Get Your Degree in

STOKE

RIP CURL
SCHOOL OF SURF

SURFING

Reef Surfer
SURF ETIQUETTE

There is an order in the water that, if followed, will contribute to safer surfing and more fun. Know your skill level and stay calm. Always be courteous and spread Aloha by bringing a smile to the lineup!

Priority to surfer: furthest out or waiting longest or furthest inside or closest to the peak

RIGHT!

LEFT!

You get the right of way if you are first to your feet & calling the wave

Wait your turn. Do not snake your way in the line up

Do not drop in. If you see someone is already riding a wave, pull back. One surfer one wave

The surfer riding the wave always has priority. When you paddle out you should respect that by:
1. Paddle wide, use the rip/channel.
2. Paddle towards the white water.
3. Stay with your board. Do not throw it way!

Respect the locals where you are surfing.
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VOCABULARY
Surfing’s roots go back all the way to the ancient culture of Hawaii where it once was weaved into the fabric of the society through rituals, songs and stories. He’e Nalu or wave sliding was considered “the Sport of Kings” and played a huge role in the social structure as royalty and kings often used surfing to maintain the status quo and reserved the best boards and surf spots for them exclusively.

Due to some unfortunate cultural clashes with European missionaries who started to frequent the Hawaiian Islands in late 1700’s banning most activities that were any kind of fun, surfing was almost forgotten for more than 150 years. In the early 20th century only a handful of native wave sliders remained on the shores of the Pacific paradise and surfing’s societal status and importance had decayed. Luckily for us one of these surfers was Duke Kahanamoku, a great waterman whose swimming skills brought him around the world to compete. While visiting California in 1912 and Australia in 1914 he demonstrated the art of surfing at local beaches and so became surfing first ambassador.

After a slow expansion through the 20’s 30’s and 40’s, surf culture spread to new frontiers during the end of the 1950’s, partly due to US servicemen being stationed at bases in odd corners all over the world. Though it wasn’t until the 1960’s that surfing turned from being an underground culture to becoming a mainstream activity and started to spread from the surf-crazed Southern California to rest of the world via music from artists like the Beach Boys and Dick Dale and movies like “Gidget” and Bruce Brown’s “The Endless Summer”. A bushy blonde hairstyle and striped shirt are still seen as “surf fashion” and come from the Californian surfers wardrobe.

If the first 40 years of modern surf history were slow the last 40 has been an absolute explosion, with more and more people from all over the world are being drawn to the thrill of sliding across the water every year. Local competitions have evolved into worldwide tours being broadcasted live via Internet. With so many new practitioners traveling around the globe returning to their home as surfers stoked for more waves, new spots are being discovered in the most unexpected places.

Whether we surf to stay fit or use it as a reason to meet new people in new places or maybe you are a restless soul looking for adventure, the reason why we surf is still the same as it was when the Hawaiian kings slid across the water, we enjoy it. Join the fun. Live the search. Welcome to the tribe.
THE ENVIRONMENT

Being a surfer means being close to nature, our passion of riding waves will always be at the mercy of Mother Nature's health. As you will learn, surf is the result of complex global weather systems that at first might seem hard for us to have an impact on or even less, change. But as most scientists now agree on, human behavior plays a huge role in a speeding climate change. Surfers are extra sensitive to pollution and irresponsible waste management since more or less everything consumed, thrown away or sprinkled over plants eventually ends up in the sea, making our time in the water less pleasant and sometimes even puts our health at risk. In the long-term, climate change pose a threat to many world-class breaks; as water temperature rise, coral reefs will die making them more porous and they become subject to erosion and rising sea levels might come to hide certain lowtide reefs preventing them from breaking at all. Not good news.

"You've just got to think that all those little things we do, when done six billion times, are going to have a big impact." – Dean Brady

"I hope my kids will have a rich and exciting life unhindered by the effects of pollution."

It is clear that our actions have an impact on the environment we live in, so if you think about it, it's really just a question of what kind of impact we want to make and act accordingly.

Consume sensibly, rather spend more money on one good bikini set or pair of boardshorts that will dry fast, last long and can be used out of the water. Same for wetsuits, boards and other equipment make them last.

Consume responsibly, look for clothes and products that are made with care for the environment. Many surf brands have their own sustainable line like Rip Curl Planet with clothes made of organic cotton or recycled materials.

