

LEARN TO SURF

A Basic Beginners Guide



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Welcome



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GOLD COAST - AUSTRALIA

Exscreeme Learn To Surf, a licensed Surfing Australia Surf School would like to introduce itself as the premier surf school operating on the Northern Beaches of Australia's fabulous Gold Coast.

Our professional, accredited surfing instructors offer easy to follow tuition to beginner, progression and intermediate Surfers.

This ebook is offered **FREE OF CHARGE** to surfing beginners to assist in developing basic surfing techniques that will introduce you to an activity that will keep you stoked for a lifetime.

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LIFESTYLE, FITNESS, SATISFACTION AND ENJOYMENT

We hope you find the easy to follow techniques beneficial to your surfing. Please feel free to save and print this ebook or forward by email to other beginner surfers who you feel may benefit from it.

If we can be of any assistance to your surfing please email any questions.

Our most important tip to progress and develop your surfing is to:-

GO SURFING!

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Surfing

The best way to spend your time on the beach!



Congratulations!!!

Step one of becoming a surfer is to simply have the desire to 'GIVE IT A GO'.

Surfing will provide you with a thrill that has been stated as being 'addictive' and 'life changing'.

No longer is surfing only for beach bums and surfy dudes. Modern day surfing caters for absolutely everybody, children and adults, girls and boys, recreational fun and professional sport.



Whether you would like a one off experience of catching and surfing a wave, or if you are totally keen on joining the healthy lifestyle and culture that surfing provides, this booklet will teach you the basic techniques to get you started.



While Learning to Surf, be patient, surfing is a progression that will continue for the rest of your life. That's why it is so addictive! The feeling you get from surfing your first wave will continue with every wave, and for the rest of your life.

Grab your board, head down to your local beach, 'GIVE IT A GO' and have FUN!

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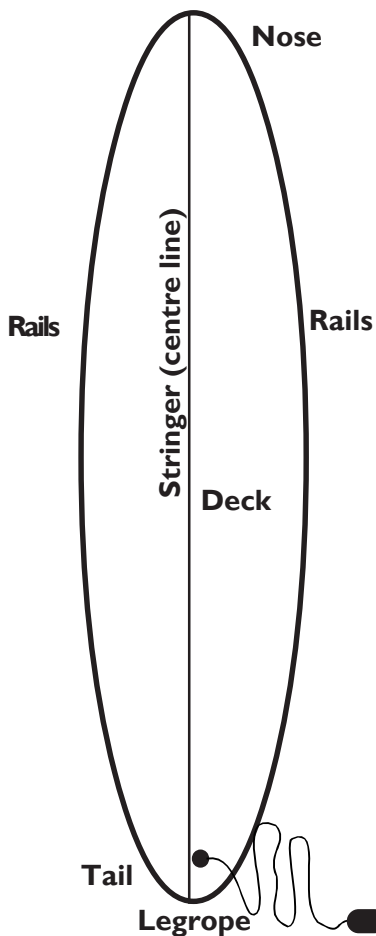
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Your Surfboard.

The basic rule to remember for your beginner board is “the bigger the better”, a bigger surfboard will offer more flotation and stability which will assist you in paddling, catching waves, standing and surfing. As a general guide, if there is no experienced person to offer you assistance when purchasing your surfboard, put one arm straight up into the air and the length of your beginner board should approximately reach the tips of your fingers. This booklet has been written for surfers using a correctly sized beginner board.

Parts of your surfboard.



There are parts to the surfboard that you will have to know to help you with your surfing.

1. The more rounded or pointed end is known as the nose.
2. The opposite end with the legrope is known as the tail, this is the end where your feet go when lying on the surfboard.
3. The sides of the surfboard are the rails, the rails are used for turning the surfboard, but at this stage you should use them for HOLDING ON.
4. The top side is the deck, this is the side you lie and stand on.
5. The bottom is simply called, the bottom.
6. The legrope is what attaches you to the surfboard, it is a velcro strap that goes around your back ankle when standing. (We'll work on that later)
7. Surfboard Wax is applied to the deck to add grip, alternatively your surfboard may have deck grip stuck to it.

