

# Down Loop Front Roll Transition

Downloadable Trick Tips

## Step One- Kite High

Put your kite high at 45 degrees or higher in the wind window. This will give you room to loop the kite without it hitting the water. Your kite is going to be looping down towards the water and into the other direction. The lower the kite is in the wind window, the harder it will be to pull in on the bar to get the loop around. A quick tip for this is to send the kite up higher right before you initiate the loop, giving you room for the loop.

## Step Two- Throw a Half Front Roll

This is going to be a little different than a normal front roll. In our last playlist, we talked a lot about off-axis rolls. Meaning you will not be inverting or flipping, you'll be spinning or rolling around your center lines. After you pop and send the kite, look over your front shoulder.

Unlike a regular front roll where you look into your armpit, you want to throw your head and back shoulder back, opening up your chest. Bring your back knee into your chest and poke out your front leg. It helps to take your back hand off on this step. Give our front roll stalefish video a watch if you need more help on front rolls.

That grab will go great with this trick. The biggest difference here is that you are incorporating a downloop and landing toeside. That means you won't have to spin as much and the loop is going to help pull you out of the roll. For that reason, you don't need to rotate a complete roll on this st

## Step Three- Use the Downloop

This is the most important part of the trick. Your kite is going to be looping through the power zone so it will generate a lot of downwind pull; it's also going to pull you through the second half of the rotation. You'll want to pull the trigger right before you land on your toeside. If you're feeling hardcore, you can pull the trigger at the apex of your jump but you'll need to catch yourself by sending the kite back to noon before you land. That can be complicated and intense if you mess up. When learning we recommend keeping it simple and using this as an impressive transition.

## Continued

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#### **Step Four- Landing toeside**

This is the fun part. Because you're landing on your toeside, you won't have to do a complete front roll. It's more like a 270 than a 360. You're also going to be landing downwind, not on your edge. The fun in this trick is that you'll actually be landing almost in the heelside position for the opposite tack. In fact, as soon as you land downwind and ride out some of the power, you'll lean back and edge into the heelside position in the other direction. This is possibly the coolest feeling transition that I know.

#### **Step Five: Work your way into it**

Don't feel like you have to loop while you are in the air. You can also start the loop after you touch down. This will be easier on the body, and it will be a safer way to get comfortable learning this trick. You don't have to take it any further than this, but it's going to feel amazing if you do.