Consume collectively, you don't use everything all the time, maybe there are some things that you can share with your friends?

Repair rather than replace. The rip in your wetsuit can be fixed, so can your t-shirt, shoes and car. It is almost always better for the environment to repair something as it generally creates less waste.

Re-use before you recycle

Buy second hand and sell second hand. Don't throw stuff away.

Support your local business as far as possible, transporting goods across the world makes a huge debt in the environmental account.

Walk or ride your bike to the beach, it's a great warm up and saves both money and fuel.

Ride collectively, stack as many friends in one car that is possible and/or legal, split the cost of gas and save plenty of CO2 emissions.

If renting a car, try to go electric, hybrid or at least diesel.

Long travels by plane emit massive amounts of greenhouse gases and looking for carbon offsetting options is a good idea, so is planning the route in a as straight line as possible.

Think cradle to cradle, where did the material of this come from and where will it go when you're done with it?...and please remember turn off your light, stereo, air condition when you’re not using it.
WIND
Waves are born by wind as big storms stir up water far out at sea. The wind itself is a result of the sun heating up the Equator with more concentration than at the poles, causing the surrounding air to heat up. As the hot air gets lighter it rises in updrafts and travels towards the poles as high pressures while the pocket underneath it is filled with colder, denser air returning from the poles as low pressures. Because the earth rotates, the heated air spins in circular patterns. When warm air collides and slides over a cold air mass, the low pressure strengthens resulting in faster spinning winds. In winter the temperature difference between the Equator and the poles increases and so the contrast between colliding air masses have greater effect, lowering the barometric pressure, creating instability and, thankfully for surfers, creating big winter storms that stir up plenty of water.

The same thing happens on a smaller scale every day as land heats up faster than water, hot air rises on land during the day bringing in cool air from the sea in the form of onshore breezes. At night the process is reversed, land cools off quicker than sea sending out cold air in the form of offshore winds.

SWELL
Waves are born by the wind agitating the water surface creating ripples. A bumpy surface makes it easier for the wind to grip and agitate the ripples further, making the waves grow exponentially. It's a snowball effect that will increase the waves height as far as gravity allows it, for as long the wind keeps blowing. Storms that move over longer period and distance will produce bigger waves. The wave energy created will travel on its own and spread across the ocean much like the rings on a pond when you throw a rock into it.

Swell is what we call this collection of waves created by the same weather system or storm(s). The longer distance a swell travels the more the energy will spread out which consequently makes the swell hit a broader part of coastline with proportionally smaller waves. During their travel waves of different wavelengths will group together due to different speed. Therefore sets arrive at the coastline with waves of similar size.

Groundswells are are born far out on the oceans, move like the low pressures that create them, from the West to the East and can travel vast distances and still arrive with great power. They are the most consistent of ocean swells. Windswell or localized swell is the result from strong regular winds that have enough fetch to kick up rideable waves. Waves will rarely have time to group into sets as they often arrive together with the storm that created them.
TIDE
You might have noticed that if you go to the beach by lunch the shoreline is a lot further up the beach than it was at breakfast and by dinner it has retracted back down again. This tidal difference is a result of the moon's gravitational force challenging the Earth's own gravity attempting to pull the world's oceans off the planet making them bulge. The sun also has a gravitational pull on the oceans, its effect is smaller but significant. A full moon means that moon and sun are aligned and the result are larger tide differences called spring tides, the same happens when the moon aligns with the sun on the other side of the Earth in a new moon. When the sun and moon are at a 90° angle to each other the pull is almost equalized resulting in small differences called neap tides. Exactly how big the differences are depends on underwater topography and latitude and can vary vastly from place to place.

As the world spins around its own axis the gravitational pull changes location letting every point of every ocean's surface experience at least one tidal shift a day. Most coastlines have two daily tides meaning there water will come in (flow) and go out (ebb) twice under the period of 24hr50min which is the time it takes for the Earth to rotate until the same point is aligned to the moon again.

Before going surfing it is good to know if you are in area with big tidal differences as certain surf spots can be very tide sensitive and also to know when the good tides will occur. The best way to do this is to invest in a Rip Curl tide watch that has over 500 beaches pre-programmed to save the trouble.
COURSE 4
THE PEAK AND THE BACKHAND

THE WAVE IS YOUR SOURCE OF ENERGY AND CLOSER YOU ARE TO THE POCKET THE MORE POWER YOU WILL GET, LEARN TO KNOW THE DIFFERENT PARTS OF THE WAVE TO UTILISE IT THE BEST.

