

The following questions were asked on Yahoo Answers with selected best answers provided by Bruce Gabrielson

Question Asked	Best Answer
<p>General Surfing Techniques/Endurance</p>	<p>My Answer</p>
<p>Need help with a 6'5" fish surfboard? I'm able to handle longboarding quite well and so before i left for college i got a shorter board. it's a 6'5" fish with a round nose like a longboard. it's a very classic fish style board. I've been able to catch some waves but a lot of the times i either feel really shaky or as if I'm just going to completely nose dive in. advice?? Also, paddling, I know you have to paddle harder but i see people with these super short boards just gliding. are those easier to ride/paddle compared to what i have? i feel off balance and like i keep sliding side to side while paddling too.</p>	<p>I think you probably just need a little more practice. As you paddle more the rocking will taper off and you will naturally develop better balance.</p> <p>A couple of things to think about are how you take off with a short board and what you need to do immediately that you can't do well on a longboard. To start with, when you take off on your fish, lean forward and push your board down the face. You don't necessarily need to paddle harder if you can get into the steep part of the wave a little later than on a longboard. Also, you have more room to drop and turn with your fish. It will seem like you are too late to make the wave since the transition from a longboard requires less room to maneuver on takeoff. Pop up and while you are dropping turn on the face using your momentum, the rail and the rocker of the board. On a longboard that's harder to do since you need to draw out the turns more.</p>
<p>How to train for surfing without a beach nearby? Like, what exercises or anything could I do to make my balance better, or get stronger for surfing.</p>	<p>Here is what I recommend to pro surfers that I coach and to novice surfers who want to quickly improve their abilities. These are based on the yoga type balance drills I first saw US Team Coach Ian Cairns demonstrating plus the explosive strength exercises developed by Dr. John Mitchell, the Orange Coast College surfing coach. You can also use Kettelbell drills to develop explosive strength.</p> <p>There are many things you can do to improve your surfing while you are out of the water. Of course skateboarding and practice on an Indo board will help with balance, but what really helps is better endurance. Doing some flatwater SUP will help a little.</p> <p>Running and swimming will help with your endurance, but endurance isn't all you need by a long shot. Work on some balance drills. Standing with one foot on the ground and the other extended backwards is a good yoga drill. Roller blades, roller skating or skateboarding are also good practice. The other exercise drill you need is to build up arm strength. A rowing machine is a great development tool, but if you don't have access then practice push-ups lifting your hands off the ground. Some folks push up to a clap and back. Combine those exercises with burpees and you will be in great shape for your initial progress. Once your endurance is improving, start working on building explosive strength. That is a big focus for pro and competitive surfers. I've listed several exercises below.</p> <p>Burpees Sit into a squat Kick your feet behind you into a push up position Lower your chest to the ground Press back up to complete the push up</p>

	<p>Pull your feet back in so you are in a squat position Jump up in the air while throwing your hands overhead</p> <p>Medicine-Ball Coil Jump Stand with your feet shoulder-width apart and hold a medicine ball in both hands. Extend your arms so the ball is straight overhead. Bend your knees slightly, then explode upward, bringing your knees up toward your chest as you jump. Try to land softly and spring back up as fast as you can. Build to three sets of 15 repetitions</p> <p>Medicine Ball Squat with Rotation Squat down with a medicine ball in hands in front of body Quickly twist left and then right Then quickly come back to the medicine ball in front of the body and lift overhead quickly</p> <p>Barrier Lateral Jumps Jump from side to side over a small barrier, land, and quickly jump back. Work up to 20 seconds</p>
<p>Transitioning To A Hard Top Board (Read Details)? Okay, so I've been taking surf lessons with a soft top board and it's been going really well. Now my instructor told me to practice on my own with a hard top. I know that you have to wax it so it won't be slippery, but is it any harder to surf with one? Or any different? Or is it just the same but made of different material?</p>	<p>I think you will enjoy a traditional hard top much more than the soft top you have been using. Even a cheap rental will perform much better, and a custom shaped board will seem like driving a Cadillac rather than a Volkswagen. You need to be more careful wiping out since getting hit by the board or fin can damage you worse than the soft top. Remember the safety rules about falling away from the board and also coming to the surface with your hands in front of your face. As a beginner, you might also want to add a little extra wax on the board rails so you can grip better.</p>
<p>Work on my paddling or get a new board? My go to is a 5'8 stubby short and fat. It has gotten me through OH indo to the daily grind at my local. In small conditions (knee high and lower) I had a foamie I loved until I snapped it (OH close outs and foamies don't go well together).</p> <p>Anyways I have enough cash for another board but I am thinking would it be better to stick with my quiver killer and just work on my fitness and improve my paddling? My local is basically a closeout so its paddle madly then get up and pump. Obviously improving my paddling would help just as much as a newer board with some more volume and length.</p>	<p>In small surf paddling is always better. A shorter board with fast acceleration means later takeoffs and that doesn't sound like a good idea in your surf. I think the best in your situation is to work with your paddling for your board first and then get something a little narrower. What you need to develop, and what most surfers (except the competition surfers) don't work on is called explosive strength. That's the strength you use to catch waves quickly.</p>
<p>How to paddle into bigger waves? I normally surf a 5'8 and surf it in anything as long as the wave is more</p>	<p>Those big slow breaking waves will always be a problem. Basically, take off a little later and fade into the peak on takeoff. You need to continue to fade a little while dropping deeper before you throw your</p>

