



10 WAYS  
*TO IMPROVE YOUR*  
SURFING  
*A Beginner's Guide*

BY COACH CHRIS  
THE SURF CONTINUUM.COM

The image features a solid teal background. In the center, there is a large white circle. Two thin, black diagonal lines cross the circle: one starts from the top-left and goes towards the bottom-right, and the other starts from the bottom-left and goes towards the top-right. The word "Introduction" is centered within the white circle in a dark, serif font.

# Introduction

The goal of this ebook is to help you see that improving your surfing isn't *just* about learning to ride waves better.

Because you will automatically ride waves better when you start to focus on the 99% of your time in the ocean when you're not riding waves.

When you shift your ambition towards mastering the basic skills and strategies that occupy this majority, then you'll begin to

*catch more waves and surf better.*

In the coming pages are many ways to improve your surfing.

But in order to get the most out of these tips and surf better you must understand,

## *The Surf Continuum.*

My aim in this introduction is to reveal that the following ways to improve are not just 10 random tips...

They are the basic skills of surfing that you must practice connecting in a repeating, cyclical fashion.

*This is how you will achieve the ultimate goal of becoming a surfer that's one with their board and in rhythm with the ocean.*

To further understand The Surf Continuum method, let's take a look at the definition of a continuum.

# continuum noun

con·tin·u·um | kən-'tin-yü-əm

"a coherent whole characterized as a collection, sequence, or progression of values or elements varying by minute degrees"

Now that you know a continuum to be an ongoing sequence of smaller units that make up a greater, cohesive whole you can understand that,

"The Surf Continuum is the effortless flow you achieve when you master the basics and execute them in a cyclical, seamless sequence which enables you to move through the ocean efficiently and catch waves easily"

From now on, when you think of excellent surfing, don't imagine the pros that boost the biggest airs, the long boarders that hang 10 for miles, or the madmen that surf the biggest waves...

*Excellent surfing can be accomplished by anyone with the right distinction as to what skills constitute excellence.*

Obviously, the pros are elite in all aspects. But the point is that **you can also be an excellent surfer** by learning how to conduct yourself in the ocean when you're not riding waves.

Fortunately, when you care about this part of your surfing, the amount of waves you catch, and how well you ride them improves exponentially too.

Soon you'll realize that the surfer's who care about The Surf Continuum are the same ones who, stay connected to their board and paddle through the impact zone with ease. They catch waves with zero effort and kick-out at the end only to paddle back out and into perfect position for the next wave as if they had coordinated together in advance the time and place they should meet each other again.

Perhaps they rip the wave to pieces. Maybe they just stand there and glide down the line.

Doesn't matter how they ride the wave,

*what all excellent surfers utilize is  
The Surf Continuum to catch the most  
waves possible with the least effort.*

So how can you achieve this same proficiency and style The Surf Continuum gives you?

Here's the secret to surfing better..

*MASTER*

*THE*

*BASICS*

(aka Surfing Fundamentals)

Sure, learning the basics and performing them individually in a controlled environment is relatively easy.

*Mastering the basics & performing them in sequence, on demand & as a response to whatever the ocean throws at you is a whole new journey.*

And I see few beginner and intermediate surfers trying to accomplish this.

It seems to me that they're so focused on riding more waves, that they're overlooking the basics skills that allow them to achieve that very goal.

And that's why I wanted to write this ebook. To help novices and mid level surfers improve by helping them see that the key to riding more waves and surfing them better is hidden in the basic fundamental skills that mostly occur before and after riding waves.

*By focusing on the fundamental skills & making it your goal to tap into The Surf Continuum, you'll catch more waves & take your surfing to the next level.*

So stop worrying about how well you ride waves (that will automatically get better), and start concerning yourself with mastering these next 10 tips.

By knowing and fervently practicing to seam these tips together, your surfing will improve in a big way.

Now without further delay, I give you the first way to improve.

Share this book



1  
Perfect  
Paddling  
Technique



A major aspect of effortless surfing comes down to how refined your paddling technique is. We paddle to get out to the lineup, to hold position and jockey with other surfers for position, to get back outside, and to catch waves (you're not being pushed into waves, are you?).

Are you really going to try and surf without concerning yourself with what it means to have good paddling technique? In our program, paddling technique is fundamental number one, and it must be mastered first and foremost. No exceptions.

*If you want to surf better, you need to  
paddle better.*

Regardless of how many years you've been surfing...As a matter of fact, the longer you surf, the more you realize how important it is to be a great paddler.

*Good technique is like high-quality oil in your engine that allows you to run powerfully & smoothly for thousands of miles with little wear & tear*

So care deeply about your technique. If you have your own coach, ask them how you can paddle better. Ask for specific elements you can focus on to make sure your paddling is always improving. And don't accept the answer, "paddle harder" because the goal is to make your surfing effortless with proper technique, not full of effort. The moments of paddling hard should be reserved for very few occasions. The majority of your paddling should be slow to moderately paced and with meticulous attention to your technique to maximize your efficiency.

Our program teaches its students 3 key elements, that absolutely must be present in order to paddle with good technique.

The three elements of proper technique are:

*1. Position*

*2. Form*

*3. Stroke*

Each element contains infinite subtleties and nuances, but for the self teacher, these are the three considerations you should focus on while paddling.

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2

Stand Up  
(don't pop)

# Definitions

Rail(s) - The left & right perimeter or edges of your surfboard.