TAKING OFF AT THE PEAK
Position yourself so that you are ready to paddle really hard when the peak approaches. Make sure you are not too deep so the peak crashes on you nor too far out on the shoulder so the wave will pass under you. As you take off angle your board in the wave direction. Don’t be shy, attack the wave when you see it coming and paddle to get into position. Try to get the timing right by watching how the waves behave before paddling out.
Practice moving your board from side to side on a wave to find more power, speed and riding time on the wave.

RIDING ON YOUR BACKHAND
Surfing on your backhand means you won’t see what the wave is doing as you can on your forehand. Learn to feel the wave and try to visualize the line you need to take to not wipeout. Stay centered by adjusting the weight between your front and backfoot. Square your shoulders to the wave so that you are as open as possible to the direction that you are riding.

GRAB RAIL TAKE OFF
Taking off on a wave on your backhand may seem hard at first but if you use a technique called the pigdog where you grab the rail of your board to get into the right direction you will see it is just as easy or easier than taking off frontside.
Experienced surfers often use the pigdog technique to help them hold the line while riding the barrel on their backhand.
Take off on your backhand with your trailing (outside) hand grabbing your outside rail. Keep your back leg bent or drop the knee to your board and drag your leading hand along the top of the wave.
Surfing over a reef means more consistent and predictable conditions than when surfing on a beach break. This is due to the fact that a reef is immovable meaning it doesn’t change as water pushes over it, at least not on a scale that matters to us. Reefs come in many varieties, they can be lava mounds or fingers, granite shelves or made of coral. With a harder and sharper bottom is important to use the right equipment, be sure to wear a helmet and/or booties to protect yourself.

THE CHANNEL
Most reefs end abruptly creating a deep channel where the waves won’t break. The channel works the same way as a rip and is your safe zone when surfing on reef breaks. When you paddle out use the channel. When you want to rest use the channel. When you have fallen off paddle to the channel. Figure out where the channel is by looking at how the waves break from the beach. Where the waves roll but never break is your ticket, also look what other surfers are doing as they might have an idea.

ETIQUETTE IN THE LINE UP
Follow the tribal laws explained in the Etiquette section of this book and learn how to read the line up. Remember, you can always sit wide in the channel where the waves don’t break and read the sets and where the peak is.

When you are ready paddle to the line up:
- Be courteous to other surfers, spread the Aloha
- Talk to the guy/girl next to you.
- Respect the locals
- Know your experience level.
- Stay cool, calm & collected.
- Smile

PULLING OUT
As the bottom on a reef break generally is hard and sometimes even sharp it is very important that you pull out correctly as you exit a wave.

If the wave is not closing and you can ride it to the end the best way to pull out is to go over the shoulder. As you approach the end of the ride turn your board slightly up the face and ride over the back of the wave, paddle to the channel.

Never jump or dive headfirst. Use booties if the reef is shallow and a helmet if the waves are heavy.
YOUR BODY AND THE WAVE
As you have already learned staying low and stepping forward will help you go faster, while standing tall and leaning on your back foot helps you turn the board. When you have enough speed, using your upper body, torso, shoulders and eyes will help you to turn the board sharper and rotate more on the fins.

RAIL TO RAIL TRANSITION
Using your eyes and upper body to turn the board from side to side, from 45 degree left to 45 degree right. Lift your head higher as you turn the board. If your body weight is too far forward when you turn, the nose will sink into the water and the board wont turn. By compressing your weight once you have made the turn, you will increase your board speed. Extend your body weight again to transition to the opposite rail.

FOREHAND TO BACKHAND
Practice by bringing the board to the toe side and hold a good line, lower you body generating more speed. Then all in one motion extend your upper body, while placing more weight over the back foot, rotate using your arms to your heelside, look to the whitewater. As you pass the 90 degree angle, lower your upper body over the center of the board. Hold the heelside turn to generate speed before repeating the exercise.

