point A to Z without visiting the places in between.

Lots of surfers try to skip the points in between and end up frustrated and disappointed. Don’t make the same mistake. Plan each move’s evolution from the most basic to the insanely radical.
Enjoy the thrill of completing each new stage of the maneuver. Every step is a major victory.
60. Pig out with Passion.

The total of all the skills and knowledge is worthless without passion. Pure passion is what is required above all to take your surfing to the top. No other attribute comes even a close second. Your appetite for surfing should be like a fire ripping through a forest. You need to consume everything about the sport you can.

John Gisby is just as passionate about surfing at the age of 47 as he was when it all began. When talking to him about surfing, his eye's light up as his mind turns to overdrive. He has over 300 surf videos and owns nearly every surf book that has ever been released in New Zealand. If he's not surfing, he's coaching, studying other surfers or watching surf videos. PS. (In his spare time he reads surf mags.) With 15 New Zealand titles, what can I say? Passion is the turbo boost that makes putting in all the work seem like a breeze. In John's words.

Love it
Breathe it
Live it.
61. The power of slowing down.

The secret to superior surfing is gaining an awareness of what your body is doing in any move. A good training tip for highlighting this is to have sessions where you surf in slow motion. This form of attack will allow you to see what happens from the beginning of each maneuver to its completion. It can also give you the relaxed feeling your aiming for in high, pressure situations.

Another tip is to try visualizing in freeze frames. See the maneuver from start to finish, broken down to its nuts and bolts. See the different body positions in each phase of the move. If you’re unsure, a video of top surfers can be viewed in freeze frame until you get the hang of breaking your own moves into segments. The awareness you gain, will allow you to detect where a move may be breaking down and what area of the move you need to change, to get the desired result.

Remember Practice is only beneficial when you are performing the skill correctly. Practicing a flawed move will only help groove bad habits that become difficult to change. Be aware while training, go out and reproduce good body positions that will become automatic in pressure situations.

62. The type of advice you can do without.

Watch out.
It's always the friend that never made it, is the one who knows all the reasons why you'll never make it. Worse still is the guy whose secretly got the ambition but never wants to put it on the line, for fear of getting ridiculed. He stands on the contest fringes and is a critic of even the best. If only he knew, it's the knocks that toughen you up. "Guess what: No statue was ever erected to a critic."
What to do if criticized.
Be humble if criticized. (Bite your tongue if you have to.)
Think about it in a time of reflection. Ask yourself if the advice
could help you achieve your goals. Separate the bull..... from the
truth.
Has the criticism alerted you to a problem area of your surfing?
Does the person offer a solution along with the criticism?

If it's vague and unconstructive criticism, grab the comment in
your mind.
Screw it up like you would a piece of rubbish.
Now, throw it in the trash where it belongs.

Don’t tell the knockers of this world your dreams. Only share your
goals, with others who are supportive and have there own goals.

63. Knowing where to get the juice from.

Get rid of the saggy, slow, sinking moves.

When the surf's small and gutless there's only one place the
powers going to come from…. 
You need to use your body to the max, pumping and working the board with your own physical effort. Speed is what is needed so extract every knot you can.

Look for any assistance the wave can give you in the form of pockets. Focus on keeping the moves as light as possible, any big move that demands a heavy rail will slow the show so think tight and light. A smaller board that will fit into any power pockets, will help the show. A wide tail and a flat rocker will allow you to remain on the tail making it easier to turn without having to come forward all the time, trying to look for speed.

As the power and size increases, the wave becomes the power supplier. You need to tap into this energy source, and use it to juice up your moves.

Focus, on generating energy from the power pocket of the wave. Imagine a wave as an electrical supplier, with most users plugging into 210/240 volts. (Too far out on the shoulder) Now imagine good surfers as industry users, plugged into 500+ volts. (Just in front of the power pocket.) Be satisfied with neither of these supplies. Go for the 50,000-volt overhead lines that will power your board to infinity and beyond.
Get your most powerful and radical moves performed in the pocket!

Study top surfers and note the area they work their maneuvers. Unless you have the speed and power you'll be left with tired dragging rails.