Board Trim - The angle of your nose & tail relative to each other as well as the angle of your left & right rails relative to each other.

Crest (n)/Cresting (v) - The crest (aka the lip) is the top of the wave. Cresting refers to the moment just before a wave breaks, easily identified by the feathering, white crest/lip.

Take-Off - Describes the first moments of riding a wave. Beginning as you catch a wave & finalizes as you drop in and stand up.

Bogging a Rail - The result of uneven weight distribution (bad trim) to the left or right of your boards center. This causes your rail to bury which results in an abrupt loss of speed & often a wipe out.

As a beginner, how many times have you been told that you need to do your pop-up really fast?

*To call it a surfing misconception would be the understatement of the year.*

What beginners don't realize, and many surf instructors fail to explain is that a truly expert "pop-up" is the result of a well practiced, slow, stand-up technique.

A music teacher of mine once said to me,

*If you want to go fast, you need to go slow.*

### *A Short Story*

As a kid I spent a number of years studying classical piano. A huge portion of that time was dedicated to learning scales and practicing drills. Quite a boring endeavor for a young gun.

I didn't fully realize it then, but I was being taught that simply playing the right notes isn't enough. You must learn to use proper technique, or else tie your fingers in a knot and destroy the smooth and even rhythm you achieve when you use the correct finger technique for each note.

*continued...*

At the time I just wanted to play fast, which, yes was the ultimate goal, but an unlikely immediate goal while my technique was still poor.

It was reminded every week during my lessons.

*“If you want to run up and down the piano keys with speed and fluency you need to practice good technique-- SLOWLY. As you master the technique of playing scales correctly, speed naturally follows.”*

When you practice a new thing fast, technique is never learned and you end up practicing bad habits that reveal themselves in the form of sloppiness, missed notes, and uneven rhythm. Audibly, it's cringe worthy and distasteful.

*The same way a fast pop-up with poor technique is sloppy, and dysfunctional for your surfing.*

So where does that leave you?

If you've been practicing fast pop-ups you need to clean the slate and slow down. Start in the privacy of your home, or somewhere where you won't feel self-conscious. Focus on standing up with control, balance, and good foot placement.

Instead of "popping", using speed and momentum to swing your feet beneath you, I'm asking you to control your weight as you stand up and position your feet.

Pressing up through your hands, placing your feet (lunging the front foot and sliding the back foot to position) center and approx. shoulder width apart. And then slowly extending until you're standing, one foot in front of the other, knees bent, hands lifted to waist level, head pointing the direction you would be going.



For those who have been surfing a bit longer, and understand the additional skills needed to execute a good take-off on a cresting wave, try to apply your slow stand-up technique during your take-off and while turning down the line, like so:



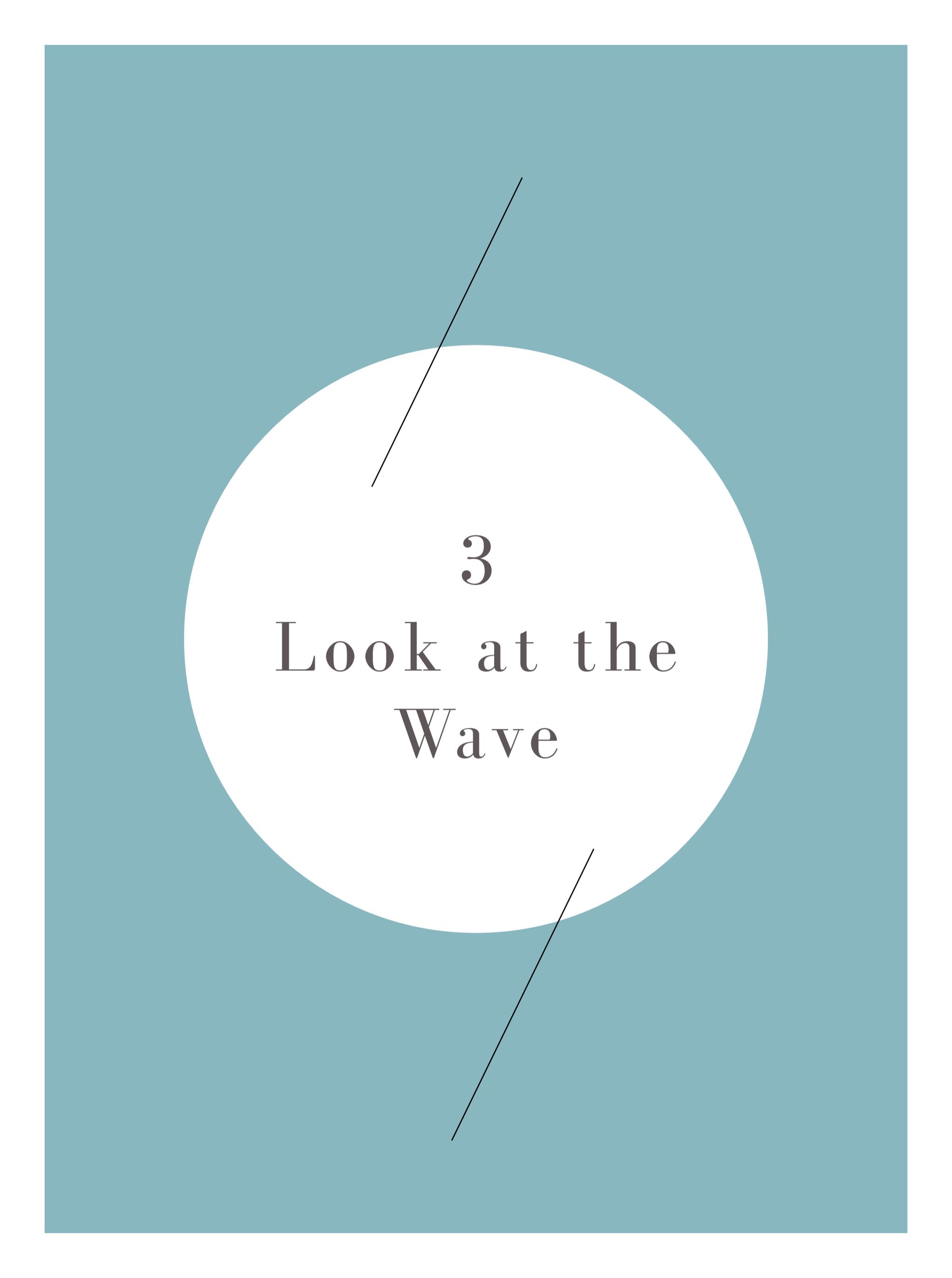
If you're a complete beginner and you're ready to practice in the ocean, **start in the white water**. That is the white, crumbling line of the wave rumbling towards shore AFTER it has broken. Practicing your stand up in the white water eliminates the necessity of knowing all the principles and skills of a good take-off, and seriously mitigates the consequence of doing it incorrectly.

