

Pop To Blind

Downloadable Trick Tips

Trick Overview

Like the surface pass, set your leash on your front hand side and keep the kite at 45 or a little lower. Come off your edge ride downwind and unhook. It's really helpful to get into the practice of splitting the centerline with your pointer finger. You'll want to do this for all blind landings moving forward. Next, you'll want to ollie. The trick to this is keeping a little bit of tension in the lines. Unlike a powered pop, you won't be loading and scooping. Remember, it's just an ollie.

Keep it close

Keep the bar in close, load a bit of tension into your kite lines with the edge of your board. Keep it very light for this trick at first. Make sure you are riding slightly downwind while doing this. Push down with your back leg and bring your front knee up into your chest. As you pop off the water, a couple of things need to happen at the same time. Look over your back shoulder and bring your back leg up and out of the water. Pull the bar into your lead hip towards the small of your back. You want to twist your control bar and touch the back of your hand into the small of your back.

Think about your feet

Think about your feet while you are doing all of this. The trick to not catch an edge is to point your toes down while you are spinning the back 180. If at any time you land before you spot your landing, you won't catch your edge. Just commit to the rotation just like your surface pass. After you make the pass, it's good to hold it and ride for a bit in the blind position. You can put your other hand back on the bar for more control or just ride blind. It takes a bit of core and legs strength to ride with the bar behind your back. This will come with time. Ride as far in this position as you can riding downwind maintaining a mild edge. The more time you spend in the blind or wrapped riding position, the more natural it's going to feel dropping into them from powered tricks.

Biggest mistake

The biggest mistake on this trick is trying to ride upwind or even across to the wind when landing. You need to be riding downwind and at the kite. Don't let the bar get away from you. This is the most common mistake in more advanced tricks as well. Getting the habit of keeping the bar close to your hips

Continued

Downloadable Trick Tips

right away is a great idea and necessary for this drill. Lastly don't try this too powered at first. Get the fundamental move down and work your way up.

Evasive Measures

Learning how to crash properly is important too. If you watch a hard-charging rider fall, you'll notice they all scoop out and throw their legs up. This is because no one wants to catch an edge. The technique is similar to a snowboarder stopping a back-180 rotation with their toes. Of course, it's always better to land flat and downwind with perfect control but keeping your toes pointed while rotating in the air prevents an accidental edge catch while spinning. This is the same motion you would make during a surface pass. This is part of why that drill is a prerequisite for this trick.

If you land early with your toes pointed you can keep your heel side edge elevated. From here, you have a couple of options. You could ride downwind and pull the trick off. If you have to bail, you could let go of the bar and ride downwind to recover. If all else fails and you are going to eat it, you can scoop out, throw your legs up and do a body flop into the water. This looks intense but it sure beats catching an edge and getting slammed into the water.

Take it slow

Take this drill step by step and spend as much time as needed doing surface passes and Popping to Blind. Progressively pop bigger and bigger over time. It amazes me how everyone wants to skip steps in the process. I can appreciate pushing your limits and moving forward but you still have to pay your dues, put in the time in and progress your abilities with practice.