

The Nuke Grab

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The Nuke Grab

The Nuke Grab is when you grab the nose of your board with your back hand. It's possibly one of the most famous grabs in kiteboarding. You see it a lot in magazines. Practice each of these steps every session and you will be surprised how quickly you can learn this advanced grab.

The goal here is to grab your board right on the nose with your back hand.

Tip

- Keep the kite low,
- Really bring your front knee to your chest.
- Lock your back leg and tweak it out.
- The longer you can hold this, the more you tweak it, and the more you turn your back to the kite, the better this grab is going to look.

Step One - Practice your Pop

Before you start going for this grab you'll want to have your pop dialed.

There's two ways to do this trick. You can send the kite and dive it or you can keep the kite low at 45 and use board speed to pop. This particular trick looks really good if you keep the kite low and use your pop more than the kite. Don't feel like you have to though! It's still really stylish even if you're doing a sent jump!

Just get out there and start practicing your pop with lots of speed. Really push down with that bag leg when you release your edge and get comfortable getting as much height as possible.

Get into the habit of bringing your front knee into your chest. This is going to help with the muscle memory on this trick.

Tip

- Use chop and small waves as kickers to get used to popping with the kite low. Or use them to get tons of height on your sent jumps.

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Step Two - Reach with your Back Hand

This isn't the easiest grab out there. We recommend you start practicing bringing your front knee into your chest and reaching with your back hand. You can start small and grab anywhere you like. Try and indy grab first. That's your back hand in the middle of the board on your toese side edge.

As you get comfortable start grabbing higher up on the board. Before you know it you'll be getting really close to nailing the nuke. There is a secret to this trick so don't worry about actually grabbing one until the next step.

Tip

- Remember to pull hard on that front hand to keep the kite low. It helps to move your front hand a bit further up on the bar. That way when you take your back hand off, you'll automatically dive the kite a little.
- If you notice you're feeling stretched out on this one this tip will make a huge difference

Step Three - Turn your Back to the Kite

This is the trick. You don't actually have to be that flexible to make this grab, The reason the nuke is so difficult is your center lines get in the way, That's also why this trick is easier with the kite low.

When you turn your back towards the kite it automatically brings your front knee into your chest, it gets the center lines out of the way and the grab becomes really simple.

Not only that but now your doing something called a, Shifty, where you turn your back on your direction of travel. This will actually make any grab you do look very stylish.

Tip

- You can practice this step with the more basic grabs too
 - 1) The tail grab (self explanatory),
 - 2) The chicken salad (Backhand between your feet on the heel side edge) or
 - 3) The indy (Back hand between your feet on the toese side edge.)



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Step Four - Nail the Nuke

The goal here is to grab your board right on the nose with your back hand. If you put the work in and practice the first three steps, this should come really easy to you. Especially if turn your back to the kite and progress your way into it with easier grabs first.

If you watch our first video in this playlist, now is the time to implements those five concepts for better style.

- Keep the kite low, really bring your front knee to your chest.
- Lock your back leg and tweak it out. The longer you can hold this, the more you tweak it!
- The more you turn your back to the kite, the better this grab is going to look.