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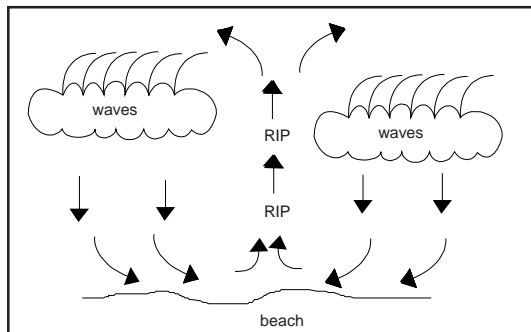
Before You Enter The Surf

Be Aware and take notice....

Rips & Currents

A rip is a body of water that is pulling away from the beach and back out into the ocean.

A wave breaks and washes into shore, the water contained in the wave must move back out to sea. This happens by a channel being formed and the water flowing



into it to create a current that is strong enough to pull out through the incoming waves.

As a beginner surfer what you need to know is that the rip only goes out as far as the back breaking waves. It will not drag you for miles and miles out to sea, if you find yourself in a rip you should go with it and then simply paddle to the side and catch a wave back in. Do not panic, be aware of what is happening, stay on your surfboard and keep an eye on the breaking waves which may become bigger as you go further out.

Rips are identifiable by a number of ways:

- The colouring of the water may have changed to a murky dirtier colour, this is caused by the sand being stirred up from the bottom.
- The surface of the water may be choppy or rougher, this is created by the incoming and outgoing flows of water colliding.

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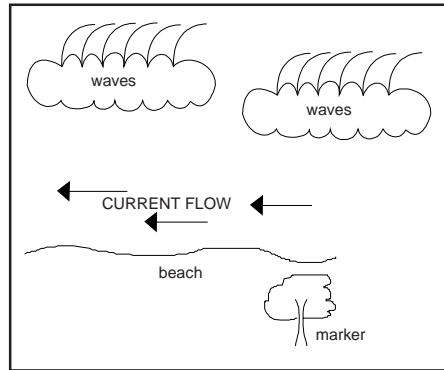


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You may see surfers entering the surf directly into a rip, an experienced surfer who wishes to surf the back breaking waves can use the rip to be pulled out. It is the quickest and easiest way to get out into the line-up.

Remember, you are a beginner, until your confidence and surf awareness skill increases, conditions closer to the beach will most likely be more suited to your ability level, you should stay within your limits and avoid rips but look forward to their assistance as you improve.

Currents run parallel with the beach, they can be quite strong and can drag you some distance if you are not aware of them. Before entering the surf identify a marker on the beach and take notice of how far away from that marker you have moved during your surf.



Learn To SURF



ALL AGES
WELCOME

SURFING IS GREAT BECAUSE:

- It provides you with a **Fantastic Lifestyle**
- It is a great way to **Stay Fit**
- It will increase your **Daily Satisfaction**
- It will give you a lot of **Enjoyment and Fun**

Ask
a Surf
Coach!!

DURING YOUR BEGINNERS LESSON YOU WILL:

- HAVE A LOT OF FUN
- Be provided with a soft surfboard, lycra shirt, drink bottle & suncream
- Have a professional instructor offering easy to follow tuition
- Learn surf safety, surf awareness and all the basic skills to get you started

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Stage 1.

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On The Beach...

Body Positioning

Before entering the surf you should practice all techniques on the beach and familiarise yourself with what you are trying to achieve with each stage. Sorry, but you are not going to stand up with this stage. Stage 1 is all about your body positioning on the surfboard and catching waves.



To catch waves and surf it is important that the body is positioned correctly on the surfboard. Correct positioning will assist in keeping the surfboard stable and in trim and most importantly prepare you for the stand up which is described in Stage 3.

The correct way to lie on your beginner surfboard is to place your toes on the *tail* of the board, grip the *rails* below your chest, keep your head looking forward at all times and slightly raise your chest off the board. All these points are vital if you are to achieve your goal of standing and surfing waves.

Your toes should be in a position where you can cup them over the *tail* off the board, if you can do this your body is positioned on the board correctly, but where we want your toes is on the surfboard.

Next, grab the *rails* below your chest (for future reference we will call this the *chest line*) by grabbing the *chest line* we are preparing

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the push-up that is required to assist you get to your feet. It is vital you grab the *chest line* with your ELBOWS UP and not down, they are described during lessons as chicken wings. Try and identify something on your surfboard with this line, it is where your hands will remain for the duration of your surf.