CUTBACK
To make your first cutback you need to be moving in the wave direction along the bank. Now use the same technique as above turning back to the broken wave. As you approach the whitewater lift your upper body rotating back to the bank of the wave. Using your eyes, look at the bank, as you turn look at the whitewater, now look back at the bank and turn to the wave direction again. Remember to place more weight on your back foot in the turn and for speed weight to your front foot.
NEW BOARDS

The shape and size of a board will give it different qualities that will change how you surf. A smaller board will be faster when you surf and easier to maneuver but less stable and slower when you paddle for waves. As you progress it is good to try as many different boards as possible to get a feel for the differences between different lengths and fin setups. That way you will know what suits you the best when you go to buy your own board.

JUMP UP & CONTROL

You are on a new board, it is most likely a bit more unstable than what you are used to so as always it is extra important that you don't rush to your feet. Remember, the slower you go, the faster you will learn.

- Place your hands in a chicken wing position.
- Slide to your feet placing your front foot in between your hands.
- Stay low and correct your stands but keep your eyes up, look where you want to go.
- Don’t think too much, go with the feeling in your backbone, you know this now.

FOREHAND TURN

A smaller board will not carry you as easy as a big one, you need to give it more speed by turning it in the direction the waves is breaking. Once you get the speed, the smaller board will be a lot easier to handle.

- Place your weight on your back foot
- Rotate your torso by pulling your back arm backwards.
- Lean slightly to your toesside and look where you want to go.
- Lower your body weight to keep balance and shift your weight back to your front foot to gain speed again.

BACKHAND TURN

Start making turns going from your forehand to your backhand using the techniques you learned in Level 1 - transitional turns.

- Place your weight on your back foot
- Rotate your torso by moving your front arm front arm in an arc ending with pointing over your front shoulder.
- Lean slightly to your heelside and look where you want to go.
- Lower your body weight to keep balance and shift your weight back to your front foot to gain speed again.

Try to find a board that gives you a bit of a challenge but enough comfort and confidence so that you are able to practice your skills with control. When you get time to practice see if you can find a smaller board than you are comfortable with and give it a try then go back to a slightly bigger and you will see how quick you will build your confidence on that one.
TUGU REEF
Tugu reef is formed by lava entering the sea water, cooling and solidifying; this phenomenon is known as a "lava mound." The three take off points work on alternate tides and wave heights. The paddle out spot is 20m to the right of the rocks. Paddle out via the channel, as waves very seldom break here. The channel is also the pull out and paddle back route to the take off points. Always head for the channel, paddle back wide around the waves and take off points to avoid surfers, also being caught on the inside during sets.

The left inside take off is the easiest wave to ride and also runs the surfer straight back into the channel. If you take off from the left outside you must be prepared to avoid other surfer on the inside and also to be caught on the inside if you don’t make the take off. The right hand take off is for experienced surfers and can be a very exciting and fast wave.

OLD MAN’S
Old man’s is also a lava reef formed probably at the same time as Tugu with the difference that it takes the form of thinner strips on top of each other, resembling a finger, therefore a reef like this is called a “lava finger”. There are three take off points that work best on the low to mid tides unless the swell is big when high tide also provides fun walls. The paddle out spot is at the end of the concrete wall as the channel there provides a controlled and safe entry over sand bottom. As always the channel is the way back out after pulling out or falling off a wave.

The outside peak has a short right and a longer left and on the inside a fast left sometimes forms depending on the tide. When you are surfing the left-handers be aware not to surf too far so you end up against the rocks in front of the temple.
OKA POINT

A point break will always create a big wave as the water pushes up quickly from deep over the shallow point. Oka Point is a coral reef break and can be very shallow on the inside.

Oka Point has two take off points, the right outside is a wrapping right-hander which will connected up with the inside A-frame section, so be prepared to make it around the section or pull out into the channel.

The A-frame take off point is best surfed only on the right. If you take off left be prepared to battle your way back out from the inside to the deep channel.

SERANGAN

Serangan Reef is a deep water coral shelf. The water behind the break would be 10m deep and 1 to 2m deep over the reef where we are surfing. The break we are surfing has 3 take off points. The outside 'A-frame' peak has a left and a right. The right is a fast take off then slows quickly into the channel. The inside left is very fast and carries a lot of speed over very shallow reef. The inside right is the best to start on and can be a long ride if you stay in the pocket. Always paddle back out through the channel and avoid other surfers.

BABY REEF

Baby Reef is a deep water coral shelf which wraps around into the Serangan Harbor. To the right of the lighthouse is a channel which we will use to paddle out through. Start by surfing the inside right and left take off points surfing back into the channel.

