

# Hand Plant Transition

Downloadable Trick Tips

## Step One- Master the Hand Drag

The first step to learning this trick is to master the back roll hand drag. We've done a few videos covering the topic now. The only difference between these two tricks is you'll be using a harder pop and kitelooping with an extra half kiteloop to transition the other way. This is a very advanced trick and can actually be dangerous if you try to involve solid objects too soon.

### Back Roll Hand Drag Recap

To recap the hand drag. Come in with good speed. Do a light pop. Lean back, look over your back shoulder and let your shoulder drop while swinging your front knee and hip into your chest. Reach down and let your hand drag through the water. You will be swinging under the sent kite like a pendulum while you drag. As the kite reaches the end of the wind window, your back roll should be complete. Pull a kiteloop and tuck both of your knees in while looking at your landing. Land downwind and ride away.

## Step Two- Use a Light to Medium Pop

Unlike a big jump, you want to pop lightly. Load the kite up and send it towards noon. As the kite approaches the apex, use a light to medium pop depending on how high you would like to go. It's best to start with light pops so you can work on touching the water or a piece of chop.

If you pop too hard, you'll get a lot of air and end up doing a big backroll instead. The goal of this step is to get your timing down.

## Step Three- Soft Touch on Water

The handplant is actually a soft touch. Unlike snowboarding or skateboarding, you don't need to take all the weight into your wrist and arm. The kite will be holding you up. Really, you are mimicking this classic pose but taking advantage of the kite power. Something that makes our sport unique.

It's important to keep this in mind as the kite can generate a lot of speed and power. If you get to the level where you're capable of giving someone a high five or tapping a bush, you don't want a hard impact.

## Continued

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#### Step Four- Look at your landing

Spot your landing over the back shoulder, waiting for the pull of the kite, rotating your body and then coming around for landing. Where your eyes are looking, the body will follow. This is important for every trick but especially when throwing a kiteloop. Aligning your body up with the landing is important just like it is in an airplane. The more of an angle you come down at the harder the landing will be. Absorb on impact and have your board flat with your body weight centered over it.

#### Step Five- Putting it Together

Come in with good speed send the kite and pop accordingly, Look over your back shoulder and Drop the shoulder down towards the water. At the same time, bring your front knee hard into your chest and poke the back leg towards the sky. You will be swinging under the kite like a pendulum. Near the end of that swing, reach down and lightly touch the water. About the same time, you will be initiating the kiteloop. Get ready as this is going to pull you back up and out of the roll. Keep your eyes on the water and let your body unwind. Point your nose or tail towards the kite and prepare to land downwind. Ride downwind to absorb the landing. Make sure you redirect the kite into your new direction. If you land with your nose, you'll do a half loop and ride out toeside. If you land with your tail, this will become your new nose as you ride out heelside.

Remember to keep your front knee tucked throughout this trick will help contain your rotation and pull you into a smooth rotation. If your legs are extended the loop can throw you off-axis and disorientate you.

Staying small and tucked throughout the roll will give you control. Keeping control is key and having your back leg tweaked will give you total control and correction. Land flat but prepare to edge once you have control

Just like all of the other loops sheeting out is important for a nice and smooth landing. Sheeting out on the bar acts like a parachute and catches you as you're falling. Holding in on the bar will keep power in the kite pulling you harder downwind. The kite will open up and shoot above your head as you come down to the water. Right before you touch down, pull in on your front hand so you don't outrun the kite and it pulls you into the landing.

As always, land flat with your "nose" pointing downwind for safety.