You need to give yourself one thing to practice at a time, and if you try to practice your stand-up technique, while dropping into the open face of a cresting wave, chances are that you will be spending most of the time getting pitched through the air (danger!) and then tumbling under water, or just as bad, cultivating bad habits to avoid getting pitched (like getting to your knees first before planting your feet).

Learning how to do a proper take-off on the open face of a wave is more advanced and requires a few additional skills to execute successfully, the most fundamental of which is the stand-up technique. Hone your stand-up technique by diligently practicing on land and in the white water. When you're proficient, then you can move on to Surfing Fundamentals 102 which covers the additional skills and principles that enable you to take off on the open face during that critical moment of the wave as it is cresting, ready to break.

Force yourself to practice slowly, and be sensitive to the feelings you get when performing the stand-up while being pushed by a wave. When done correctly, the board will maintain good trim and glide smoothly across the surface of the water.

If done incorrectly, trim will be negatively affected and you'll either bog a rail, stall, or nose dive. Control your weight and position yourself centrally while standing to ensure good trim and a smooth ride

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3

Look at the  
Wave

This is the ultimate goal as a surfer. To look at and read waves without having to think about anything else. In order to achieve this state and still use the correct skills to catch waves, your fundamentals need to become second nature. We call this, fundamental fluency.

Look at the waves when you first arrive at the beach. Look while you paddle out. Look while you're wiping out. Look when you're scared. Look when you're confident. Look through squinted eyes when you're getting splashed in the face. Look at the wave...

Look at the lip

Look at the pocket

Look at the shadow a cresting wave creates on its own face

Look at the trough

Look at the shoulder

Look down the line

Look at the shape of the face

Look at the peak

Look at the section you're riding towards

Look at the next section after that

And the one after that

Look at the waves you miss

Look at the re-entry as you're starting a cutback

Look at how waves break differently at different surf spots on the same day

Look at how they break in different areas of one surf spot

Look at how they stand tall, but don't break sometimes

Look how they seem flat and then jump up and lurch

Look at the wave develop

Look at the wave back off

Look at the set of waves approaching

Look how that set remains stacked and developing all the way in

Look how the peak shifts down the line as the wave comes in

Look how that one tubed...the lip went through the air from crest to trough

Look how that one was mushy, the lip broke on itself and crumbled down the slope of its own face

Look at that right

Look at that left

Look at the double up

Look at that A-frame

Look at the close out

Look at that thing bowl

Look at them when you're paddling out

Look at the one you're choosing to catch

Look at it when you're paddling for it

Look at every part and try to setup where it's the most powerful (catching a wave)

Look at every part and try to punch through where it's least powerful (getting through a wave)

Look at the wave while other surfers ride it...

Getting the picture?

*Look at  
the Wave*

This is why you must master surfing fundamentals.

So you can look at and read waves letting the appropriate skill flow fluently from your body without thinking about that skill because,

*you're thinking about the wave.*

Every moment a wave moves closer to the beach it's shape changes. The contour of the face is changing as it develops, the line can bend in or away from the peak. It can back off, or suddenly lurch.

How hard you paddle, the angle you take as the wave lifts you, the way you set your rail and draw your line are all a function of what the wave is doing as it approaches you. You're a surfer so you need to respond appropriately and without delay.

All of these things affect how you should set the wave up to catch it. If you turn and begin to paddle **without looking**, there's a strong chance that your take-off won't go so well. When good surfers see that you don't make your waves, you're less likely to be given any more chances to waste another one.

I realize you may not know right now what to do based on what you see in a wave.

Doesn't matter. Look at the wave anyway, so that way after the fact you can reflect on what happened in that particular situation with a wave that looked "that way".

It doesn't matter if you fail making a take-off, or you're successful. When you're looking at waves you learn how to be better in that same situation for the future.