<p>'steep' and fast as that is the type of wave I have grown up in. Lately I have been surfing reefs that crumble (basically slow breaking wave) and finding it hard to get on them. These are waves above head high i.e. 1.5 to 2x over head.</p> <p>Any tips on getting on these bigger waves on a 5'8? I find it easier when the wave is more steep and walls up compared to these slow breaking reefs!</p>	<p>turn. I usually count to 2 or 3 longer than I would otherwise stand up just to make sure I am in the wave. Remember that since it's larger, you have plenty of time to drop in and throw your weight in the turn.</p>
<p>How Do Surfers Survive During A Wipeout from a MegaWave? I've seen surfers fall into that vortex of Rushing water from their boards. How do they survive with all that force pushing them into the sea floor?</p>	<p>I do not encourage anyone to try big wave surfing until you are well experienced and can hold your breath for some time. I haven't surfed anything over about 15 feet in years but I have surfed larger waves in the past. You generally need to work you way up to handling bigger wave wipeouts in a couple of ways.</p> <p>First you need to be able to keep away from your board on a wipeout. This means when you see it coming fall or kick away from your board towards the back. Falling sideways could mean the board and you go up and over at the same time and believe me, getting hit you your rail is very dangerous. I've been hit a few times and one time my muscles cramped up and I couldn't use my legs at all.</p> <p>Next I've usually gotten into a tight ball with my arms over my head. Sometimes you hit the bottom, a rock, or a coral head. After you hit (or the waves passes over), relax and try to float or watch which way the bubbles are floating. If you are pressed on the bottom, put your legs under and kick for the surface. You may need to hold your breath for awhile depending on how deep it is. I generally let some of my air out as I rise.</p> <p>One problem is when you get to the surface you wont be able to focus well and be careful about taking a deep breath if there is still foam all over. Take your breath and then try to see if another wave is about th hit you. Sometimes you have time for one breath before the next wave hits. If you are in real big surf, signal your partner with your arm so they can find you with the jet ski.</p> <p>Finally, I strongly suggest you reach the expert level in your abilities and fully understand that even an expert can get killed in big surf.</p>
<p>How to ride the wave? How come everytime i stand up to surf the wave it carries me a little but then just stops</p>	<p>Is it the wave that stops or you stop? It sounds like you don't have any decent outside waves where you surf. If you are surfing in the shorebreak and the waves die out, try surfing in a spot where there isn't a channel between the wave and the shore. If you are just losing the wave, try riding farther forward on your board and pumping a little.</p>
<p>Transition from longboard to Shortboard? I am 13, 5'2", and 115 pds currently riding a 9'. I started with the longboards only</p>	<p>Depends on where you live and the type of waves you have but WRV is usually a good overall shortboard brand. If you are a competition surfer, my guess is you might want to look into custom shortboards build by local shapers in your area. For instance, locals who surf</p>

<p>because of the easier it made surfing. I have been surfing for 2 summers, and I have competed in some competitions with friends. I noticed that a lot of the kids my age ride shortboards. I understand they started earlier than me, but I really want to make myself able to ride a shortboard. What would the best and easiest board to start with? Any specific brands/styles?</p>	<p>Huntington Beach Pier generally like a board that works well in the heavier waves they have there. Where I live we have fast beach break waves and the boards that work best here are narrower for quick turns.</p>
<p>Can I paddle board on a 8ft surfboard?</p>	<p>Sorry but unless you weigh less than maybe 100 lbs you won't be able to SUP on an 8 ft traditional design surfboard. I give lessons at my school, both SUP and surfing to many folks of all sizes. I use a smaller SUP designed board for kids lessons. These are shorter but also have plenty of thickness. For SUP, you need to stand up while the board is barely moving.</p>
<p>Having trouble popping up. Some help please? I've been learning for about a year now, but I don't constantly go so that's why it's difficult for me. I've finally been able to not nose dive. I just angle my board down the face of the wave. However I don't stand up till I'm already down the face of the wave. Even then it's hard to stay on my board and fall after like a 2 seconds. How do I pop up faster. I always feel like if I try popping up I the face I'm just gonna eat ****. It's difficult to do it I've even tried and I get up too slow and fall. Any techniques? Or am I doing something wrong? Why should I do?</p>	<p>I'm guessing you are on a longer board so here is a technique I've been teaching that should help this problem. I'm assuming by your question that you already know how to position yourself and paddle in to catch a wave.</p> <ol style="list-style-type: none"> 1. Keep your head down as you start your paddle. 2. When you feel the board start to accelerate, raise your head and bring both hands under your chest. 3. At the same time preposition your back foot near the middle of the board with your knee slightly bent to the outside. 4. As you push up, step up with your front foot keeping your body more sideways rather than facing the beach. 5. The final part is simply to lean back a little and stand up. If you have a problem, use your hand on the same side as your front foot to push your knee. <p>This is a "one foot" standup and is widely taught to new surfers by instructors certified through the NSSIA. The technique was invented by instructors in Mexico to teach tourists who weren't in the best shape to learn how to surf and is now widely taught all over the world.</p>
<p>An often trainer recommended lower back strengthening workout plus to eliminate pains is to hang from a bar by your knees and with a small (5 lb) weight held to your head do very slight sit ups. I did this a few years ago and it worked great for my lower back pain. You might also consider going to a chiropractor. We often have a therapist for competitors at major surf events.</p>	<p>Looking after your lower back? So recently I've been feeling my lower back is really tight. This is from probably surfing 3-4 times a week for about 2hrs each time. Anybody have the same problem? Is this an indicator of injury? Does it mean I need to do exercises to strengthen it? Or something like yoga/ massage to loosen it?</p>
<p>Best surfboard to expand carving ability? Although I have not been surfing for very long, I want to expand my ability beyond a 9ft. longboard and be able to ride a shorter and more</p>	<p>A fish is a good choice. It will help you learn to carve, but still has enough meat that it will be easy to handle similar to your longboard. A fish is designed so that it forces you to work a wave to increase your speed. Something you need to learn to do if you want to eventually carve serious turns on a shortboard. By the way, your fin choice is</p>

