

# Learning the One Foot Stand-Up

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**T**he One Foot Stand-Up is a great skill to learn in any aspect of barefooting. It is a major part of the never-ending list of basics one must learn in order to further their versatility on the water, and will make you a better skier. It can be used just for fun, or as a start, trick, and even as an addition to a tumble-turn in three-event

start, it is best to learn it in reverse to begin with, to help you get the feel for the flow of the trick and to gain the muscle memory needed to make it fluid. To perform the One Foot Negative, start in your comfortable one-foot position with both knees equally bent and relaxed arms, being sure to stay gliding on top of your feet, rather

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barefooting. Unfortunately, even the basics have prerequisites, so before you attempt to learn this skill, it is important that both your lazy-boy (butt slide) and two-foot positions are solid, consistent and comfortable. You should also be fairly solid on one foot, preferably on both sides.

Whenever learning a new type of

than pushing water. Slowly bend the ski leg more and more while keeping yourself centered over your foot. As your butt gently touches the surface, begin to pull the handle straight in to your waist, locking it in. At the same time as the handle coming in, lift the ski leg off of the water and scoop it out in front of you, next to the other. You

should now be in the perfect lazy-boy position, riding away smoothly. This is the position that you will be starting from in the One Foot Stand-Up. Practice this movement until you are able to do it every time, and it feels like one fluid motion, and then proceed to the One Foot Positive.

Now that you can sit down on one foot, it is time to use that practice to reverse the move. Get into your butt slide (by doing the one-foot negative while first learning to practice the move) and be sure you are riding on your tailbone with both feet out in front of you and slightly bent knees. Now, slowly rock forward to create some momentum, and simultaneously begin to let the handle out from your waist and toward the front of the knee of your ski leg (not yet planted). While you are rocking forward, draw the foot you intend to stand up on all the way back to your butt by bending your knee up to your chest, and make sure that it is centered underneath your body. Your foot should meet the water at the same time that your arms reach their full extension. This is important because the synchronized forces will work together to make the trick less of a strain and much smoother looking. After this, all you need to do is follow through with the stroke, keeping your eyes up and your ankle under your knee in the glide position. You must commit to standing up. Land in your normal one-foot position, still looking up and still gliding with relaxed arms, and ride away!

Learning this skill straight on the boom is the most efficient way to learn at first, even though it is possible to jump right to the long line. You can use this trick in any way that you please, and eventually, you will be ready to move on to more advanced starts, like the toe-up. Use your new start to gain a point bonus in three-event tournaments, win some crowd appreciation in a ski show, or just impress a few close friends on your home lake.

*To improve your skills as a beginner or advanced barefoot water skier, please go to the World Barefoot Center in Winter Haven, Fla. For more information, go to [worldbarefootcenter.com](http://worldbarefootcenter.com) or call (863) 877-0039.*