Hunt out the power supply and stay plugged in.

64. Pick a mentor for success

What do the best surfers know about surfing that you don’t? Well the best way I know of finding out is to ask them. No matter what you know or think you know, there is always someone who can offer you a better or different way of doing something.

This section of the book is designed to inspire you by having you interview and if possible create a friendship with a top surfer. Okay so you’ve trained hard, read the books and watched the videos. You live and breathe surfing, but there’s always the questions and nagging doubts.

Believe me when I say, that even the best suffer from this from time to time.

The most valuable asset.

The most valuable asset, a mentor has to offer you, is experience. They can share how they overcame the doubts and the setbacks. They can give you tips to sharpen your moves. They can warn you of pitfalls that lie ahead and share advice that may have taken years to find out. You’ll discover how they bounced back from losing and what drives them. You’ll get the inside info on what separates them from the all the rest.

What I’m about to suggest to you will take a lot of guts for some people while others will have no trouble at all. No matter how you approach this section, I really encourage you to follow through, as you will be rewarded with an experience that thousands will never gain.
What you need to do is to ask a top surfer, whose surfing you admire, if they could set a time, when you could ask them a few questions.
Offer to shout them to lunch and do the interview at a time and place that suits them.
Most top surfers a stoked to be paid such a compliment and you’ll find very rarely you’ll be declined.
Plan the interview. Question their technique, training methods and attitudes.
Whatever you feel, is relevant to your surfing, **ASK!**

Always respect the answers you receive. There will be some top surfers who have the ability to perform, but lack the ability, to put into words, their ideas.
Remember there’s nothing worse than a **know it all**, asking questions.
Other top surfers will give you amazing insights into how to perform moves, when you should perform them, competition strategies and training methods.

No matter what you get out of the interview, have an attitude of gratitude.
Give your self a pat on the back for setting up and conducting the interview and finally:
Relax and enjoy the company of someone whose got to the top, hopefully you’ll add another friend to your list.
65. Pick it up

So you read the tips and think yeah that sounds good. I'll start doing those things when I get better. That stuff is only for the top surfers.

WRONG!

You don't change bad habits, when you get to the top. You develop good habits to get to the top.

Start to develop a professional attitude in and out of the water. Get rid of sloppy characteristics that can't be stuffed doing what's got to be done. Let your will, dominate what you will do and let emotion (I don't feel like doing this or that) take a back seat. Discipline must rule.

Aristotle’s once said. **People who are not controlled have strong desires that seduce them from the ways of reason.** (Deep ah)

It reminds me of the surfer who trains hard but only focuses on fun and enjoyable parts of training. He neglects any surfing weakness that may require discipline to fix, as the fun parts of training require much less effort.

And we all know the guy who puts in the hard work then goes out the night before the competition and gets plastered.

We all at some time or another feel the temptation to do what we know, goes against what we are trying to achieve.
The difference between those that do and those that don't is **Self-control**.
Pro surfers know that to get to the top there's a price to pay. (It's peanuts compared to what you get in return.)

If you live a life that's full of half-hearted efforts you'll only get half the results.
**Pick it up**, give it all, be the best you possibly can and prepare to soar like an eagle.
66. Getting out the back without taking a picnic.

When paddling out the back, through monstrous broken surf there is a time for share grit and determination but the following tips can help to make things a little easier.

Before going out, study the break and determine the quietest area to paddle through. Line up these quieter areas with landmarks and refer to them regularly when paddling out.

Try to head for these areas as early as possible after kicking out.

The following tip can be used in free surfing and to a much lesser degree in competition where time is critical.

Note the consistency of sets. If lulls are regular, and you're caught inside, try to conserve energy rather than trying to break through a ten-wave set. Wait for the lull then dig it in.

Experienced surfers will try to incorporate going out in a rip (this is not recommended for inexperienced surfers or weak paddlers).
The duck dive.
Perfect the duck dive so that it becomes as good as any maneuver you perform on the wave.

♦ It is the key to blitzing through surf.

♦ Perfected it, will get you out the back quickly.

