

# Learn the Crail

Downloadable Trick Tips

Admittedly flexibility is important on this grab. You need to be able to tuck your front knee into your back armpit while reaching over your leg to the nose of the board. I recommend practicing the grab with your board on the ground and something to hold onto like a picnic table. Treat it as a dynamic stretch and work your way into before each session.

Once your legs are warmed up try a couple of static holds for at least 40 to 60 seconds. This should prepare you to make the grab.



## Step One- Learn the Crail

### Practice on the ground

Spend some time warming up before your session and work in some mobility stretches. Do a quick jog followed by some bodyweight squats. If you can never reach the nose of your board, you'll want to do this too. Get warm and practice some grabs on the beach.

You can see in the photo above I'm stretching out at my desk. You need to get your front knee close to your back armpit and your back hand on the ground. Once you have the mobility you can take it to the water.

### Practice on the water

The trick is to turn your back to the kite and twist your hips. This is especially important when hooked in. Your center lines are going to get in your way unless you twist your hips. This motion will also bring the nose of the board right into your hand

## Continued

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#### Step Two - Kite Movement

This is a low powered move. That means, you will be keeping your kite low and using speed and the loading of your edge to get pop. Something you can practice for extra height is flicking your kite. Come in with good speed with your kite at 45 degrees. Start to load your edge like you would for a jump. Rather than sending your kite all the way up to noon like you would on a sent jump, give the bar a little flick up and back down. This will send your kite just a little and pop you up.

The timing is the same as a sent jump. Flick the kite, sheet in and push down on your back leg while you release your edge. You want to under-exaggerate the sending of the kite and maintain loads of power and speed. This will get you the most air time.

#### Step Three - Body Position

The trick to executing this trick correctly comes down to your body position. Keep your front knee tucked as much as possible and straighten your back leg. Bring your front hip as close to the board as possible. Twist your back to the kite and bring your back arm over your knee for the grab. Once you have a solid grab, it helps to kick your back leg out and twist even further away from the bar.

Imagine a line from the nose of the board to your lead hip. The goal is to minimize the distance between these two points. If you can do that, everything else will fall into place.

#### Step Four- The downloop

The downloop is going to pull you out of this tweaked position. Hold the grab as long as possible and keep that front knee bent. As you get close to the water, pull hard on your front hand and drop into a landing position. The pull from the loop is going to straighten you out and give you orientation for the landing.

Like all loop-based tricks, it's important to land flat riding downwind. Let the loop pull you into the opposite tack. You will be landing flat but the loop is going to pull you onto your toeside edge as you carve around. For added style points, drag your hand through the water while you complete the loop.