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Downloadable Trick Tips

Step One - Trick Overview

Keep the kite at 1 or 11 o'clock and come in with moderate speed. Ride downwind to unhook and start to carve back upwind and lean backward. Remember, just like our popping video, you need to keep good body posture and stay locked at your hips, keep your arms in close, and your toes pointed up while loading up your lines.

As you initiate your scoop, carve sharper into the wind so that you almost initiate the backroll before leaving the water. Look over your front shoulder and swing your hips as your popping. Complete the back roll and as you start to naturally drop out of the sky, pull the bar hard into your back knee and point what was the tail of your board at the kite. Land flat riding downwind.

Step Two - The Release & Body Position

This is almost the same as a regular backroll except the release is different. You need to carve harder into the wind and release your edge later than a regular back roll. Look over your front shoulder and start the roll just before you pop off the water. You want to be almost halfway through your back roll before you leave the water. This is a common mistake while learning a standard back roll so it actually should come naturally now that you are doing it on purpose.

Your body is going to follow your head on this trick. By the time you reach the apex, you should have completed the back roll. Keep looking over your back shoulder and swing your back hip and back knee around the extra 180.

A useful tip for this trick is to split the bar with your index and middle finger of the back hand. This will keep the kite lower and pull you through the trick. I like to dive the kite with my front hand and let go to help swing my hips around the extra 180. It helps a lot to let go with your front hand on this one to open your body up.

Arm Position

Just like the normal back roll, keep a slight bend in your elbows and don't let the kite get away from you. Keep it close to your chest and stay tight compact throughout most of the rotation. You can open up to slow yourself down and to prepare for the landing.



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Body Position

Stay tucked for a fast roll and swing your body as a unit. Image your knees and elbows are connected. Now draw a circle in the air as you spin. As you complete the roll, pull the bar into that back knee and swing your back hip forward and downwind towards the kite.

Landing

To land this one pull the bar into your rear hip rather than your front hip. Point your tail at the kite and take what was your front hand off the bar to open up. Land flat and absorb the impact with your knees. This one looks particularly good if you land it with one hand. I like to turn my bar 90° to the water so it looks like a wake handle. That really doesn't matter but it's a nice touch.