<p>maneuverable board. Any recommendation for a shape and/or length of board that is more maneuverable than a longboard, that will help me to eventually transition to a shortboard? I was thinking along the lines of a hybrid/fun board or a quadfin fish.</p>	<p>also good. You can adjust the fins to allow flatter turns if you wish.</p>
<p>Is there a more efficient way to paddle into small waves? I've been surfing for 3 years and I consider myself an intermediate surfer. I have no problem catching waves that are stomach high or bigger, and when a hurricane comes through, I have no problem getting barreled or doing snaps off the lip.</p> <p>My problem is when it comes to smaller waves, which is the majority of what we get in NC. I'm a strong paddler, but I can't seem to catch waves very easily when it's any smaller than stomach high.</p>	<p>I've seen people push their boards down in the water so it helps push them forward when they paddle in, and it seems to help a little bit, but it's still frustrating because half of the time I still get hung up on the lip. While I'm busy not catching waves, other guys are catching every wave and killing it.</p>
<p>How to get air on a surf board? I don't understand the feet position or feet movement to an aerial.</p>	<p>There are a couple of points to do this. It's not getting the air so much as it is trying it on a decent wave and making a good re-entry. First off you need have a fairly steep wave or at least a longer wall to build your speed. Pump a few times get your speed up. Pick your exit spot either as a close out section is approaching, or if you are cutting back, exactly where the lip starts to curve forward. Use the torque from your steep turn or sharp cutback to propel your board nose out of the wave.</p> <p>It gets a little tricky after that and it sounds like that's where you may be having the problem. Set your back foot deep on the tail and use a wide stance. If you are in a steep angle, you need to twist your body (and torque) back towards the wave just before the tail of the board gets loose. Otherwise, you just go straight off the top and can't turn back. Also, bend your knees as you get back to the wave and then turn immediately. Most people bend their front knee and pull their heel back towards their hip and down. Try to use as much torque as you can right on the tail if you can't get the board nose around quickly.</p> <p>Until you get the technique mastered usually your rail will grab and you will go down. Also, if you have softer rails and can land flatter it will be easier. If you just want to go parallel over the section and back into the wave, start your cutback flatter and just lean on the inside rail and turn down as you re-enter. I have coached several pros over the years and this is the usual approach they use. It is also how I did it when I was younger not too many years ago.</p>
<p>Does the symmetry of your abs affect your surf ability? I tried sitting up on my 5'11 Stewart s-winger board, im about 5'7 and 133ish</p>	<p>To start with why are you surfing on a board that is made for a more advanced surfer. Keeping your balance while sitting on a board is easy. When they aren't paddling surfers simply move their feet back and forth and don't sit straight up unless they are turning to catch a wave.</p>