♦ Stop you getting pounded.

♦ Help conserve valuable energy.

It is worth spending time perfecting, when you consider that the alternative is, playing in the soup while watching the others rip.

To be able to duck dive successfully you must be able to push your board down to a reasonable depth to avoid the main force of the wave.

I have spoken to surfers who have gone to a thicker board for easier paddling but have had to pay the price when it comes to successful duck diving. They can’t get deep enough and therefore get hit with more force from the wave. You can’t have it both ways, so before you question your ability to duck dive, look at the thickness of your board and whether or not you have the weight to sink it on demand.
1. Drive your board under the oncoming wave by thrusting downwards and forwards with your arms (straighten your elbows and raise your trailing leg.)

2. Once you have reached the deepest point, level out your board, this gives the wave a smaller area to exert pressure on.
3. As you feel the wave pass over you, exert pressure with your knee and pull the nose of the board towards you. This increases the surface area perpendicular (at right angles) to the direction the wave is pulling, thus creating drag and slowing your movement backwards.

4. By continuing to pull the nose towards you, the buoyancy of the board will help create a forward driving momentum to the surface.

67. The most important question you’ll ever ask yourself.

The most important question you’ll ever ask is one that ensures you are committed to giving your best, in every situation. It has the ability to set you free from fearful questions like, “Can I do it?” or am “I good enough?”
It will set you amongst the giants of surfing.
This question boosts confidence and helps you choose a positive course of action.
It is a question that the best have asked themselves since the dawn of surfing.
This question will make a huge difference to the way you go out and attack your surfing.
Okay enough of the suspense.
Here it is.

**What would I do, if I were the world’s best surfer?**

This question can be asked in preparation and training but its real power comes to light, in the heat of battle.
It demands that you give your very best.
It asks
Are you doing something with the opportunities you create on each wave or are you holding back?
It asks
Is your move selection the choice of a Champion or a Gremlin.

This question allows you to believe that you have unlimited skill, knowledge, flexibility, fitness and confidence.
Even if you’re nowhere near world champion yet, this question gives you a look at what it’s like, to have the options of the worlds best.
It helps fire the dream and frees you up to try, what you think is beyond you at this stage.

A lot of surfers never reach their best, simply because they never give themselves permission to jump to the next level of surfing.
They get to a point where they struggle to improve and then resign themselves to the FACT?? That this is their optimal level of surfing.
From then on, they surf within their supposed limits?? Cheating themselves of the thrill of making the big moves.

So the next time your free surfing or in the heat of competition, ask the question.
**If, I were the Worlds best, how would I surf?**
Then- GO FOR IT!

*Authors note. I know competition calls for a controlled definite strategy but sometimes you just have to ask the question.*
68. Creating the moves of the future.

It's time to fire up the imagination.

Let your creative juices drool and paint the pictures of what could be, if only?
Surfers were born to create.
They slash their abstract expressions across the wildest canvas in the world.

Pros always have a vision of what they are trying to achieve.

It transforms mission impossible to mission probable.

When you can see what is possible your energy level switches to overdrive and your commitment to do what needs to be done becomes like a forty-ton locomotive going over a cliff.
Every new surf move ever created had a visionary who could see the impossible. He'd paddle out trying to achieve what the other surfers thought was insanity or if the truth be known, probably gave it no thought. But hold on, once the move was achieved watch out as the rest of the pack climbed on board.

Stanford Research center say 89% of what we learn comes from what we see. I'd have to agree, which is why most people need to see something performed before being able to reproduce it.

Let me tell a story to illustrate this.

Roger Bannister achieved what the worlds’ top athletes, coaches and public thought was impossible. He was the first man to run the mile under four minutes. For decades it was considered unachievable by the so-called experts, who said, man had used up all techniques available that could lower the time.

Bannister broke through this supposedly impossible barrier and guess what??? The following year seventeen runners went under the four-minute mile. Today, even the last place runners of international events, post times under four minutes.
What changed that allowed even the poorest finishers to come in under this time?
It was belief that it could be done. Once they saw that the impossible could in fact be done there was nothing holding them back.

