

Don't be a toe-side wuss!

By Jeremy Kovak

Description: Cutting toeside up one wake and landing down or past the second wake

Jumping the wakes toeside is always harder than heelside. This is caused from the amount of tension on your back arm. Because you're standing sideways on the board, when you edge toeside, your chest is facing away from the boat. Based on the position of your body, there is a great amount of pressure on your back arm. So when your board leaves the water, the tension from your back arm will pull your chest and hips around, squaring you up with the boat. This is not what you want, and could be a good indication that you're not keeping your chest and hips closed or away from the boat, especially if you find yourself slipping out when you land.

How to perform this trick:

Start by edging outside the wake 15 to 20 feet; turn slowly and cut toward the wake with a medium edge. Be strong and keep your chest and hips turned away from boat, as well as try to push the handle behind you. At this point, lock yourself into that position. At the base of the wake, start to push with your legs. Rise all the way up the wake to the point that your legs are straight, or as straight as you can get them. Once you are in the air, hold your position and keep the handle as far behind you as possible. This will prevent the boat from pulling you around. On your landing, keep the tip of the board pointing in the direction that you are moving, and use your knees as shock absorbers.

Canadian Jeremy Kovak is a former World Champion in wakeboarding and water skiing. For more information on his book, Wakephysics, visit him at www.wakephysics.com.