4  
Cork

# *Prerequisites*

Skill - Excellent paddling technique

Concepts - Imagine pulling a wine cork down a few inches under water. Now release it. What happens?

Corking is a technique that if you haven't learned it yet, feels like the best kept secret because of how simple, but incredibly advantageous it is to gain paddling speed and momentum quickly while using very little strength and effort to do so.

Surprisingly, this basic maneuver is one of the most underutilized skills by surfers--beginners and intermediates alike. Whether you recognize it or not, if you've spent even just a little time in the water trying to learn how to surf, you've probably seen another surfer do this fundamental maneuver.

Defined simply, corking is when a surfer repositions their weight back while sitting in order to sink the tail and raise the nose. Holding this extreme trim is similar to holding a cork under water, and when released flotation creates a burst of speed.

Rather than just flopping down onto your belly from sitting position, sit back, and pull your rails towards you. Lean back a little too thus submerging your tail deeper in the water and bringing the deck of the board closer to you.

In this very moment, after you've just submerged the tail and it's trying to re-float, you must maintain control of the board (don't let it shoot out from under you, or level back down), and meet the board with your belly in perfect paddling position. As you lean forward to match your center (belly/core) with your surfboard's center (perfect position). The tail will begin to float giving you a thrust of momentum.



*Supplement this maneuver  
with a smooth transition into  
good paddling technique &  
you'll maximize your forward  
momentum with minimal effort.*

If you like it, share it.



5

Set Your Rail

# Definitions

Pocket - The ideal spot on the wave to ride in. Close to the breaking part, but still on the open face underneath a cresting lip.

Down the Line - The direction a surfer goes upon setting their rail and maintaining position in the pocket.

When beginners are learning to surf, they are generally so focused on “getting up” that they often spend a great deal of their time in the ocean simply trying to achieve this one goal.

While this is far from a bad thing, unbeknown to the beginner it will often decelerate the speed of their progression and distract them from other, more important goals to achieve.

It's important to realize that good surfers aren't just catching waves, getting up, and riding them straight towards the beach... They're catching waves and going across the face, what surfers call, going down the line.

*They're doing this by setting their rail during take-off.*

Setting your rail is quite literally “setting your rail” by slightly submerging your inside rail into the face of the wave, which subsequently results in the opposite (outside) rail being lifted off the face of the wave--much like a snowboarder leans on one edge of their snowboard while descending a mountain face, keeping the opposite edge lifted while the inside edge is set into the snow on the mountain.



Set your rail in order to go down the line, in the pocket.

As you continue to learn this dynamic skill, you'll also discover the subtle pressure adjustments you must make to remain in good trim and in the pocket of the wave. The result is longer, faster, more exciting rides.

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6

Kick Out

# Definitions

Channel - An area in a surf spot characterized by its water depth which is deeper than the surrounding areas of the spot. Waves are drawn & break in shallower water thereby making a channel a good place to paddle out to the line up since many waves won't break where the water is too deep.

Beginners Dismount - Used to control the end of your ride. A beginners dismount is a controlled lowering of your body down to the board in order to sit on & straddle your surfboard.

Close-Out - A wave that breaks all at once as opposed to breaking in progressive sections down the line. This is not a good wave for beginners to practice going down the line on. Similarly, a close-out section describes a wave that breaks in sections down the line, but finishes in one big, final section.

Shoulder - The tapering & undeveloped part of the wave down the line. A tapering shoulder indicates a wave will break in sections down the line & is a good wave to catch.

Bail - Jumping off or ditching your surfboard.

Wipe out - Falling off your board when you lose your balance or get wiped off your board by the wave.

If you're not kicking out (or using a beginner's dismount) to finish your wave,

*you're doing it wrong.*

# *Beginner's Dismount*



There are three ways to end a ride. With control, in a wipe out, or by bailing.

I get it, wipe outs happen, and they should as you improve. Wiping out is inevitable, and it's also why we stay safe by giving other surfers plenty of space in the ocean.

Willingly bailing on the other hand is reckless. It's not safe or stylish (it's pretty kooky and ugly actually) and it often results in a more strenuous paddle back out.

Start to ingrain this in your mind...

*As you reach the end of the wave, or when you see a close-out section approaching, kick out (or straighten out and use a beginners dismount).*



Consider how the alternative option of bailing leaves you:

1. When you see the wave is finishing, bail.
2. Roll around underwater.
2. When you resurface you'll be in the impact zone looking around for your surfboard.
3. Reeling it in by the leash and (hopefully) getting back on quickly...
4. By this point, if there is a second wave it's probably about to break on you and drag you further in towards the beach.

Now, consider how a kick out leaves a surfer:

1. When you see the end of the wave approaching you turn your board over the top of the wave (kick out).
2. After you turn off the wave you begin lowering yourself down to paddling position.
3. Already pointed the direction you want to be heading (outside), and still with a little momentum from your ride and kick out you begin paddling out.
4. Since you turned over the top of your wave before it had broken, chances are the next wave will also be unbroken and easily paddled over. Even if the next wave is bigger and ready to break, by kicking out and laying immediately down to paddle, you'll be in the best position to meet the next wave.

Additionally, if you're surfing a spot that has a channel, by kicking out you're positioning yourself optimally to paddle out in the channel instead of through the impact zone.