<p>and i could not for the life of me sit up on it, it would either fall off from the left or forward. there were practically no waves, I'm just wondering because one side of my abs are bigger or is it just my technique?</p>	<p>You really need to learn how to control a board that size before you will ever catch a wave with it. As was said by others, go take a lesson. You will learn board handling on a longer board that's much easier to sit on.</p>
<p>Traditional longboard help? Alright the board i have now isn't the best noserider so I'm looking for a new traditional style noserider... I've looked at the Bing Elevator and cj noserider but not quite sure on which to get... Any other suggestions are also welcome.</p>	<p>For good noseriding you might want to check out the Walden Magic Model. I've surfed them for about 6 years now and have had excellent results. My first one was a 9' 3" custom and I noticed right off that I could drop deep and turn easily on large waves as well as get the speed I needed when I went to the nose. I was able to place at the East coast Championships riding it. Last year I got a 10' and had the nose thinned a little. This board is all noseriding.</p> <p>You can get the epoxy Surf Tech Magic Model at a very reasonable price.</p>
<p>What is a good thickness for a surfboard to be able to duckdive with it? My shortboard now is very thick making it impossible to duckdive under the waves. I'm going to be buying a new board soon and was wondering what the ideal thickness would be for a person (110-120 lbs, 5"4') to be able to duck dive.</p>	<p>About any thickness will work to duck dive if you have a narrower nose and there isn't really a standard. I suggest you just get something a little narrower in the nose, a little more kick, and something the "feels" thinner to you.</p>
<p>What do SSS (scholastic surf series) or NSSA junior judges judge on or look for in heats?</p>	<p>I judged many contests over the years. Judges are fairly consistent on what they look for regardless of the type of contest they are judging. You can find the complete set of rules on the ASP website.</p> <p>Basically, for shortboards, you judge on:</p> <p><i>"A surfer must perform radical controlled maneuvers in the critical section of a wave with Speed, Power and Flow to maximize scoring potential. Innovative / Progressive surfing as well as Variety of Repertoire (maneuvers), will be taken into consideration when rewarding points for waves ridden. The surfer who executes these criteria with the maximum Degree of Difficulty and Commitment on the waves shall be rewarded with the higher scores."</i></p> <p>For longboards:</p> <ul style="list-style-type: none"> Commitment and degree of difficulty Combination of traditional and modern maneuvers Combination of major maneuvers Variety of maneuvers Innovative and progressive maneuvers Speed, power, style and flow <p>There are variances in these criteria that allow for partial scores. You might want to take a look at my online coaching book for some more detailed suggestions.</p>
<p>Beginner Questions</p>	
<p>While I am catching a wave when I'm going down the (ramp) about to get ready to get up and the nose of my board just goes under and i fall off and get</p>	<p>There are two reasons this might happen. If you take off too straight down the face you won't be able to turn except maybe from the tail block without catching your rail near the nose. A second reason could be that the board you have doesn't have enough nose rocker. I</p>

<p>tumbled...Some people say I need to stand up earlier and others say I'm too far back or front...I'm somewhat of a beginner so I can't yet stand up early yet.</p>	<p>suggest you take off on more of an angle and then put your rear foot back near the tail when you turn. Try to turn very flat rather than just with the rails.</p>
<p>Where is a good place to start in surfing? Okay, so I've been surfing once a few years ago, and it was so much fun. I was supposed to go over spring break, but never got the chance, so my mom promised me we could go somewhere over the summer. I'm going to Cali, and I'm absolutely clueless. I would love some help! Any recommendations on instructors? Which beaches to go to? What board to use?</p>	<p>Where you need to go is to a surf school with a qualified instructor and a gentle break to surf close to where you live. Also, the better places to learn are probably in the less crowded areas. Please take a lesson before you go out and hurt yourself or someone else. There are competent schools and instructors all along the east and west coast. After your first lesson you should know the basics, surf etiquette, and the things you need to practice on before you take another lesson. If you do well the first time you may not even need another lesson.</p> <p>Go on the National Surf Schools and Instructors Association web site at nssia.org and click the link to certified instructors. You should find plenty of folks in the area you want to surf.</p>
<p>How long to learn to surf? This winter I'm planning on taking on surfing. I would like to plan a trip to different spots and stay at surf camps during a whole month. Around how many days of around 3 hours of lessons would be recommendable in order to be able to start going on my own without any lessons? It is for booking purposes. I know it depends on a series of factors, but I would like just to have an idea. Being able to surf on your own will of course depend on how easy the waves are where you learn. At my school I can usually get someone to the point of catching waves on their own in the outside break after their first lesson. I don't usually recommend a private lesson longer than 1 1/2 hours for a beginner. After that they are usually too tired to keep going. I would bet you will not last 3 hours.</p>	<p>Your first lesson will usually focus on safety and board handling, plus catching and standing up on inside shorebreak or whitewater waves. This needs to be mastered with a practice session before you should get your next lesson in the outside lineup. Since you are interested in going to a camp, do a beginner lesson first, practice mostly on your own the second day then go for the lesson again on your third day. While your turns will likely be a little rough, you should be able to have fun within a week at most camps.</p> <p>As for where to go, during the winter months I suggest Florida or if you can afford it Costa Rica.</p>
<p>What tide is the best for beginner surfers? low or high or mid? I'm a beginner surfer and I have a watch to tell the tide but I don't know what tide is the best for me so I know when to go surfing because every time I go I go at the wrong time and I'm not getting good surf sessions to help me learn so what's the right tide for me?</p>	<p>It really depends on what your local beaches are like. At low tide there is generally better surf unless you don't have good sand bars. Then the waves will just jump up and are difficult to surf. We have those conditions where I surf. For a beginner, probably mid to higher tides are best. If you have a reef break that isn't real shallow then lower tides work well. Point breaks are good most of the time unless there are rocks that become obstacles when the tide is low.</p>
<p>Are there any tips to make getting into smaller waves easier?</p>	<p>To catch the smaller mushy waves you need to move your center of gravity forward as the waves reach you plus you need to paddle more directly perpendicular to the wave rather than at a slight angle. On a longboard, find your sweet spot center of gravity and then move a few</p>

