

Foiling - Duck Tack to Toeside

Downloadable Trick Tips

Before you try you should...

- Nail the heel to toe and toe to heelside Gybe - see previous videos
- Wear a vest and Helmet
- Rig your large wings - more stability and less speed is needed

Before the tack

- Come in with moderate speed. Enough speed for stability, slow enough for a tight radius turn upwind
- Bring your kite above your head
- As the kite climbs up, push your bar out (depower)
- Begin your turn upwind with your hands near your head. Push your bar forward, not backward as you move through the turn.
- Remember to keep your weight centered over your board, do not lean back as if you are doing a back roll to avoid your lines.
- Make fluid movements that sync with the movements of the kite. This can be tricky at first.
- When your kite reaches it's apex, you should be just past halfway through your turn.
- Begin to loop or turn your kite aggressively in the direction you wish to go. I find it easier to loop the kite than try to whip the kite up and down to gain power. Especially since you will be riding toeside by this time.
- Get ready to counter the lift of the foil as it begins to accelerate.

Tips:

- If you are touching down, try going in with more speed, looping the kite sooner, or making a faster carve on the foil. Potentially all three
- The biggest mistake new foilers make on this trick is turning it into a back roll kind of body position. Proceed with the turn as if your lines are not there at all, centered over your board. If you hands are near your head, the lines will move out of the way as you carve upwind and maneuver the kite. However, if you do not push out on the bar and put your hands high, you will get blocked by your lines.
- When you progress into doing this tack at higher speeds, you may need to lean back more to get the turning response that you need. If you do that, you will need more lift from the kite to pull you back up on top of the board, so you will need to pull in a bit to support your weight.