Very importantly your head should be looking up and forward, this will give you balance on the surfboard and help you progress must quicker.

Pushing Up

Once you have worked out your correct positioning, the next progression is to *push up*.

The *push up* is to prepare you for the stand up, it requires you to strongly push your upper body up creating an arch in your back and giving the



maximum amount of clearance between your chest and the *deck*. An even amount of power should be used by each arm to keep the surfboard stable and in trim.

Once again your head should be up and looking forward.

Coaches Tip



Before any surfing activity you should do a full body stretch.

Surfing is great fun but it is also a very physical activity and the ocean is very powerful. Even if you are just out there for a bit of fun you will exert a high rate of energy from your body. Stretching before you go surfing will help you get maximum results and help prevent injuries.

If it is your aim to be surfing regularly stretching should become part of your daily routine.

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In the Surf...

Entering the Surf

You now know your *body positioning* and your ready to start entering the surf, but, how do you get out there?

As a beginner you should only walk out as far as waist deep water and keep your feet on the bottom at all times.



First of all, attach your legrope around your leg so the cord is sticking to the outside back of your ankle. Pick up your surfboard with your hands on the identified *chest line* and then hold it to one side (whatever feels most comfortable). Start walking out into the surf, be careful not to

trip over on your legrope. When a wave comes towards you simply lift the surfboard up and over and keep progressing out until you are in waist deep water or a few metres in front of where the waves are breaking (break zone).

Never carry your surfboard in front of you while entering the surf, if you do, when the wave comes it has a much bigger area to hit and it will knock you backwards and most likely under water. Keep your nose pointing out to the ocean at all times.

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Wave Selection

As a beginner you should start by catching 'broken waves' or 'white waves', the waves you shouldn't be catching are know as 'unbroken waves' or 'green waves'. A broken wave is one that has already broken or crumbled and is now rolling in towards the beach. Start off by catching smaller waves and progress to slightly larger waves with more power.

When selecting waves look out to the horizon and pick a wave that is further out, do not rush and decide to catch a wave when it is only one metre in front of you. Give yourself time and prepare yourself.



Unbelievable, I stood up in my 1st lesson and was surfing waves all the way to the beach during my 2nd Lesson. Carole (28 years old VIC)



Coaches Tip



Be aware of your surfing surroundings.

Before entering the ocean study the surf and identify any hazards or obstacles. Things you should be noticing are:

- Are there any submerged rocks
- Are there any stingers washed onto the beach
- Are you going to be surfing crowded waves
- Are there any rips or currents in the area
- Is the tide coming in or going out
- What is the weather like

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Catching Waves

So now you're out there, you're holding the surfboard by the *rails* with your hands positioned on the *chest line*, you've selected a wave and it's coming towards you.



In one simple movement turn 180 degrees so you are now facing directly in towards the beach, angle the surfboard slightly so the *tail* is lower than the *nose*, look over your shoulder and keep your eyes on the wave, now bend your knees and get ready to push off the sand.

The question now is "when do you jump on to the surfboard"?



Wait for the wave to hit the *tail*, then, smoothly but powerfully push forward, slide on to the surfboard leading with the chest and adopt the correct *body position* practiced on the beach (*chest line*, elbows up and toes on the *tail*), *push up*, keep your head looking forward and ride the wave to the beach.

On approach to the beach slide to the back of the surfboard and pull up before running the fins into the sand.

Stage 1 Summary

The aim of stage one is to be able to catch waves and ride them to the beach with the correct body position on the surfboard. The more proficient you are in this stage will assist you achieve your surfing goal quicker. You need to be able to catch waves before you can stand and surf.

Important Point: To catch waves that are very small or not very powerful you may need to start with 'Stage (2) - Paddling'.

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Stage 2.

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Paddling

(A) On the beach

Once you have got the feel of catching waves and you are confident your *body positioning* is right, it is time to start paddling on to waves. By paddling we are attempting to increase the speed of the surfboard which will give it more momentum, this in turn will assist in catching waves and improve the stability of the surfboard as we progress towards the next stage of 'standing up'.