7

Board Control

In Surfing Fundamentals 101, board control is a section that is composed of four basic actions and one underlying Golden Rule. The golden rule is,

*“Always hold onto your surfboard”*

Have you ever been in waves where you felt you needed to bail your board to avoid getting killed? Have you ever been in waves where the board got ripped out of your hands? These are two clear signals to a beginner that they are in waves above their level.

If you don't have the technique or skill to manage your equipment in the surf, turn yourself towards the beach, head in, and wait for smaller days. You'll feel terrible, and surfing will be ruined for you if you are responsible for the injury of someone else because you couldn't control your board. Part of being a good surfer is knowing and respecting your limits. Inability to control your board is a clear sign your pushing it too far.

The 4 actions regarding board control cover the absolute, most basic things a beginner should learn at the start of their journey learning to surf. These skills allow you to move around in the water efficiently and with total control of your board, and are, without exception, prerequisites to learning how to catch and ride waves.

Without these skills you will feel helpless, intimidated by waves, and scared of other surfers, not to mention anxious and flustered every time you try to catch a wave. That is no way to begin your surfing journey.

We control our board with a variety of turning skills and techniques that allow us to stop from any position, and get through breaking waves efficiently. The skills are basic, but when mastered will loyally serve you and connect the dots of your surfing so that you can move through the water gracefully from one wave to the next. If you want to be an good surfer, with a nice style, start by mastering the 4 board control actions covered in Surfing Fundamentals 101.

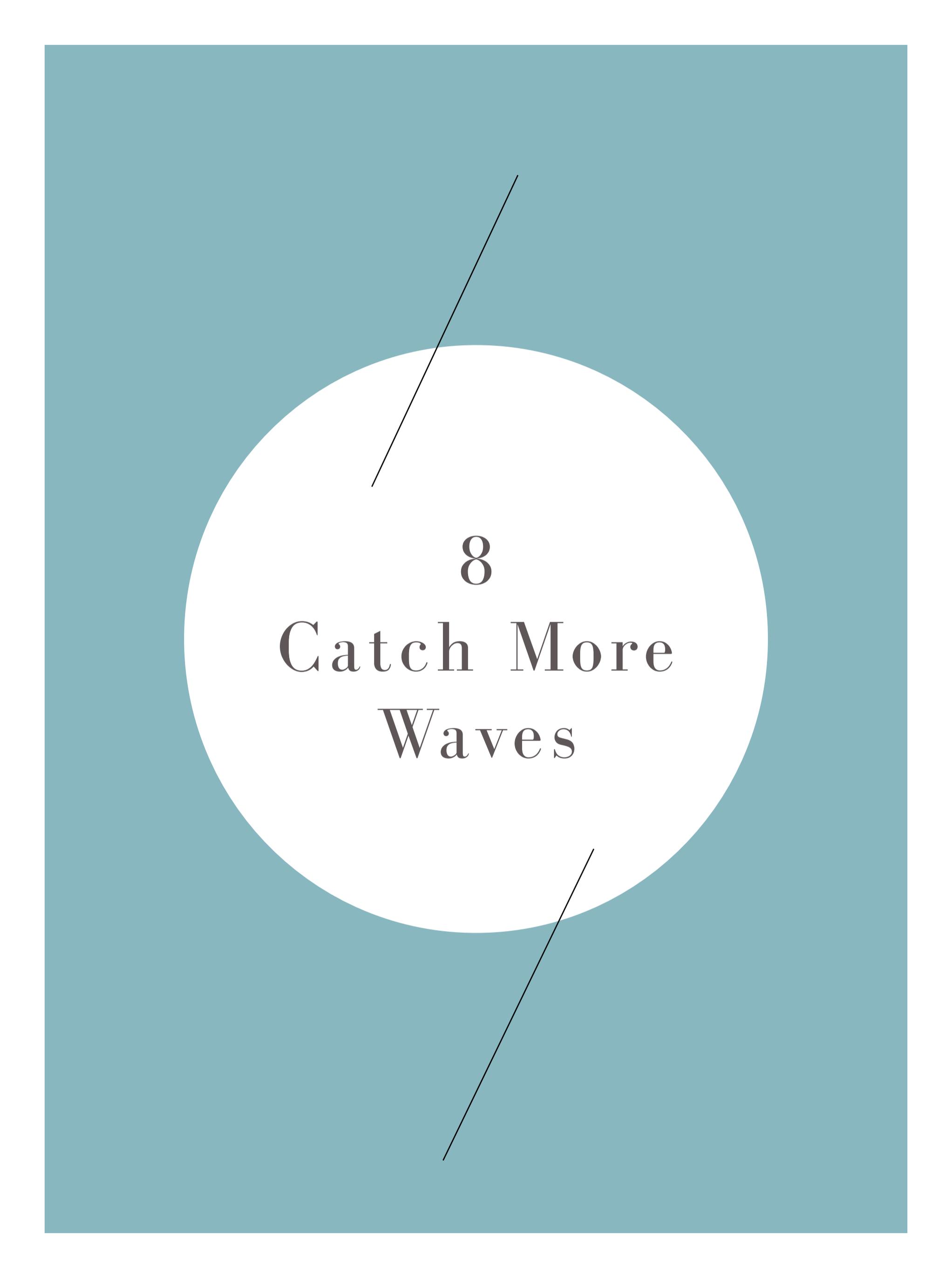
While basic, these actions require a specific technique to be executed properly. Visit our website to find, Surfing Fundamentals 101. An online video course with in-depth instructions on how to perform,

*1. Sitting Turn*

*2. Prone Turn*

*3. Dynamic Press Up*

*4. Stopping Skill*

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8

Catch More  
Waves

# Definitions

Reform - Any wave that has crested and broken can potentially reform. A reforming wave occurs after a wave has broken and rumbles towards the beach, but passes over water that is deeper than where the wave originally broke. The wave will begin to form back into a rolling, open-faced wave and shed the white water little by little until it looks as though the wave had never broken.