The left inside and outside take off point which wraps back into the Serangan Harbor must be approached from the harbor channel. Remember the reef is shallow so always fall on to the wave, avoid jumping or diving into the water.
STAYING FIT

Surfing is demanding it requires balance, stamina, strength and patience. If you haven’t been in the water for a long time or if you are new to surfing it’s a good idea to get your muscle memory going before hitting the waves. You should always warm up to prevent injuries and to be more agile in the water so you can make the most out of your session. After and in between surfs it is important to stretch and keep doing fitness exercises so that you are well prepared for any kind of conditions the ocean might throw at you.

After your first couple of surfs you will feel pain in the muscles of your shoulders and arms. You will probably have developed two soar spots on your ribcage where you lay when you paddle. This is completely normal and will pass as your body is adjusted to these new movements and positions. Power through it and you will see that after about three days the pain will start to disappear and everything will start to get easier.

Stretching: Your paddle muscles are the first ones to get soar so make sure you give them a good stretch after each session. Remember to not go too deep into your stretches and stop immediately if you would feel any pain. Never stretch without first warming up the body to keep from stressing and/or injuring the ligaments.

Staying fit: Keeping your strong core will make your surfing a lot easier and a lot more fun. By regularly doing a few simple exercises you can improve your balance and stay fit for your next session. When you are out in the water there can be a lot of things happening at once and if you are not used to this it is easy to feel as if you are losing control of the situation. To stay calm you need to feel confident and the more you know about the conditions and your own body the more comfortable you will be. Prepare yourself mentally by confirming that you can hold your breath for 20 seconds and take comfort that you are never likely to be held under for more than 5 seconds when you wipeout. Go swimming in the waves and open your eyes under the surface. Enjoy it, explore it and most important: stay calm.
STAYING FIT

Surfing requires both physical and mental fitness. Having a strong core will help your balance and is just as important as having a proper breath in order to stay calm and focused. Staying fit by running or swimming, lifting weights or taking a spinning class is great but no other activity will complement your surfing in such a holistic way as yoga does. Yoga when practiced frequently will make you stronger, more agile, help your balance as well as increase your mindfulness and build up your stamina.

There are several different kinds of yoga and the only way to find out which one works for you is by trying them and deciding for yourself. All disciplines focus on a correct breathing that starts by closing the mouth and breathing deep in through the nose. Let the air fill your entire lungs from deep in the stomach up to your chest. Exhale slowly through the nose and feel the difference each breath makes. Practicing this will help you to stay on top of things in all stressful situations.

Yoga doesn’t have to do anything with incense, mantras or chanting. It is just a great way to stay fit and prepared for surfing as it keeps both body and mind in shape. Visit your local yoga center or gym that probably offers classes and get into it. Once you get the hang of it you can practice at home by yourself, cheap, fast and easy.

Surya Namaskar - the Sun salute. Doing a series of these each morning is a great warm up. Try to shift position with your breath keeping a steady pace of equally long in- & exhalations.

Knowing your body and its limits will help you to tackle tough situations out in the water with a confident mind. The more you know the better you will read different situations, whether it is about ocean conditions or your body’s oxygen supply, when you know what is going on you will find it easier to stay calm. There is no better way to become more comfortable under water than actually be under water and practice your breath holding. This should always be done in a controlled environment and under supervision of a professional. The best way is to take a course in freediving where you learn how to slow down your pulse, stay calm and hold your breath for several minutes.
There are several different styles of surfboards and they will all behave different in the water. The largest factors that separate one board from another are: length, thickness, width and fin set up. In addition to this details like: rail profiles, tail shapes, rocker or bend, bottom contour and material all play their part in altering the performance and is an endless but fun maze to get lost in once you start to feel the small differences.

Length
A longer board offers more paddling power, making it go faster with less effort from your arms. It will be more stable as you stand up but on the downside it is more difficult to handle as it is heavier and will turn slower. For a beginner it is best to start on a longer board to be able to develop the right technique for paddling and standing up without having to put too much energy in keeping the balance. Length is measured in feet as the profile of the board was projected to a flat surface.

The width of a surfboard is measured at its widest point and is usually between 18-24 inches depending on the type of board. The width is a stabilizer as it adds volume and so flotation. Thinner boards will go faster on steeper waves but if the waves are flatter a wider board will carry you better through sections with little power. A narrower nose enhances maneuverability especially in larger waves and so will a narrow tail.