Sorry, but you are still not going to stand up just yet!

To achieve the correct paddling technique you should once again practice on the beach and familiarise yourself with the finer points, which are:

- Do - *Body positioning* (as in stage 1)
- Do - Slightly raise your shoulders and chest off the deck
- Do - Keep your head up and looking forward
- Do - One arm after the other, reach forward and pull down, close to the *rail*, bending at the elbow and then pulling through until your arm is fully extended.
- Do - Slightly cup your hands

Remember what we are ideally trying to achieve is speed and momentum, it is important to gain maximum power from your paddling, things you DO NOT want to do are:

- Don't - Paddle both arms at the same time
- Don't - Spread your arms and paddle wide
- Don't - Roll your shoulders so much that you actually pull yourself off the side of the surfboard
- Don't - Keep your head down and chin rested on the *deck*

After paddling a few strokes in the sand you should place your hands onto the *chest line* and *push up*.

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(B) In the surf

If you are confident with your paddling technique the next step is to go back into the surf and use it to improve your wave catching skills.

Once again the question is "when do you jump on the surfboard?"

Previously we were waiting for the wave to hit the *tail* of the surfboard before jumping

on, now, to gain a maximum result, slide on to the surfboard when the wave is one to two metres away from the *tail*.

As in stage one, push the surfboard forward heading directly into the beach, slide on (lead with your chest into the correct *body position*), start paddling hard and fast, you will feel the wave hit the back of the board and increase your momentum, from here, **DON'T** stop *paddling*, add a couple extra 'power strokes' and then return your hands back to the *chest line*, *push up*, and ride the wave all the way to the beach.

As every wave will be different you will have to work out yourself how much paddling is required, sometimes two strokes will pull you onto the wave and other times a larger quantity of strokes will be required. The idea is not to paddle all the way to the beach, but to increase your speed enough for the waves momentum to pick you up and carry you all the way to the beach.

Stage 2 Summary

Paddling is an essential skill that is required by a surfer. The more power and effort that is used when paddling will increase your wave catching ability and greatly benefit the next stage which is 'standing up'. Remember this is a basic beginners guide and you should still only walk out to waist deep water and now paddle onto the white water waves.

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Stage 3.

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Standing Up

Back on the beach...

For a surfer, the feeling of standing and surfing a wave can only be described as the "ultimate feeling". Whether you are a beginner or experienced surfer the feeling is achieved by standing on the surfboard and using correct techniques to benefit from the natural power of the ocean.



Every skill explained in the previous stages of this booklet is all about preparing the surfboard and yourself for the stand up. There are

five key factors that will eventually help you achieve your goal of standing and surfing a wave all the way to the beach.

First of all we will look at the correct style to use as a beginner while in the stand up position, secondly we will look at the techniques that will get you from your stomach to your feet.

Coaches Tip

When you are starting to stand and surf it is important to keep your head looking up and forward. If you find you are falling straight off the surfboard, you are probably looking down. **KEEP LOOKING UP!**



Surfing Style and Stand Up Position

When standing on the surfboard as a beginner the dominant leg will be your front leg. What we need to work out is if your front leg is the left (natural) or right (goofy). If you have ever tried any type of boarding before i.e. snowboarding, skateboarding, wakeboarding etc you may know which way you prefer to stand, but, if you haven't, normally your strongest leg goes at the back. Stand on the board both ways and try to work it out, don't worry about it too much, you'll work it out as you progress.



As we just mentioned your front leg will be the dominant leg, the first key factor is the placement of your footing. Place your front foot on the *chest line* and in a direction that goes across the deck, your back foot is placed so your legs are slightly wider than shoulder width.

Second key factor is your knees, keep your knees bent at all times. This will lower your centre of gravity and assist you in keeping your balance on the surfboard.

Thirdly you should push your hips forward to transfer your weight on to the front leg. Your back leg should dip in slightly to make your stance more comfortable and give you more style.

These are the first three key factors, when you combine them all together you form a solid foundation to help you stay stable and get the maximum ride out of the wave.

The fourth and fifth factors involve the upper half of the body and will be the major contributors to your balance while standing on the surfboard.

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Surfing Style and Stand Up Position Continued

The fourth factor is keeping your arms up, especially your front arm. Out stretch your front arm so you are reaching for the nose of the surfboard, your back arm should also be out stretched but don't worry too much about it.

