

How To Barefoot Off A Wakeboard

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If you are reading this right now, it must mean you are interested in learning how to barefoot, or you have had trouble learning how to barefoot. There is even a chance you are struggling to teach someone else to stand on his or her own two feet. Getting those first few stand-ups and having the sensation of putting those soles on the water is a hard one for many. Here's an easy and effective way to learn how to barefoot for the first time, without flushing the sinuses with lake water.

1. You want to start by getting your balance while floating in the water as you straddle the wakeboard. The key is to relax and let your feet just float on each side. Next, have the boat slowly idle forward, and as you start to move, place both feet on the nose of the board.

This is a great way to learn how to stand up for those first times until you can do it without the board.

2. As the boat picks up speed, the board will begin to plane. Make sure to keep your feet on the nose of the board for stability at this stage and let the board flatten out. If the board starts to bounce, ask the boat driver to slow down.

3. As the board stabilizes, you want to slowly bring your feet down evenly in front of you to meet the water, allowing your feet to glide along on top of the surface.

4. At this point the driver will start to increase the speed again, and as

this happens you want to smoothly shift weight onto your feet, keeping them flat and on top of the water. If you start to get spray in your face at this point, remember – relax! Resist all urges to tense up and/or let go of the boom, flatten your feet out, and just let them wash back underneath you.

5. As the boat speed increases more, you can put more weight onto your feet. You should begin to feel the wakeboard slide out behind you. Be sure to support your own weight now – stand on top of those feet and keep those arms nice and straight out in front of you.

6. Now that you are standing, push your hips forward and have both your chin and back perpendicular to the water. By now you should have the perfect stance, with a nice straight back, straight arms, and knees bent

at a 90-degree angle with your feet directly under your knees.

Once you feel like you have had enough, or you run out of water, simply bend those knees even more, let go, and lean back, allowing yourself to simply sink down into the water.

You can also use a kneeboard for this technique, but a wakeboard is much easier to balance on, and sits a tad easier between the legs for smaller skiers. This is a great way to learn how to stand up for those first times until you can do it without the board. Never attempt the super man start, which is when you let your feet drag behind you as the boat takes off. This will result in many hard falls and wear your arms out completely! If you do not have a board, then learn a deep-water start with your feet on the front cables of the boom and lift those hips up. Otherwise you can visit us at the World Barefoot Center in Winter Haven, Fla.

The World Barefoot Center is a ski school located in Winter Haven, Fla. Whether you are a serious tournament skier or you just 'foot for fun, all levels are welcome. Visit worldbarefootcenter.com, e-mail wcbbarefoot@gmail.com or call (863) 877-0039.



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