	<p>inches forward. Start paddling and as the wave reaches you put your head down and bring your feet up. When you feel the board start to catch the wave, put your hands under your chin or head, not under your chest and push yourself up. Move farther forward if you need to almost to the point that you pearl.</p> <p>On a shorter board, you need to push the board forward as the wave hits while you are popping up immediately. I teach a lot of beginners on mushy waves and they usually have no problem standing up.</p>
<p>Does your dominant hand determine whether you are reg. or goofy footed? I'm learning how to surf, but I'm trying to figure out my stance. I tried the "someone-tips-you-forward" thing and the foot I catch myself with changes. I'm right handed, so would I be right footed (like right foot forward)? And do you know the percentage of surfers who are goofy footed to regular footed?</p>	<p>It's a tough question but this should help. I don't think being right handed or left handed determines your proper stance. There was a study several years back and it determined that most surfers are right handed and regular foot. I'm right handed and goofy footed. I think your stance is determined by how comfortable you are in using your back foot to push the tail and your front foot to kick. When I give lessons I can usually tell within a few waves if someone is more comfortable standing with their left or right foot forward. What I look at is if the person can stand up with their front foot pointed forward or to the side. If they stand up continuously with their front foot pointed forward they are usually off balance and are naturally twisting their wrong way. I have them switch and if they stand with their front foot at more of an angle, that's what I have them work on. If neither foot is at more of an angle, then I wait to see how they develop.</p>
<p>i want to start surfing more. I've only done it a few times in the past and i really like it. I live on the east coast near Ocean City, Maryland (worst waves ever) but there's an island near there called Assateague where there are pretty decent waves. I'm 6'1, 180. What kind of board should i get and how much would it be?</p>	<p>I live near OC and have surfed all over the world. We don't have the worst waves by a long shot. The waves are actually very good if you know where the best spots are, especially when we have a swell running. Assateague is also good, but primarily at lower tides. It is also a better longboard then shortboard break.</p> <p>I also have a surf school at 39th and am an advanced surfer.</p>
<p>Private surfing lessons or camp? 4 hrs of private lessons or 12 hours of group lessons (spread over 3 days) with a maximum no. of 4 students, usually fewer?</p>	<p>Unfortunately, this happens all the time. Someone with no experience thinks a long lesson will get them surfing faster. Unfortunately, a 4 hour lesson is a bad deal for anyone. I doubt if a beginner will last more than 2 hours and many don't last over 1 1/2 hours. The 4 days of lessons is a little better but many get too sore after a couple of days in a row and need a day to relax. If you must pick from the two, please pick the 4 days worth.</p> <p>I am a NSSIA certified surf instructor and give lessons on a regular basis. I won't sign anyone up for a lesson over 2 hours, private or not.</p>
<p>What type of board to buy?</p>	<p>From your question it sounds like you have surfed a few times but maybe not had a lesson. If I'm wrong on this and you have had some lessons then your instructor's would be a good source to answer your questions. They should answer if you are ready to buy a board and go to the next level,</p> <p>If not, then please take a lesson or two before you hurt yourself or someone else. John's and the other suggestions on that order are fine.</p> <p>To answer your question directly, provided you have some surfing</p>