So go on, dare to see what the others can't.
Refuse to let others limits (disbeliefs) hold you back.

Treat your vision like a baby and guard it jealously. Don't let others crush it with negative talk.
Remember a dream that has yet to be fulfilled is FRAGILE:

DON'T BREAK IT

You will only achieve what you see and believe to be possible.
Let your imagination run wild.

See it. Believe it.

69. Rewards and punishment.

To keep focused on a training program that at times seems nothing but hard work, you need to set incentives to keep you moving forward.

We've all seen the donkey being tempted with the carrot dangling on a piece of string in front of his nose. But have a look at the rider. He has a whip as a form of back up for when the good stuff (the carrot) ain't enough to spur the poor ole soul on.
I don't want to compare us with donkeys but like all good methods for keeping us motivated, there has to be a negative and positive result for either doing something or not. Like a good child who gets a sweet or a worker at the end of the week who picks up his pay check. There has to be some form of pay off for putting in the hard yards.

If at the end of each week, you complete all of your program, allow yourself a treat, something you look forward to. It can range from the latest surf mag, a movie or a feed at a restaurant. (MacDonald's?) Whatever the reward, it has to be something you hang out for.

On the other hand, if tasks are not done, there's no need to whip yourself but... depriving yourself of the good stuff can be just the medicine you need.

Include accountability to someone to ensure that the rewards and punishments are carried out.

Remember: The best rewards will be hotter surfing and better competition results.

70. Have board must travel.

As your experience increases so does the desire to test yourself against some of the best waves of the world. Traveling on your own or with a group of mates to some of the hard to get to and not so well known surf spots can be an amazing experience. Plan it well and you can avoid the nasties of travel. Don't do any planning and become one of the thousands of horror stories where the trip of a lifetime becomes a nightmare.
PRO SURF SECRETS

A few basic tips to make sure your trip goes off, especially for third world countries.

1. Talk to your travel agent about shots you may need to protect against local diseases.

2. Don't drink the water unless it's boiled or bottled in countries with dodgy water supplies.

3. When eating out, dine at busy restaurants avoid poorly patronized places where the food can sit and sit and sit.

4. Before leaving, check out the currency conversion and ask around to find out the cost of accommodation, food and transport. This will give you an idea of how much money you'll need. (Saves running out of dough and a sad second half to the holiday.)

5. Insurance. I know it's an added cost that you can be tempted to flag but believe me, if you get sick or injured and need to get out fast to receive medical treatment it could cost you a fortune. Worse still, you may find yourself having to be operated on by a witch doctor from the mulabo buka buka tribe.

6. Take a decent first aid kit.
   It can stop basic cuts and scrapes from turning septic.
   Cure your diarrhea and give pain relief for a short period of time.

7. Try to talk to surfers who have been there before and listen to tips they may have to offer.

8. Make sure all visas and passports are current well in advance to allow for processing delays.

9. Get a plan, get packed and get going.
71. Right place at the right time.

**Surf and weather forecasting.**

Surfing *only* the best waves, does little for preparing us for competition, as most are held in far from ideal conditions. But in saying this, top surfers have a *knack* for turning up at the right place at the right time for primo surf.

You need to develop an understanding of how weather affects surf conditions. What's the point in driving an hour up the coast to find out it's flat or raging onshore? Learn how to *read* weather maps to forecast swells.

Get an understanding of *direction* (north east south west) and the combinations of directions (nor west, sou east, nor east and sou west or nor nor east or sou sou west etc.) Apply these directions to a map and you have the *tools* to predict where it's likely to be going off.

In the absence of a detailed map a *compass* can show which way a beach faces for future reference. This will help you determine what swell direction will enter the bay and what winds will be off shore. Some surf books are excellent for detailing what conditions work at different beaches, they are worth their weight in *platinum.*
72. Timed to perfection.

You'll hear it again and again.

**Timing is everything.**

To gain a better concept of this, we have to learn, what in timing is too early and what is too late. By experimenting with both extremes you will discover where perfect timing exists.

