

# First Rotations

## What is a rotation?

A rotation is also commonly known as a front loop or back loop. This can be done hooked or unhooked. A rotation is effectively when the rider jumps in the air and rotated his / her body 360 degrees in the air to land back on the water travelling in the same direction as their start position. When you master the art of rotations you can do more than one and make it a 720 or 1080 rotation.

## Pre requisites

The rider should be confident in jumping and landing the jumps in one direction. Kite skills are also essential as the rider should be at a stage that flying the kite is almost second nature so that they can concentrate on the board work. This would be classed as an intermediate trick.

## How to do your first rotation

**Step 1:** Make sure that you are travelling at a medium speed, bring your kite to 12

- Slow yourself down if need be, edge if necessary to help
- Narrow grip on bar

**Step 2:** When the kite is at 12 start to perform a jump, extend your back leg and bring in your front leg. Start rotating your body away from the kite. Bring both legs up, knees to chest.

- Initially back leg straight, this will help start the rotation
- Make sure you rotate away from kite (first rotations hooked in)
- Bring legs up as high as possible for max water clearance.

**Step 3:** Look over your back shoulder, and spot your landing

- Do not look at your kite
- Look over your shoulder in the direction of rotation
- Concentrate on the landing spot

**Step 4:** (as you come into landing position) pull hard with your front hand.

- Narrow bar grip
- Pull kite in front of you to get lift in kite and pull on rider

**Step 5:** Land the board in the direction of travel, remember to apply most pressure on back led to avoid nose dive.

- Good posture
- Max pressure on back leg
- Look in direction of travel
- Sort bar, kite and lines out

## Common errors

- Not enough lift off the kite to make a full 360 rotation
- Not bringing legs up high enough
- Loosing special or situational awareness
- Looking at the kite not the over their shoulder and landing zone

- Over or under rotation
- Sheeting out, falling out of the sky.