	<p>under your belt, you should try to find a used longboard in the 9'6" range. If you can find one, and they aren't easy to find, it will run you from \$250 - \$350 depending on model and condition. Used boards do show up every now and then in OC shops, but not often in more inland shops. I wouldn't buy a new board for a while, and would also stay clear of some of the cheap imported boards sold at local shops.</p> <p>I do want to add that besides a board you need a full wetsuit, at least 4/3 minimum, 5 mil boots, gloves and a hood to surf now. The water has gotten too cold for light wetsuit surfing. It won't be warm again until around June.</p>
<p>I'm a beginner surfer, and I'm buying a 7'4" funboard for \$150 from my local surf shop. I really want to rip it up though, haha. But I need to learn first. Do you think a Fish Board would be good as my second board after I learn to surf, so then I will be able to rip it up a little bit..? And then just keep going down in board sizes...?</p>	<p>You are making a terrible decision by purchasing a board before you have even had a lesson and know what you are doing. I have people sign up for lessons all the time and bring their "new" board with them, only to find out it isn't suitable for them. I would never sell a board out of shop, or even rent a board for that matter, to someone who doesn't know how to surf. Please hold off until you have at least had a lesson or two under your belt and know the correct size and type of board you want.</p>
<p>What are some good surf classes in Long Beach CA area?</p>	<p>There are a number of good NSSIA certified instructors you can chose from, depending on what you are looking for. Some of those I recommend are Jill Nakano, who lives in Long Beach and teaches private lessons at Bolsa Chica. You can also take a lesson from World Champ Kim Hamrock if you want to drive to Newport. For group lessons, any of the schools listed on the NSSIA accredited schools pages are close and provide excellent learning environments.</p>
<p>When is it okay to surf by yourself? I've taken one surf lesson before and in college next quarter I plan on doing a series of 4 lessons in a class. Then, over the summer i am going to do a week long day camp. When will it be okay to go on my own so i don't have to keep paying money? also where do i surf?</p>	<p>I have been giving lessons for longer than the age of most contributors here. If you aren't ready to surf on your own after a couple of lessons then my guess is you aren't getting very good instruction. Once you know the basics of how to stand up and what waves to look for, what you need is practice, not more lessons. I can usually get someone to catch whitewater waves after one lesson. Then, once they get comfortable with those, plus you've learned what surf etiquette means, it's time to go out on your own. Just stay out of the more experienced surfers way.</p>
<p>Was this a good first surfing lesson? It was a while ago, but I was riding 3-5 ft waves on my knees. Was that bad for a first lesson?</p>	<p>Maybe not a bad lesson but it doesn't sound to me like a very successful one either. Actually, the goal of most certified and experienced instructors should be to have a student standing and riding at least a whitewater wave within the first 30 minutes of a lesson. At my school we nearly always have our students up and riding within that time. We use a one foot easy pop up so standing right from the start isn't a problem. We do push the student into their first few waves but after that they are doing most of the work themselves. Most of the time it's just picking a good wave and getting yourself up to speed to catch the wave. The paddling and picking the right wave isn't easy and takes practice.</p> <p>By the way, learning on your own is exactly how surfers, including yourself, get hurt. How do you learn etiquette and proper board handling safety techniques without someone to tell you these things?</p>
<p>I want to start surfing. Is there anything i</p>	<p>First off, please don't buy a board, go take a lesson instead.</p>

need to know as a beginner? Anything at all. I'd love to have some tips before I start, and maybe places that sell good surfboards.

Otherwise, you probably won't get a board that will work for you and you can seriously injure yourself or someone else around you. About any good instructor, particularly those who are professionally certified will provide you with safety tips and surfing etiquette. I have been an instructor and coach for many years. Probably the most important tips I can give you are listed below.

- **Be Aware.** Be aware of other surfers and water users, of the surf conditions, and of where you are surfing
- **Comfort Zone.** You should surf in waves that you are comfortable in, don't get in over your head.
- **Fitness.** Make sure you are physically fit when surfing. You need to be able to swim back to shore if you lose your board at the end of an exhausting session - no mean feat in a 3-meter swell. Don't surf in any conditions in which you would not be confident swimming in.
- **Fun.** Surfing is all about having fun, keep it in mind when you are in the waves.
- **Hold or Throw.** Know when to hold onto your surfboard and when to get rid of it. If you are paddling out then keep hold of your board, you'll get out back to the line up more quickly and you will not put anyone paddling out behind you at risk. If you are about to wipe-out on a wave, then get rid of your board to prevent injuring yourself. However, don't just bail out in front of someone paddling out. You are far more likely to sustain an injury if you and your board are getting washed around together.
- **Patrolled Beaches.** If you are surfing on a patrolled beach make sure that you keep within the designated surfing are. Take note of where you should be surfing before you go out, and make sure you stick to it when you are out.
- **Priority.** Always make sure that you are not taking anyone else's wave. Remember, the surfer who is closest to the breaking wave has priority. If you see someone already on a wave then the wave is taken and you'll have to wait for the next one.
- **Practice.** If you want to improve then you need to be in the water surfing as regularly as possible. More time in the water actually riding waves is the only way to improve your surfing skill.
- **Respect.** Respect the locals if you are visiting a beach. Remember that you are a guest and that waves should be shared.
- **Rips.** If you are caught in a rip remember that it's called R.I.P. for a reason. Although hopefully you already know that a rip is a strong current that (normally) goes straight out to sea and if caught in one that you should not panic but paddle across the rip (not against it) until you have escaped. Experienced surfers use rips to quickly get out into the lineup.
- **Sun Block.** Always wear a good waterproof sun-block. You'll know about it if you have been out for a few hours surfing in the sun without it.
- **Surf Buddy.** Always surf with at least one other person. Not only will you have more fun if you are sharing your waves but you will always have someone to help you out if you need it.
- **Crowd Conditions.** Make sure that the surf is safe before you go in and the crowds are compatible with your skill level.
- **Warm-up.** Always have a quick warm-up and stretch before entering