Thickness
A thin board is light and will sink when you lay down on it and if you are not a great paddler this will be challenging. To catch waves easier a board with more thickness through the whole length will float better and give you more paddle power. However thick boards are hard to push down under waves making duckdives hard even on shorter ones. Thickness is measured at the board’s thickest part in its cross section and given in inches.

Width

Today most boards have detachable fins which gives us the freedom to switch not only size but also the amount of fins we want for each session. This is a huge advantage compared to the classic glassed-in fins that also is a drag to travel with. Fins affect the board when riding and are insignificant when it comes to catching waves.

Single fins: Longboards traditionally only has one large center fin that gives the board great hold in the wave making it easy to glide down the line. A single fin will make the board turn slower but smoother.

Twin fins: Usually seen on retro boards with wide split tails. They make the board turn fast and easy as well as get a lot of speed as there is less without a center fin. In larger surf they are hard to control and can feel slippery.

Thrusters: Boards with three fins is the contemporary standard and provide the most balanced combination of maneuverability and drive. Since the fins are generally a bit smaller they let the board turn quick and tight at the same time as they stay stable.

Quads: Having four fins on your surfboard will automatically let you go faster with less effort as there is no center fin to create any drag. They are loose and slightly less stable than a thruster in certain conditions and can take a while to get accustomed to but overall really fun once you are.
Longboards - the oldest horse in the stable of modern surfing. A longboard is as the name implies long, 8-12ft (2.4 - 3.6m), and on average at least 2.5 inches (6cm) thick and 20 inches (50cm) wide. Stable, smooth and easy to learn on.

Mini Mal's - looks like a longboard but is under 8ft and usually equipped with three fins. Once you can ride the longboard with control the mini mal is a great transitional board if you want to move down in size but keep the paddling power and stability. Sometimes the mini-mal is referred to as a funboard.

Gun - a board made especially for surfing really big waves. Guns look similar to shortboards, with their tail and nose being drawn out really long making them pointy at both ends. They range from mini-guns at 7ft (2.1m) to 10ft (3m) rhino chasers and are usually thick as longboards to give the surfer lots of paddling power.

Shortboards - Since the introduction of the shortboard in the 1970's it has undeniably become the most popular type of surfboard. Typically under 7ft and with a sharper nose than the longboards it is made for aggressive surfing in critical sections on or above the wave.

Fish - traditionally a shorter board with a lot of volume all the way through the nose and a characteristic deep split tail that makes the board loose and fast. Today a fish may come in many shapes and sizes but generally resembles a wide nosed shortboard and can be the perfect board to progress to after the mini-mal as they are smaller and turn quicker but are still stable and easy to catch waves with.

Alaia - A finless piece of carefully crafted equipment used by the ancient Polynesians back in the cradle of surfing. Traditionally made out of Koa wood and about 7ft long. The Alaia has seen a renaissance in 2010's as surfers start to look back at the roots of the sport.
Aloha - Hawaiian word used as a greeting, a send-off, a sign of affection and a wish of good fortune. In short, aloha means love; Hawaiian style.

Barrel - A tube inside a breaking wave underneath the lip or crest of a hollow wave. A surfer may be completely hidden from view during the barrel ride. One of the best maneuvers in surfing but very difficult to complete due to changing variations in every different wave.

Caught Inside - When a surfer gets caught on the shore side of a breaking wave making it difficult to get out, results in getting tossed around and lots of paddling.

Choppy - Bumpy ocean and wave conditions that are rough due to strong winds and/or currents. Wind velocities are usually over 12 knots to create choppy conditions.

Clean - Good conditions, good waves, with a smooth or glassy ocean surface and very little onshore wind. Offshore winds blowing into the faces of the waves can create clean, groomed conditions.

Clean up set - A much larger wave or a set of waves, which break further outside than normal. A clean up set usually “cleans” the lineup of surfers caught further inside.

Closeout - When all parts of the wave - down the line or crest of the wave - all break at the same time. Not suitable for surfing.

Crowded - When a spot has a lot of people on it.

Drop-in - A term used when a surfer catches a wave in front of another surfer who is already riding which is a general breach of surfing etiquette. Don’t.