It's a common misconception among surfers (from beginners to instructors), that in order to learn how to surf you need to experience the feeling of riding a wave first. This leads to the popular technique many surf instructors use: pushing students into waves. While this may be a great way to have fun, and experience what it's like to be a surfer in an hour, it is hardly the path to becoming an improving surfer for life.

If you're serious about becoming a surfer, then it's time to stop accepting this kind of "help" and go through the process every independent surfer went through to become proficient.

*By getting pushed into waves,  
you're skipping a massive part of  
learning to surf which is, learning  
how to catch waves.*

Consider this, when a person who is out of shape decides it's time to get fit, do they hire a personal trainer to run and work out for them?

Absolutely not.

If you want to be fit and healthy, you must do the work. If you want to surf and catch waves, guess what? You got to do the work.

Just like working out to get in shape...it's hard, it's annoying even frustrating. Especially if you've grown accustomed to the helping hand of your surf instructor. But the sooner you start doing the work and fighting to catch waves yourself, the sooner you'll discover the secrets to wave energy and catching it so you can make that embarrassing push assist from your instructor a thing of the past.

*Here are three strategies  
beginners can use to catch more  
waves.*

Show it to your friends

# *1. Start in the white water*

If you're a beginner, you're a beginner! Catch white water and catch tons of them per session. This is far more noble than the beginner who skips this step and goes to the outside to either struggle to catch waves or get pushed in by someone.

The idea that you need to be catching waves before they break as a brand new beginner is preposterous. It requires awareness of a number of other skills/principles/techniques and proficiency to be done successfully. As you've definitely realized by now, the theme of this book is to use basics to improve, not shortcuts.

Practice the basics by catching tons of waves after they've broken in order to build a foundation that supports the next level, catching unbroken waves. When you practice in the white water you'll have endless opportunities and little to zero competition in catching them. The white water is where surfers take their first steps. Which reminds me of an expression,

*“learn to walk before you run”*

## *2. Hunt for Reforms*

Key vocabulary here, reform. Reforming waves occur all the time. Train yourself spot them before you get in the water.

Reforms are how many beginners get their first open face ride on a wave. Look for these kind of waves from the beach. When you're out there, you'll catch the wave as white water and focus on a good stand up technique so that you keep your board gliding smoothly and efficiently. Then, if and when the reform starts happening, you'll be able to glide into it rather than getting stuck behind the energy of the wave.

When you start catching white water with the awareness that some of those waves are reforming, it'll make you study the wave and look for the reform while you ride it. This is great wave reading practice, and if you're diligent about this, you'll soon be in tune enough to recognize when a wave is going to reform, and when you should kick-out because it is going to continue crumbling as white water to the beach.