**ACTION:** Go out and execute a bottom turn or re entry either far too late or far too early. Feel the effects of both exaggerations. Slowly lessen the exaggerated effects and work towards that point where your moves begin hitting the critical points of the wave **bang on time.**

73. Bad habit busters.

A few years ago, I found I had slipped into the habit of surfing almost totally on my forehand. I would go to extremes, turning obvious left hand waves into rights. It was like I had blinded myself to the truth, telling myself it was just more enjoyable surfing my forehand. In reality I had cut my options in half, missed out on heaps of primo waves and neglected part of the overall challenge of surfing.
I see surfers that surf in a permanent squat position; others who refuse to do bottom turns and angle across the face every time. The habit may feel comfortable but the cost is huge in appearance and function. Bad habits can range from the highly noticeable to the subtle but in every case they stop you from achieving what you are truly capable of.

**The cause:**
Bad habits enter our surfing because we think it makes things easier or for the not so obvious, we just don't notice what we are doing. The habit usually develops because it feels familiar and has a sense of security or safety about it.

In my case I had chosen my forehand, which I felt confident and secure with. In comparison, my backhand felt out of control and had no sense of security.

**How do you rid yourself of bad surfing habits?**
"I'm glad you asked :)

The first step is to become aware that the habit even exists. A video is excellent for this. ("If you only see perfection, change the channel.")

Get other people you trust to give their input on the video footage. Sometimes it's hard to be critical of yourself.

1. Once the bad habit has been located you have to consciously decide to change it. (No matter what the cost, even if means looking out of control till the change begins to feel more comfortable.)

2. Mentally, empty yourself of the old pattern and introduce the new way you wish to surf. In my case it was forcing myself to surf backhand positively.

3. You may find yourself having to repeat the last step over and over because as the name suggests, habits have a habit of recurring.

4. Remain consistent and don't be tempted to fall back into old habits for the sake of convenience.
5. Look at the big picture and see the future outcome of continuing with second best or changing to the best.

Remember bad habits are like a prison, they hold you back from what you are truly capable of.

Get rid of them now.

74. Paddling power. How important?

The clocks ticking down and there’s five minutes to go in your heat. Your arms and shoulders are burning. You’re caught inside and in need of one more wave to make up your quota.

This is where not only physical conditioning comes into play but also paddling technique.
A great technique will get you out the back faster. (Hey that's great, less waves to duck dive.)
A slower more efficient stroke has the ability to deliver more speed with less energy.
Pros know that anything that makes the job of getting out the back easier is worth spending time on.
Swimmers spend a lifetime perfecting a stroke to get maximum speed.
If you put just 10% of your time into getting your stroke perfected the pay off will be enormous.
It's part of training that very few surfers put time into which is why YOU need to.
Imagine, out paddling your competitors with ease.
This will give you greater wave selection and generally give you the speed to get in the perfect take off position.
Once you have studied the stroke shape and given it a go, I urge you to get hands on help from a swim coach, preferably someone who has board, paddling experience. There's no match for attempting a new skill and getting feedback from someone with experience.

So here it is.
Let your stroke enter the water close to the board, pulling downwards underneath your body.
Pull through your stroke with your elbow bent. (Your have more power this way.)
When the stroke nears your belly button you will have to include an S shape to clear your hip
You want the stroke to be as close as possible to the centerline with the first part of the stroke and then close to your body on the second part.
Slightly cup your hand.
Develop a real feel for the water. (Rub your hands on top of your board for a few seconds then begin to paddle) this helps sensitize the hands and gives you a good feel for your grip on the water.
Imagine holding onto a ball of water with a slightly cupped hand.
Now try moving the same ball of water through your stroke. If you feel you’re losing your grip, slow the stroke down or adjust the angle of your hand as it strokes through the water.
Once you have completed your stroke, withdraw your arm from the water by raising your elbow up. This conserves energy by not having to pull your arm up through the water, which contributes nothing to your forward momentum. The stroke will feel awkward for a while but persevere, drill it till it becomes habit.

Sorry to sound like a stuck record but this is one of those things where someone showing you the real thing just can’t be beaten. Pages in a book just don’t cut it in this instance. I recommend you get this lesson in the flesh and blood.