Fifth and very importantly, your head should be up and looking forward. If your front arm is up your head should be looking straight along it. Keeping your head up has been mentioned through all three stages and is a major contributor in you achieving the best result from your surfing.

The five key factors to remember while standing on the surfboard are:-

- (1) Feet facing across the deck of the surfboard, if you find your feet facing straight down the deck (sprinting stance) you will have to twist your hips, adjust your footing and get your body side on.
- (2) Knees bent, lowering your centre of gravity.
- (3) Hips pushed forward placing more weight on the front leg. The front leg is the accelerator and the back leg is the brake. At this stage you want to keep the acclerator on and surf all the way to the beach.
- (4) Arms up, this is your balance, if you feel yourself falling pull your lead arm back to the centre line of the deck and try to stay stable.
- (5) Head up and looking forward, where you look is where you go, if you look down you will pull your weight through your shoulders and simply fall straight off the surfboard. Keeping your head up will assist you in being centred and balanced.

The five key factors will give you the style to get the best out of your surfing at a beginner stage. But, before achieving this style you will have to get from your stomach to your feet, this is not necessarily difficult but it may take time, patience and practice.

There are two different methods of standing up - one is the 'jump up' method and the other is called the 'step up' method. The jump up method is more preferred as it gets you to your feet in one swift movement. The step up often gains better results for beginners who may not possess the body strength to spring to there feet in one movement.

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Jump Up Method

The jump up method uses strength and power from the shoulders and chest combined with a spring off the toes. For this method the knees are eliminated all together.



Lie on the surfboard with correct *body position* with your hands holding on to the *rails* at the *chest line* and ready to *push up*. Do a few half push ups taking your weight in the shoulders and pushing up onto the toes just to get the feel of the power that will be required to jump to your feet.



Give yourself a count of 1, 2, 3 and then attempt to jump to your feet by springing off the toes. Use the strength in your shoulders to give maximum clearance from your chest to the *deck*, spring off your toes, bring your front leg up and twist your hips at the same so you can place your front foot on the *chest line* and facing across the *deck*. At this stage you should still be holding on to the *rails* to keep yourself steady. From this position you should be able to stand up into the correct surfing style.



This may take a few jump ups to perfect, each time notice where your front foot is landing on the *deck* and try to improve it with each jump up. Once you feel you start to become confident you should enter the surf and give it a go on a wave.

Remember all your wave catching skills, do not try and jump up too early, paddle first, feel the wave hit, add a couple of power strokes, bring your hands to the *chest line* and jump up when you feel ready. Make sure you have caught the wave before you attempt to stand up.

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Step Up Method

The step up method breaks getting to your feet into two movements, it is slightly slower than the jump up but still allows you to achieve your desired result of standing up. Shoulder and chest strength is still required but rather than using your toes to spring to your feet, the inside knee of the back leg will be included to assist you in getting to your feet.

Once again lying on the surfboard with the correct *body position*. The first movement is to slide your rear leg forward until it is angling out to the side from the hip, the inside of the knee should be rested on the *deck*.

The second movement is to use your upper body strength to push up and step your front leg through. As you gain maximum clearance from the *deck* to your chest the front leg should step up under the chest and the foot placed on the *chest line*. It is important to twist your hips so your foot is placed facing across the *deck*. You should be levering this movement of the inside knee off the rear leg. Continue to hold the *rails* at all times, if your feet and body are front on (facing to the *nose*) make the effort to twist your hips and adjust your footing, from here stand up into the correct *surfing style*.

When you go back into the surf on your first few waves concentrate mainly on sliding your rear leg forward, this is a technique that has been added but not practiced in the surf. As you improve you should add the step up to your feet.



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Falling Off & Dismounting

When learning to surf there are a few occurrences that are almost guaranteed to happen to any beginner:-

- (1) your leg-rope will get tangled around your leg and annoy you immensely.
- (2) you will nose dive the board from time to time when catching waves.
- (3) you may swallow a bit of saltwater, and
- (4) you are going to fall off.

First of all when you fall off you should always cover-up. By placing one arm over the front of your face and the other across the top of the head will help prevent your surfboard or another surfers surfboard connecting with your head when you fall off.