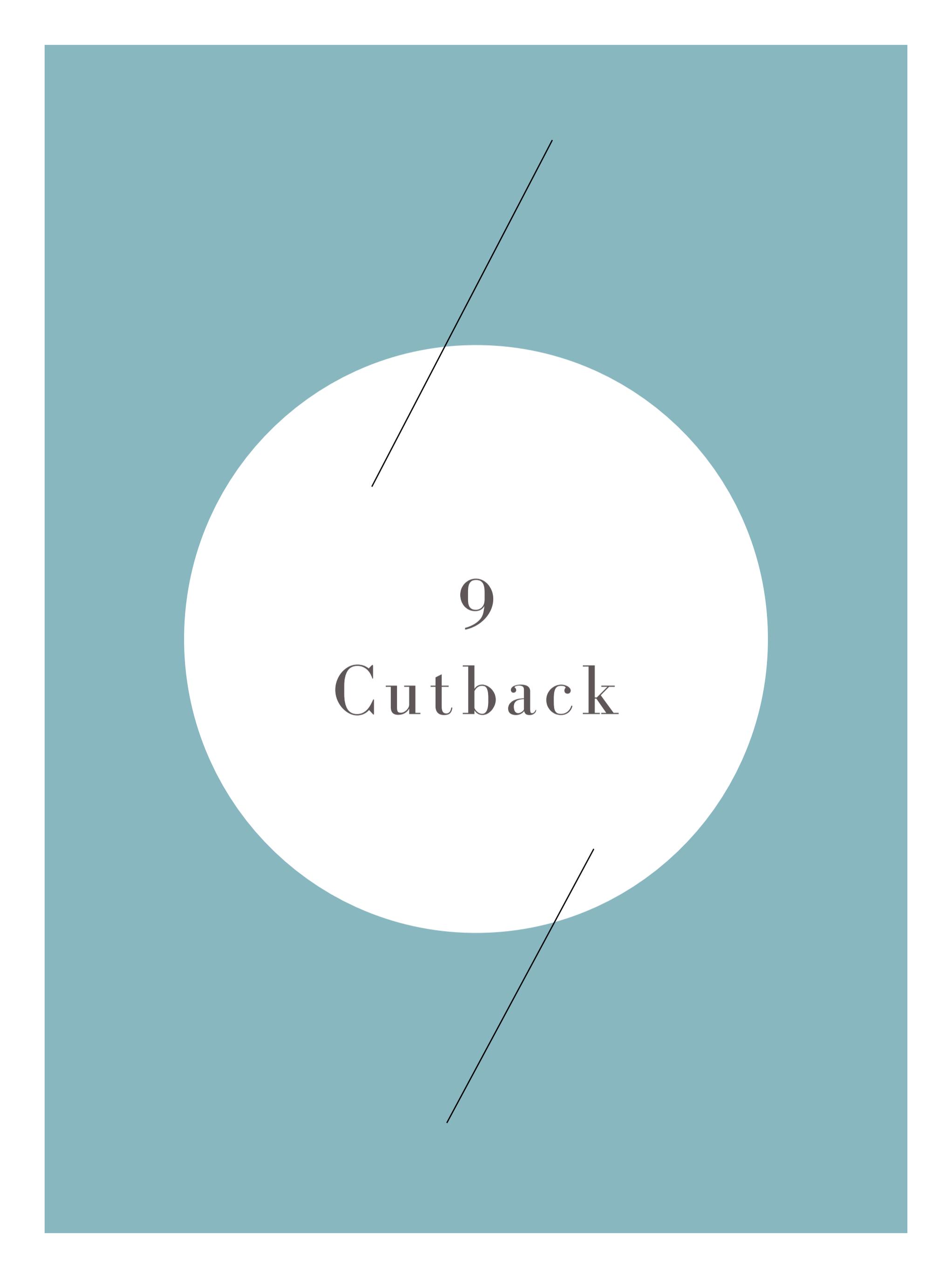
### *3. Take-off at the Peak*

When you're finally ready to start learning how to catch unbroken waves, your 101 fundamentals should be strong, and you'll be starting to learn 102 fundamentals which covers catching and riding waves.

As you transition from the inside zone of the lineup in the white water, to the outside where waves haven't broken yet, it can be easy for you to turn and try to catch any wave you see, but there is an important principle that will make catching unbroken waves easier.

Taking off from the peak describes the concept of positioning yourself in front of the peaking, or cresting part of the wave, as opposed to the round, undeveloped shoulder. When you aim to paddle for the wave with the peak behind you, you won't catch the wave...the wave will catch you.

Start practicing this concept on small waves where consequences are low and better surfers generally pass up for bigger days and work your way up in size of wave and crowd.



9  
Cutback

# Definitions

Shoulder - The undeveloped part of the wave down the line from the peak or the cresting lip of a wave. If the pocket is located under the cresting lip on the face of a wave, the shoulder is further down the line past that where the lip is far from cresting and the shape of the wave is fat, or round.

The cutback is an advanced beginners maneuver that is used to ride a wave longer and with consistent speed where you otherwise would have lost your speed, and lost the wave.

Simply, the cutback is a turn surfers make (in the opposite direction of down the line), back towards the pocket of the wave. You make this turn once you see that you are no longer in the pocket (how do you know? Look at the Wave!). There are a number of reasons why you may find yourself too far ahead of the pocket and therefore losing speed. Regardless of the reason, as soon as you recognize this situation, you should cutback.

If you wait too long to execute the cutback, you'll begin losing speed, and in the best case the cutback will be slow, long, drawn out, and weak, albeit somewhat effective. In the worst case you'll lose the wave or bog your rail and fall.

Mentally, the cutback can be challenging to implement. As a beginner, it can take a long time to learn how to catch waves and surf down the line. You spend such a great deal of time trying to make this happen for yourself that once you start to do it proficiently, it can be hard to bring yourself to start turning away from the direction you've been trying to go for so long.

Remind yourself that a cutback is not something you do whenever you want. Learning the cutback starts by recognizing, in hindsight at first, when it should be executed. You'll realize you should've cutback when you lose your speed and the wave rolls under you.

