

# Toeside Backroll Transition

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## Step One- Master the Toeside Pop

The first step to learning this trick is to spend a lot of time riding toeside and learning to pop for that edge. If you only jump from heel side, chances are your muscles are going to be weaker from this angle and you'll lack the muscle memory. The only way to work on this is to spend a lot of time practicing. Start riding toeside and popping of little pieces of chop on a regular basis. Experiment with sending the kite and just jumping from toeside to heelside as you build up the strength. After a few diligent sessions, you should be able to send the kite, pop from your toeside and get decent air like your normal jumps.

## Step Two- Learn Jump Transitions

There are two ways you can transition from any jump. The first being to simply re-direct the kite mid-jump and dive it back in the opposite direction. The second being to implement a downloop and ride the other way as you are landing your jump. You can use either method for this trick. We've done a video on each of these. The Jump Transition and the Downloop transition. If you don't care to watch, we'll recap those for you here in the written steps.

### The Jump Transition

Come in with moderate speed and the kite at 45. Send the kite to noon and edge against it. Near the apex, sheet in and push down with your back leg. The kite will swing from one side of the wind window to the other. You can do whatever you please in the air.

As you feel yourself start to descend, pull hard on what was your front hand to bring the kite back over, now pull hand on what was your backhand. This will become your new front hand as you dive the kite back down to a 45-degree angle. Land flat pointing your new nose towards the kite. After a clean landing, start to edge back upwind and ride away.

### The Downloop Transition

Come in with moderate speed and the kite at 45. Send the kite to noon and edge against it. Near the apex, sheet in and push down with your back leg. The kite will swing from one side of the wind window to the other. You can do whatever you please in the air.

## Continued

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As you feel yourself start to drop, pull hard on your front hand to dive the kite forward. You can initiate the loop after you land, or right before for more power and style. Brace for impact by landing flat and absorbing the landing with your knees lined up over the board. Ride downwind and allow the loop to pull you in the other direction.

### **Step Three - The Toeside Back Flip**

This step is similar to a back roll. With the back roll, you look over your back shoulder and throw your hips into the roll. For this, you need pay attention to how your body moves. The main difference is that you are going to be throwing your head back and arching your back while back rolling. Everything else is actually the same.

#### **Kite movement**

The movement will be the same as described in the jump transition. As you throw your head back you should still be rolling around the axis point where your centerlines connect to the harness. You will feel the pull of the kite and you roll underneath it. As you come out of the roll, you will want to be pulling hard on your new front hand.

#### **Tips**

When doing a backroll, its good practice to take your backhand off. This helps redirect the kite back down. For this trick, keep both hands on the bar until you are ready to redirect the kite in the opposite direction. When you complete the roll, take what was your front hand off. Your old backhand will pull the kite down and become your new front hand.

### **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.



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#### **Step Five- Adding power with the Downloop**

The traditional jump transition variation will look floaty and smooth. If you want to spice things up and add some power, add a downloop.

For this step, you will be repeating all of step four. The main difference is you'll keep your front hand on the bar like you normally would. When you land, take it to revert aka landing toeside. Ride downwind and let the kite pull you into the transition. While it is more powered, this variation might be easier for some as you're just doing a backroll to revert with the added style of popping toeside, throwing your head back and arching while landing faster and powered with the loop.