Eskimo Roll - Another method for getting through broken waves used mainly by longboarders. Sometimes called a Turtle or Turtle Roll.

Flat - When there are no waves to surf.

Glassy - When the texture of the ocean surface is like glass. Smooth water surface conditions because there is no wind.

Goofy Foot - A surfer who surfs right foot forward and faces the wave on lefts, and faces away from the wave on rights.

Grommet - A young surfer, usually but not always under 16 years of age. The grommet represents the future of every homebreak. In him, the elder sees himself many years ago and therein exists an unspoken respect, that all parties are part of a rich heritage, tied to the ages.

Ground Swell - A swell with a period over 11 seconds between successive waves. Ground swells are born by storms far out at sea sending out waves with a lot of energy making them able to travel far and wrapping into many different surf spots as opposed to wind swell.

Hang Ten - A longboarding maneuver where the surfer hangs ten toes of both feet over the lip or front of the surfboard. A very classy move that should be approached by first mastering the Hang five - five toes over.

Impact Zone - Where the waves break. It’s a good idea to avoid this area when paddling out, as the waves are most powerful to paddle through here.

Inside - Depending on where you are it either refers to riding the barrel, sitting inside as in closest.

Kook - Beginner surfer. Sometimes also referred to as someone who can’t surf and is often in everyone’s way by getting out in conditions past their skill level.

Leash - The leg rope attaching the surfer’s back leg to the surfboard keeping them from falling after a wipeout.

Lineup - A series of waves approaching the lineup. Waves almost always arrive in sets, and the time in between sets are called lulls.

Over the Falls - The worst kind of wipeout when a surfer is sucked back over the top of the wave as it breaks so the surfer free-falls down with the lip. Regular foot - A surfer who surf left foot forward and faces the wave on rights, and faces away from the wave on lefts.

Set - A series of waves approaching the lineup. Waves almost always arrive in sets, and the time in between sets are called lulls.

Shaka - The universal surfer’s hand signal where you stick out the thumb and pinky and fold the other three fingers in and usually rock the hand back and forth. Originated in Hawaii and popularized by surfers in the 1960s.

Shorebreak/Shorey - Waves that break very close to the beach, usually with a lot of power as a result of the steep angle of the beach.

Sideshore - Winds that approach the waves from the side rather than directly from the land or ocean.

Spot - A designated place, sandbar, reef, bay or rivermouth where waves break, also referred to as break.

Stoke - Sense of boundless euphoria that can only arise after surfing leaving the surfer extremely happy or thrilled.

Wind Swell - A type of swell with a swell period of less than 11 seconds between successive waves. Also called localized swell as they are born close to shore creating short periods of surf.

Wipeout - The classic term for falling off your surfboards while riding. Some are more serious than others but they all suck when they occur though many spin off into great stories at the campfire.

For more surf terms visit www.surfline.com
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Eyes up
Don’t look down on your board or at your feet, raise your chin and look where you want to go. Find a visual target on the beach and feel your position on the board. Where you look is where you will go.

Straighten your back
If you bend your back your backside will stick out and your center of gravity will not be aligned with the centerline of your board, where it should be. Stand proud with an open chest.

Use your arms
Exaggerate your movements more by using your arms and torso. You will notice a big change when trying to get more speed and doing turns. Your arms also helps you to keep your balance.

Bend your knees
By keeping your knees bent you will be able to keep your balance and compensate any bumps or lifts from the wave. Your bent knees are your suspension, stay low for more control.

Slow down
Take it easy, don’t stress your jump-ups or maneuvers. The slower you go, the faster you will learn and the cooler you will look.

Chest up
When paddling, raise your chest by arching your lower back more. It will provide more power for your paddle. If you nosedive it is usually because you are not arching your back enough.

Too far forward
Correct your position on the board by moving back so your nose comes out of the water when you paddle.

Too far back
Correct your position on the board by moving forward so that you create less drag with the back of your board.

STOP
If you see your instructor holding out his hand when you are paddling for a wave you should stop and not try to catch that wave. Maybe someone else is already riding it or you are not in a good position to catch it.

Break / Class over
Catch one more wave and then return to the beach/boat for some helpful instructions and a debriefing of the last session.

Bali Location
Sanur (62 361) 287 749
Legian (62 361) 735 858

info@ripcurlschoolofsurf.com
www.ripcurlschoolofsurf.com

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