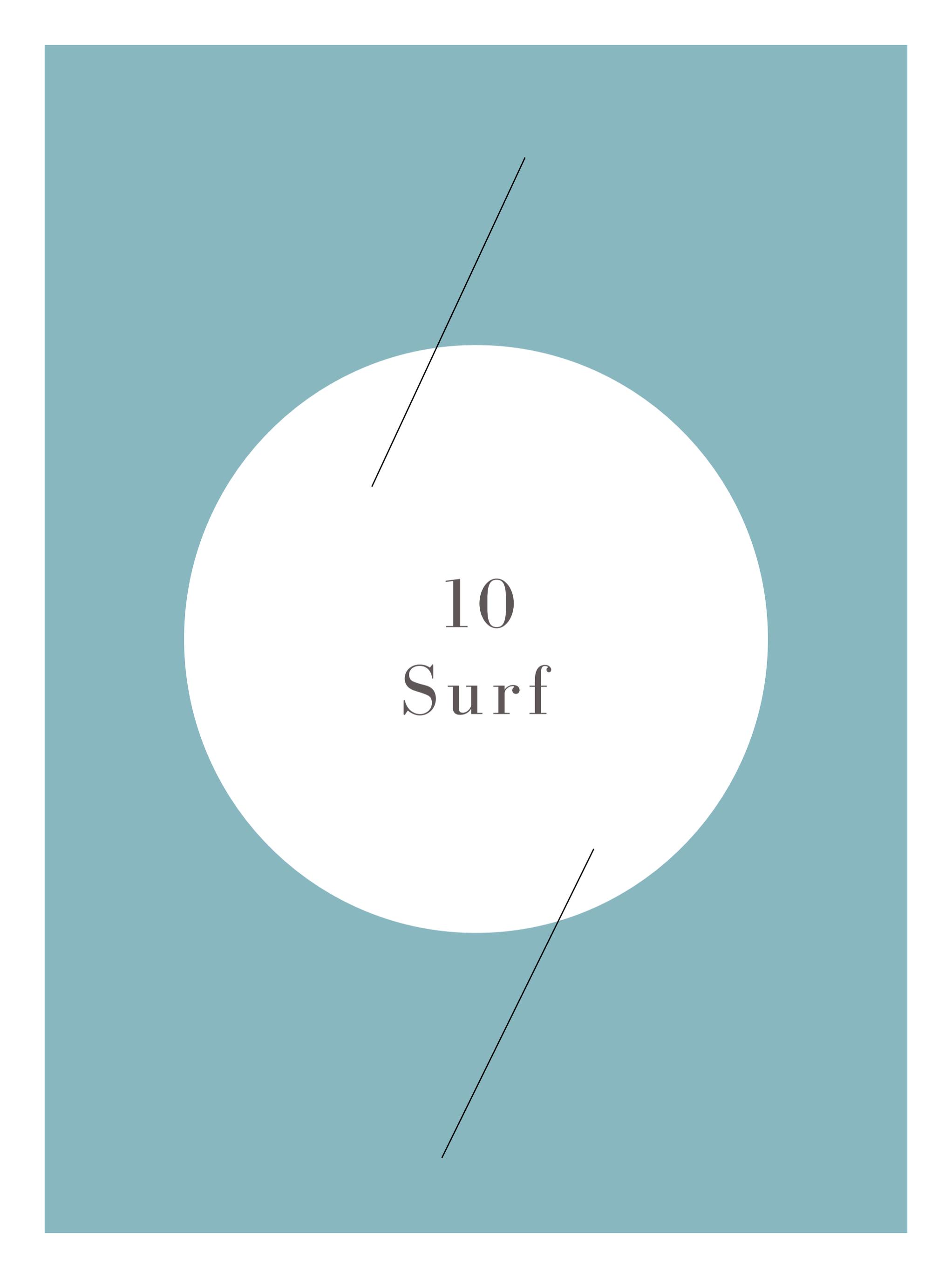
When this happens, look at the wave as it rolls under you and try to notice where the wave is still breaking. It's probably relatively far away from you considering you should be just in front of the breaking lip.

After enough times of outrunning the pocket and losing the wave, it'll start to become frustrating, which is usually the time beginners start to practice cutting back.

A successful cutback brings you back to the pocket. The second part to this maneuver is the re-entry, or the second turn you make after the cutback which redirects you back towards the shoulder again. An advanced re-entry would be completed as a rebound off the breaking part of the wave, but a beginner's cutback doesn't need to be this critical.

In the beginning of learning the re-entry, try to simply turn your head towards back down the line after your cutback. Don't be afraid of the breaking part of the wave, if it hits you while you're turning it can help you redirect your board towards the shoulder.





10  
Surf

# Definitions

Stoke - Vigor, fire, passion, excitement, fervor

Grom - a girl or boy characterized by their youthfulness, relentless stoke, & excitement about surfing in general. Can be defined by age range, or more accurately, by attitude.

You should surf all the damn time, whenever you can.

Surf with people who are better than you.

Surf tiny little micro waves because they're more difficult to catch and ride.

Surf sloppy waves because they're so dynamic and ever changing they'll make you a better wave reader.

Surf when it's closing out to practice your take-offs, kick outs, and the rest of your 101 fundamentals.

Surf when it's mushy, it'll force you to draw new lines and find different ways to maintain speed.

Surf when the wind is onshore, because all the spoiled surfers won't be out.

Surf when it's raining. Were you worried about getting wet?

Surf when you only have 45 minutes. 45 minutes is better than 0 minutes.

Mind surf waves that you're watching from the beach. It's proven. Mental practice makes you better.

Go surfing even if you can't catch waves yet, maybe this session will be your first time.

*but DON'T surf if its too big or rough for you to control your board.*

Get out there in the water on your surfboard and train. Do your very best to practice these skills in all conditions because it's the only way to improve your surfing, and be wary of the spoiled surfer who turns away and grumbles that "conditions aren't good enough". Don't let that surfer taint your stoke.

Remind yourself that almost all conditions are good for beginners, except when the waves are too big. You should be surfing in everything, especially poor conditions and tiny waves, because those are the times when you'll really be challenged and most surfers won't want to partake.

Take advantage of those opportunities and have the ocean to yourself. It's been more than a thousand times that I've looked at the ocean disappointed in the conditions only to reluctantly paddle out and then later say to myself or a friend, "it's actually pretty fun out here!"

*Aspire to have a grom mentality. A youthful stoke that doesn't concern itself with how good a wave is, but rather, froths on the fact that a wave exists at all.*

If the question is "surf?", the answer should almost always be "yes". Surf. Surf. Surf. Because surfing is one of the hardest things in the world to get good at.

Now that you realize that surfing is not just about riding waves, but also the skills that get you on waves, you have quite a bit to practice in your next sessions. Take notice that as you improve these skills, you'll find yourself catching and riding more and more.

*Get out there and surf.*

You finished? Nice work. Share it with your people!