Just as important as stroke technique, is trying to get as much of the board's surface in contact with the water. Think of your board as flat and parallel to the water, avoiding either the tail or nose from going under. This reduces the board's drag on the water. Compare this to when your weight is further back causing the board to push the water out of the way rather than gliding over it.

> For short sprints I like my weight to be on my upper stomach rather than my chest. It gives me a more powerful stroke.

> John Gisby 15 times, New Zealand title holder.

75. Stamping your signature on waves.

With hot surfers on every second wave, you need to introduce something special into your surf repertoire. Something that commands the judge’s attention and says, “Hey this is (Your name) rippping.”
It may be a particular move that you have worked on, a move that you have added something special to or that you perform differently than others.

Take the time to add that WOW factor to at least one move. Make it scream, originality. It could be an unusual body position or a move not normally performed in that section of the wave.
Another way of adding your individual touch to a wave, is to let a little of your character shine through. Let me explain.

A well know rugby player who plays for the Wellington province, adopted the habit of saluting to his teammates after scoring a try. It started as a bit of a laugh yet its popularity swept the country like wild fire. Even when he plays for New Zealand, he takes this habit into the biggest of games. This individual habit separates him instantly from the other team members and causes him to stand out to the crowd.

**Have fun with this, if it suits your character.**
It could range from a bow, to a tug on your ear or even the (Yawn) traditional punch in the air.

A positive spin off from such an action is, it helps give your confidence a boost. Acknowledging a successful wave or radical maneuver is like giving your self a pat on the back. Enjoy the moment.

If you’re not quite there yet, there’s always the radical **Hairstyle, or wearing a Bandana**
Like I said, have fun.

**STAMP IT**
76. Pros **attack** each day with a plan.

Whatever you decide to do with each day, ends up **costing** you a day of your life. You will **never** again have that day, to do with what you want. It's gone, and whether you used it to **grow** or just **exist** was your decision.

Remember your time is more valuable than gold.

Most people just **fill in time** while their life passes by. View your life like an hourglass, marked out in day, hours and seconds, the sand representing your lifetime.

When all the sands drained out, **times up**, your life's **over**, there's no **re run**. When tempted to **put off** those things you need to do to complete your surf dream, look at what it costs you.

$$$$$$ A DAY OF YOUR LIFE. $$$$$$$$
**Action**
Try and find a peaceful time in the day when there are no distractions. Early mornings are ideal as most people are still asleep, things are quiet and it’s the start of new day. Spend 15 minutes planning and going over your day’s activities. Visualize each phase of the day. (This helps prepare and motivate you.) Decide what you want to achieve from each section of your day. It may range from learning a new skill, to having fun or just relaxing. See the benefits from each activity.

For example, in a weight session, you would see the strength you are gaining.
* A surf session focused on cut backs.... sharpening a skill.
* Work.... hopefully new skills and $$$$$.
* A book read.....knowledge gained.
* A kick at soccer or a hit at golf.....fun.
* A slob session..... Relaxation.

Whatever your day includes make sure, laughter and fun get a look in every day.

**GET PLANNING BEFORE THE SAND RUNS OUT.**

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**77.Surfer Man**

During your surfing lifetime you'll meet all kinds of surfers. Listed below are a few different types of surfers we’ve all met at some time or another. With little effort or a lot, you will consciously or unconsciously decide which you will become.
Surfer A. Showman.
This dudes on fire, with skills that will burn many average surfers
Sadly, he doesn't like to battle too hard for primo waves because his fitness is strictly average. In tough competition he has to surf like a scavenger, accepting the poorer waves left to him by the others. He fights hard for the first couple of waves then throws the towel in big time as the pain of paddling full noise gets too much.
He'll go for seriously over radical maneuvers to make up for lack of quality waves. (Usually features in the most radical wipe out) This guy usually cruises through the early heats just on skills alone but unless it's his lucky day, he's out of there before the real action begins.

