

Kite Loop Front Roll

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This is one of our more advanced tutorials on this list so make sure you are ready. Have kite loops, front rolls and back roll kite loops on lock before attempting this one. If you are feeling confident, get ready for one of the coolest feeling loop based tricks you can do!

Step One- Master the Front Roll

If you are going to try front roll kite loops, I'd recommend getting comfortable with your inverted front rolls first. Having control over your rotation in the air is important, once the kite starts yanking you around you'll want to have the muscle memory in order to loop it without thinking of the flip. The more you invert the front roll the cooler the feeling. So pop and jump, bringing the front knee to your chest, dropping and twisting forward with your shoulders and head. Kick your feet overhead and pull the loop.

The rotation is going to be the same as a regular front roll but way more intense as the kite pulls you forward. You need to build up some serious muscle memory first and be a true master of the front roll before adding the loop.

Step Two- Loop at the Apex

Timing is important. You don't want to loop too early and get pulled. You should be in control and have a little height when you initiate the kite loop. This step is pure commitment, flipping one way, looping the other way, completely blind to the kite. Pull in hard on your back hand and push forward with your front hand for safe measures. The faster the kite loops around the quicker your body will spin around.

The reason you need to do this is that if you don't pull hard and complete the loop, your kite will just crash on the water and bring you with it.

Step Three- Tuck that Knee

Keeping your front knee tucked throughout this trick will help contain your rotation and pull you into a smooth rotation. If your legs are extended the loop can throw you off axis and disorientate you.

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Staying small and tucked throughout the roll will give you control. Keeping control is key and having your back leg tweaked will give you total control and correction. Land flat but prepare to edge once you have control

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. You should have your front ear tucked into your armpit and be looking over your back shoulder. Keep your eyes open and wait to spot the landing as you come around.

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.

Step Five- Sheet out

Just like all of the other loops sheeting out is important for a nice and smooth landing. Sheeting out on the bar acts like a parachute and catches you as you're falling. Holding in on the bar will keep power in the kite pulling you harder downwind. The kite will open up and shoot above your head as you come down to the water. Right before you touch down pull in on your front hand so you don't outrun the kite and it pulls you into the landing.

As always, land flat with your nose pointing downwind for safety.