When you fall off you will most likely end up underwater, at this time you should cover up and remain covered up until you have broken the surface and become aware of where your surfboard is and if there is any other waves or surfers coming towards you.

Falling off the surfboard is a common practice and part of learning to surf. Previously it has been suggested the place for a beginner to surf is in waist deep water, because of this reason when you feel you are falling off the surfboard it is important to try and fall backwards into the wave. Water depth can vary from wave to wave so it is important not to dive in head first, if you do feel like you are going in head first make sure you throw your arms out in front to break your fall.

Once you have mastered your surfing style you will find yourself surfing waves all the way to the beach. To take proper care of your surfboard it is important to dismount off the board before running it into the sand.

The correct way to dismount is:-

- directly lower yourself onto the surfboard and drop your back knee onto the *deck*.
- place both hands back on the *rails* (*chest line*)
- step off to the back of the surfboard leading with your front leg.
- take a couple of steps holding onto the surfboard until your speed has decreased.

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The variation of Surfing conditions on the Northern Beaches provided by the Narroneck Reef, The Spit and the abundance of sand banks and great waves in between assist in providing conditions which allow for a safe, enjoyable and suitable lesson for any standard of Surfer.

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LIFESTYLE, FITNESS, SATISFACTION AND ENJOYMENT

As a Surfing Australia Licensed Surf School we guarantee all clients will receive the best in surfing tuition, all equipment will be supplied including specially designed soft beginner surfboards, wetsuits, lycra shirts, drink bottle and sun cream.

During Weekdays Exscreeme Learn To Surf specialises in personal and private group surfing lessons. On weekends, public and school holidays we cater for the wider public interest with group lessons scheduled.

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What You Will Learn

LESSON 1.

- Surf safety and awareness
- Parts of the surfboard
- Body positioning and lying on the surfboard
- Catching and riding broken waves (lying down)
- Paddling technique and paddling onto white water waves
- Standing up and surfing broken waves



LESSON 2.

- Standing up and Surfing Style
- Wave selection and surf etiquette
- Trimming the Surfboard on broken waves
- Changing the angle while surfing broken waves



LESSON 3.

- Standing up and Surfing Style continued
- Trimming and Changing the angle developing to turns
- Introduction to Paddling through the break zone

LESSON 4.

- Standing up, Surfing Style and turning
- Paddling through the break zone
- Confidence building and Surfboard control in deep water
- Introduction to catching unbroken waves

'PROGRESSION'
Lessons 1 - 4

EXTRA'S

- Surfboard shapes, designs and equipment
- Basic fitness for surfing
- Surfing conditions and the local area
- Surfing clubs and associations

'INTRODUCTION'
Lessons 1 - 2

'GIVE IT A GO'
Lesson 1

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 - Children \$35
 - Adults \$45



- **SURFING INTRODUCTION Package** (2 Lessons)
 - Children \$65.00
 - Adults \$85.00



- **SURFING PROGRESSION Package** (4 Lessons)
 - Children \$120.00
 - Adults \$160.00

NEW - NEW - NEW

- **EXSCREEME ULTIMATE SURFING Package** (4 Lessons)

WIN A Trip for 2 to FIJI including flights and accommodation

Plus Surfing Qld T-Shirt, Surfing Qld Membership, monthly draws, annual prizes, discounts, FREE mags and newsletters

- Children \$170.00
- Adults \$199.00

- **PRIVATE LESSONS** \$275
(Block of 5 lessons - 1.5 hour duration each lesson)

● LOCATION

Exscreeme Learn To Surf operates on the Northern Gold Coast Beaches with the preferred venue being Narrowneck Beach or at the Southport (Main Beach) SLSC. These beaches are located north of Surfers Paradise, approximately 5 minutes by car or a 30 minute walk along the beachfront.

● LESSON DAYS

7 Days - Group Lesson Times are scheduled around the safest and best surfing conditions. Participants are notified by either email, SMS or phone of the scheduling each week.

Exscreeme Surf School..... Contact info@exscreeme.com

Gold Coast - Australia



www.exscreeme.com

EXSCREEME Learn To Surf ... VISIT www.exscreeme.com CONTACT info@exscreeme.com