Surfer B Machine man.
This guy is seriously fit but lacks the skills to do the damage. He'll surf for a couple of hours before his heat and then paddle 400 meters along the beach to continue his surf session after his heat finishes. He'll paddle all day and catch a ton of primo waves. Even when presented with the perfect wave he's happy surfing his steady conservative style that's as exciting as watching toothpaste commercials.
This guy works hard with his muscles but he's developing only one part of his surf act. He needs to stretch that muscle in his head and spend time learning the finer skills of surfing. Until then, he's missing out big time when it comes to surfing's fun factor.

Surfer C. Jitterman
This guy looks like he's got it all, ripping in free sessions, catching the best waves and destroying them at will. He has fitness and skills of every kind, but when it comes to mental control he has no idea.
In competition when the acids put on, he turns into the jellyfish man.
He begins to blow waves during the heat as he feels the pressure begin to build. He starts to look for excuses, like his wax job has suddenly lost it's grip or the waves he's getting just aren't doing it or that strain in his leg starts to throb, etc. This guy has no mental discipline or mental skills to help escape the clutches of surfing's most ugly monster.

Surfer D. The MAN.

This guy has got it all.
He has the mental strength of steel; he doesn't let distracting thoughts settle in his mind. He accepts the hassling for waves like it doesn't exist.

Pain or tiredness does not affect his performance.
Mentally he's a rock.
He doesn't go soft after scoring a few hot rides.
A poor start or time in his heat running out, does not affect him. He is positive and confident in his approach, he's patient, waiting for the opportunities to pull off the big maneuvers. He doesn't rush; instead his moves flow with the wave. He's humble in winning and gracious in defeat. He's supremely fit and he's YOU if you want him to be.

For further details check him out in your latest surf mag. (he's ripping.)

These four surfers highlight what is needed to take your surfing to the top.

1. Physical skills
   Muscle memory (muscle movements set in place so that no thought is required to reproduce it)
   It should include..........
   - Surfing maneuvers in large, medium and small surf.
   - Paddling, stroke technique.
2. Mental skills
   - Wave reading ability
   - Understanding of moves, when, why and how they are performed.

2. Fitness, stretching and strength.

3. Mental discipline - Attitude
   - Thought control.

78. Time alone.

Now that you're serious about becoming the best surfer you can be, you'll notice the pace of life step up a cog or two. Your busy world will become even busier. Your physical and mental training on top of school or work can fill your days to overflowing.

With all this stuff happening around you, you need to take time out to be alone and just think. Don't be like Joe Average, who has to be around other people every moment of the day. If by some chance he finds himself alone, he freaks out and quickly turns on the radio or TV to avoid being alone with his own thoughts. The only place he's headed is to be a clone of the opinions around him. Dare to be original.

The subconscious mind
In the goal-setting chapter of this book we briefly touched on the power of the sub conscious mind. I'll now try to explain this idea a bit further. Have you ever noticed that the moment you get a new car, all of sudden that color or make of car seems to be everywhere? The reason is, your subconscious, is now on the alert, looking for cars just like your new beautiful machine. When it spots the hundreds of cars that used to go unnoticed it screams out for you to take notice.
Now a huge part of reaching the top in surfing is noticing what you need to do to get there. You’ll need to notice how to get the correct body position to complete moves, you’ll need to notice what your eating and how it affect the way you perform, you’ll need to notice all the hundreds of opportunities that can get your surfing to where you want it to be.

For your subconscious to be set into action so that opportunities and solutions start screaming at you, you need to fire it up every day. You need to take the time to kick start it by thinking about and reviewing your goal every morning and night. This is like turning on a switch that connects your goals with your subconscious. Your mind will now become like a heat seeking missile, homing in on anything that relates to your surf goal.

Action
Spend a quarter of an hour per day just thinking about surfing, life, where your going, what type of person you want to be, going over your goals, how you are going to get there, etc. You'll be surprised at how many great ideas come, if you just take the time to think. Make sure you have a pen handy to record your thoughts before they float away into thin air and are never acted on.

The greatest surfers are free thinkers, they aren't held captive by the thoughts of everyone around them so........set yourself free and take the time to think alone.

79.Pro surfers have a destiny.

