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# Kiteloop Back Roll

Downloadable Trick Tips

## Step One: Start with a Kite No Bigger than an 11m

The bigger the kite, the slower it loops, and anything bigger than a 10m will make it difficult to land the trick properly. A lot of people get caught up in using a faster kite, and it's true; some kites do loop better than others. I love using the Cabrinha FX for kiteloops, but it's completely possible to do this trick with almost any kite.

Not only should you learn with a smaller kite, but you should learn in a little lighter wind. So if the wind is a good day for your 12m, use your 10m to learn this trick. That way there will be very little consequence when you crash, and you will. That's part of learning, but when it comes to kiteloop tricks, you'll always want to start small.

## Step Two: Hands wide on the bar

This will give you extra leverage on the bar and allow you to loop your kite faster. You want to maximize the speed of the kite by pulling hard with your hands wide. So while you're riding out, you'll jump just like you would for a normal jump but with your hands wide. When you hit the apex of your jump, you can take your front hand off and fully commit to pulling in.

## Step Three: The timing

It can vary a little depending on how high you jump and when you initiate the roll. The trick is to pull the bar in about halfway through your roll.

The smaller you jump, the earlier you will have to roll and take your front hand off. It's best to start smaller on this trick and simply pull hard with your back hand. Technically, you can do this very low but it's ideal to get a few feet off the water so you have some room for error.

The best time to start the loop is at the apex of your jump. So in an ideal kiteloop, you'll want to send the kite. Jump, get some height, start your roll, and as soon as you look over your shoulder pull the bar hard with your back hand. When you look over your shoulder you are basically halfway around already, so the loop will pull you around the rest of the way.

## Continued

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#### **Step Four: Drop your shoulder & commit**

The secret to landing any kiteman-based trick is that you must commit. There is no middle ground here. Crashing fully powered can hurt sometimes. So start small enough so that you can commit. The trick doesn't have to be intense at first. It can be very natural, fluid and flowing.

In fact, as with most tricks, form should always come before power. Get the form right, then huck it!

As you get confident and better, you can go bigger.

Go into your regular backroll, knowing that you are going to loop the kite. Get plenty of speed and send it. When going bigger, make sure you pull hard on your back hand just before you reach the peak of your jump and wait till you feel the kite pull you around and open back. If you properly looped the kite, it will automatically spin you around and the work will be done for you. It is actually easier than a regular backroll because the movement of the kite carries your body around with it.

That's what's really nice about this trick- if you commit, the loop will actually do most of the work for you! It feels very natural and is an amazing trick once you learn it.

#### **Backroll technique**

- The biggest difference between this and a normal backroll is that you shouldn't throw the roll too hard. It's easy to over-rotate this, so even when going big, let the kite pull you through the backroll. Don't try to throw into one like a normal backroll.

#### **Step Five: Stay compact**

Keep your front knee close to your chest so that you maintain a low center of gravity.

If you let your legs go straight, it will most likely result in over-rotating. As you feel the kite pull you around and your kite travelling up to the zenith, keep your front knee to your chest so that you can maintain control and direction to your board.

## Continued

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#### **Step Five: Continued**

It's time to let your legs out after the loop and right as you complete your backroll. You'll need to open up a little to slow down the rotation so you don't over-rotate. Don't open up too much; you don't want to land with straight knees! Just open up a little to slow down your body's spin. This is also the time to spot your landing so you can prepare..

#### **Step Six: Land with your board flat**

Just like any trick, it's important that you land this trick with your board flat.

It's actually even more important for loop-based tricks. These are almost always powered, and the landing is going to be fast. With all that power and speed, the only way to safely land is downwind, taking power out of your kite.

Make sure, as you are coming down, to look where you're going to land, square up your shoulders to the kite, point your board downwind, and land with the board flat on the water. As your board touches the water, get your shoulders over your knees and keep your body stacked.

Depending on how powered you are, you might have to really bend your knees to absorb the impact.

At first, it's best to keep the kite high when landing to soften the impact, however, after touching down and you're riding towards the kite, as soon as you are in control you'll want to dive the kite forward to keep it from falling out of the sky.