	<p>the surf. This will reduce the risk of muscle injury or cramp whilst you are surfing.</p> <ul style="list-style-type: none"> • Check out the Surf. Take a good look at the waves before you go out. Watch the waves until you can visualize a place where you can ride. Then get a landmark on the shore in front of that water position, and paddle out. • Shore-break. Don't surf too close to the shore, particularly in very shallow water. You can break your neck or easily sprain an ankle when your fin hits the sand. • Wave Ownership: The person closest to the breaking part of the wave has the right of way. • Dropping In: Dropping in is taking off on a wave in front of someone who is already up and riding. Don't do this. Ever. • Paddling out: If you are paddling out and see someone dropping in, GET OUT OF HIS OR HER WAY. Don't get the "deer in the headlight" freeze and don't paddle for the shoulder in front of where the surfer is going. Sometimes that means paddling directly into the impact zone and eating it. Just do it. Wouldn't you want someone to get out of your way if you had a good ride going? On another note...If you see that someone is obviously in your way, hold back, and do not drop in, possibly hitting him or her. • STAY IN YOUR AREA: Do not venture out the back to where the take off zone is, unless you are capable of controlled take offs on a main peak situation. You should not be out in the lineup where more experienced surfers are.
<p>Why do fiberglass boards handle differently than foam boards? I took out my first fiberglass board today (8'2 funboard), and I have to say, I love the way it feels. I can't really put my finger on it, but there is definitely something different about the way it rides and turns. Do you know why it handles differently than a foam board of equivalent size?</p>	<p>All boards are made with foam. I assume you mean a hard glassed board rather than a soft top. Regular boards are built for more maneuverability and usually for specific types of breaks or surfers with various levels of experience. Soft tops are made primarily for beginners and are designed with more forgiveness in the rails plus they aren't as fast. The water also flows differently off the rails of a hard board and a soft rail board. Finally, the fins are more flexible on a soft board and this gives you less torque when you turn.</p>
<p>Where to Go</p>	
<p>Generally, where are the best surfing spots in the U.S?</p>	<p>It sounds like you are asking for the best spots, not just the best regions. I changed my mind from the USA Today article of a few years back and here is how I would rank the best US spots now. This is based on quality of waves for most competent surfers, not just the pros. Also, there might be a crowd factor to consider.</p> <ol style="list-style-type: none"> 1. North Shore area, Oahu, Hawaii 2. Black's Beach area, San Diego 3. Trestles area, San Clemente, Calif. 4. Cape Hatteras area, N.C. 5. Huntington Beach area, Calif. 6. Malibu, Calif. 7. Santa Cruz area, Calif
<p>Overnight surfing camps in the U.S.? I really want to learn how to surf, but the</p>	<p>Central Florida Surf School in Vero Beach is a great school. Nice place to stay plus great surf and a very safe environment. Lisa Meade is the</p>

<p>only free time i have is in the summer! It needs to be overnight, definitely. I would like in to be somewhere close to where i love though. I live in Tennessee, so maybe somewhere like Florida or North Carolina. Anywhere close is perfect! The price doesn't really matter much. I'm under 18, so obviously if my parents let me go, it's gonna have to be a safe environment and all that. Any information you can get about anything is greatly appreciated!!</p>	<p>NSSIA certified instructor who runs the place. They have a nice website that gives all the details.</p>
<p>Okay I am going to be surfing in Washington (state not DC) and I know since this is the Pacific Northwest it is going to be very cold. I need help trying to find out what kind of Wetsuit to buy (unless you think I should buy a dry suit please state why.) any ideas on the one I need to buy and the different thickness that I would need for spring and summer and fall? Also if you could or are a local in the Seattle area name some shops that would be good to get this from? Extra points if you can name a few beginner surf spots!</p>	<p>I assume you already know how to surf but if not take lessons first before you buy anything. It depends on if you like driving but many Washington surfers go to the popular spots in Northern Oregon like Seaside and Cannon Beach. Westport is one of the best spots. There is also Neah Bay. You might want to join Oregonsurf.com and ask on the forum page as there are a lot of Washington surfers who belong there. As for a shop. try Wave Hounds on Aurora Ave in Seattle. They will recommend the wetsuit you need but I think you can get by with a 5/4 for most surfing. It is larger surf, cold and usually stormy during the winter months up that way.</p>
<p>I am taking a surfing trip to Florida. Where are the best spots to go in the northern half?</p>	<p>There are a number of breaks that offer fun surfing all along the coast but here are some of those I think are a little better. You will find about every spot crowded, particularly during the spring and summer.</p> <p>Jacksonville has the Lighthouse and the Officers Club. In my opinion, Jacksonville Pier is a very consistent spot, particularly on the south side. A little farther south is St Augustine and Anastasia Stat Park. Try the Blowhole and Middles. Going south, Mantanzas just south of Crescent Beach has fun waves as does Flagler Beach. Flagler is a little crowded. Daytona Beach has a flat sand bottom but you can find some surf by the pier and in other spots when the surf s small. From there going south try Ponce Inlet. After that drive around Cape Kennedy and you will find many surf spots.</p>
<p>Are there any good places to surf in Texas?</p>	<p>Not much real good surf but there are a few breaks around from Galveston to South Padre. In order they are Galveston, Surfside, Matagorta, Corpus Christi and then South Padre. You can get surf reports on the web. Like other places in the Gulf you have mostly wind chop, short period waves. If you need lessons, check on the NSSIA.org website for certified instructors. There are good schools in both Galveston and Corpus Christi.</p>
<p>Besides trestles, what's the most consistent surf spot in southern California? Thinking about moving to cali with some friends, we definitely want surf trestles a couple time but i wanna know a place we could live near with</p>	<p>In my opinion I think you would find plenty of consistent surf with much cheaper rental costs near Huntington Beach rather than San Clemente. You can surf all around HB every day and wouldn't need to hike into Trestles or buy a SanO pass. Only a short drive down that way if you did decide to surf there. Also, you would have a serious surfing community to hang with every evening when you weren't in</p>