How you view yourself is the biggest factor determining how high you'll fly or how low you'll go. If you expect nothing but the best from yourself then anything is possible. For a better explanation of this, lets check out a young Shaun Silversurf just before he broke into the pro circuit.
Already Shaun was showing the signs of a champion, causing his main sponsor to quickly sign him to a seven-year contract. They rubbed their hands together; knowing that in two years time Shaun would take on and destroy the world's best. The word on Shaun's developing talents spread like wildfire, with rival sponsors fearing the exposure Shaun would give to his sponsor's product. The rival sponsors banded together and decided that the best solution was to help Shaun demolish his own career. A plan was formed and the next day Shaun received an invitation to one of the world's most famous resorts (supposedly as a promotion of surfing.)

Shaun arrived a week later at the luxurious Island resort and was introduced to the lifestyles of the rich and idle. The rival sponsors introduced him to mountains of rich and fattening food, hoping he would get a taste for gluttony. They took him to the Island casino where fortunes were paid out before him to sucker him into the gambling scene. They tried to encourage Shaun into the booze and drug parties that went on twenty-four hours a day. They paid for prostitutes to entice him to bed, hoping he'd catch some disease. After two weeks of trying to introduce Shaun to the pitfalls of humanity they finally gave up. On the flight back home, one of the sponsors sat along side Shaun and asked him why he would not taste all the pleasurable temptations they had laid out before him. Shaun looked the man in the eyes with a steely glint of determination and replied.

"I won't do any of those things you wanted me to do, for I'm on my way to being the world's greatest surfer."

Shaun saw himself as special, someone with talent. This was long before he had the world-class skills that took him to the top. He saw himself as important enough to stay on the high road and not venture onto the low road that lead so many to nothing but broken dreams.

Your vision of your self is probably the most important step to being a champion.

To reach the heights of greatness you firstly have to see yourself as worthy of the position and this can only be done if you act like a champion.
80. What it takes to be a great surfer???

Trying to condense the most important things you need to be a truly great surfer was like a kid trying to pick the ten best pieces of candy from a store. (I changed my mind at least one hundred times)
It was torture having to leave some of my favorites behind.
I finally came up with a list of things I believe are essential when having an overall view of why some make it and others don't.

To be the best you need to....................

- Set your goals then let nothing stop you from achieving them. (Persistence)

- Plan your days. Ask yourself. Will this activity, take me toward my surfing goal or away from it?

- To achieve your dream, you have to dream ways to achieve it.

- Think with your head and not your heart. (Have control over your emotions.)

- Fun, and the desire to achieve surfing excellence have to rate as your top two motivating factors.

- Ask the hard questions, ones that require thought. Be honest with yourself then find the best answers, not just the easily found ones.

- Handle losing with dignity. Learn from it, and then try again.

- Find out about great people and learn what it takes to succeed.

- Be ready to sacrifice parts of your life.

- Do what is required, when it's required.
I wish you good luck on pursuing the greatest sporting challenge known to man.
(My unbiased opinion.)

FEED BACK
Any tips you have picked up over the years or comments you have about this book, I would love to receive. Hopefully they may one day go towards a future surfing series.

I hope you have as much fun putting the tips into action as I had putting the book together.

Two last tips.
⇒ You must have absolute belief in the techniques you decide to stick with, hold on to them through the tough times. Avoid continually jumping to the latest feel good solution that often lasts, only as long as things are going well for example (a new type of wax or the latest board shape:)

⇒ I know from talking to top surfers, that the critical part of your success relies on YOU regularly putting what you have learned into practice.

So what are you waiting for?

Lets Go.

Cheers and God bless you.
Mike Low.

I'll leave you with a story about a Grommet who paddled up to Shaun Silversurf and asked him why he was such a great surfer. Shaun looked over at the young grommet and replied. "It’s a pretty basic formula really. I train mentally and physically for up to 5 hours per day, six days per week, surfing as many waves as I can. Smiling, the young Grommet threw his shoulders back and said, "I could do that."
Shaun smiled back at him and replied. "Yes you could do that, but you won't."

Will You?:)