waves i could surf every day almost	the water.
I can surf but I can't pop up, I know how to do it and all but I'm just not strong enough does anyone know what sort of muscles I should be training and any good exercises I should be doing.	Interesting that you say you know how to do it but yet you can't pop up. Since catching and riding a wave is part of surfing, you don't know how to do it. There are two techniques for the pop up on a longboard and still a slightly different technique for a shortboard. Most every good surf instructor teaches the easy one foot pop up technique that doesn't require much strength. However, since I'm guessing you wish to use the rail shortboard push up technique, there are a few things you can do to build muscle strength. Obviously simple push-ups will help as will isometrics. Another method that a number of pros use to build strength is called explosive strength. Go online and type in Kettle Bell training. There are a couple of sites that describe the various exercises for building shoulder strength.
I am hoping to transfer to UCSC. I'm from Southern CA and love surfing. I surf in HB, trestles, and my favorite san o. I'm wondering is Santa Cruz super localized. I longboard and would probably surf pleasure point and Cowells. Are those two places cool to surf? I'm not someone who is a jerk in the water or drop in on people.	If you surf Trestles and the pier, Santa Cruz will be a dream. I'm from HB but surf Santa Cruz every now and then. About the only place I have found that is a little localized is when Steamer Lane is going off. The crew at Pleasures is great and once they see you in the water a few times you will be considered a local. I would start out catching waves more on the inside at first though as the crew on the outside point won't be aggressive but you can tell who the locals are.
I'm hoping to get a job transfer to Australia in a year or two, and would love to surf out there. In the meantime, I live on a small island (Bermuda) that doesn't supply surfable waves. a few friends and i were going to look into a weeklong trip to Miami, mainly to learn to surf. My questions are... 1) Is Miami a good place to learn? 2) Would the indo board help us before we go? 3) Will I have any success within a week?	Miami isn't that good a spot but drive a little north to Deerfield Beach. The Big Kahuna Surf School is located there. Kali Montero is one of the top instructors in Florida and can get you up and riding in a short time, usually standing up the first lesson. By the end of a week you should be comfortable in the water. The Indo Board will help your balance, but surfing requires more than that. You might want to get a good skateboard and use it on a regular basis. In Australia there are easy and difficult places to surf all along the coastline. You could also get lessons there as well.
Where's a good spot to go surfing in North California?	There are good surf spots all along the California coast but the surf way north is more difficult to get to plus there are sharks at certain times of the year. If you aren't that far north try California St in Ventura or Rincon about 30 minutes north of there. If you want more challenging waves, try Steamer Lane in Santa Cruz or Ano Nuevo farther north. Pacifica is a nice mellow place to surf. After that you go north of San Francisco with many good spots. What to look for in the far north are points with wind protected inside breaks. These exist all the way to Oregon and beyond. I surfed Shelter Cove this past winter and had excellent head high waves but the water was cold.
Board Building/Repair/Design	
How long does it take to learn how to shape boards? I might get an internship with a friend of the family who shapes surfboards. He, so far, has given me incredibly vague answers in this field.	When I teach someone they can usually do it by the third board. This is not hard provided you have a shaping bay, equipment, lights, templates, etc. Most new shapers need to watch someone else once or twice before they even try. Longboards are harder than shortboards. Any good shaper can shape about anything in an hour to

<p>How long will it take before I can take a blank and turn it into a finished board with no help?</p>	<p>an hour and a half.</p> <p>The first board you shape will basically be a disaster so just plan on donating a blank if you are spending any time on it. It should take you about 2 1/2 hours or so. The second one will be easier and could be good enough to have glassed. The third one should be decent. The difference between your first boards and an experienced shaper will be the rails, outline, rocker and nose design.</p> <p>Then you need to get the board glassed unless you have someone teaching you that as well. Glassing takes skill as well. Your question was how long to turn a blank into a finished board. On your own about 3-4 days.</p>
<p>Where can i get koa wood for a longboard 1/8"? It needs to be pretty long and wide and be able to get 4 plys thank you so much</p>	<p>The real surfboard Koa only grows naturally in Hawaii. Therefore, you aren't going to find some cheaply unless you import from there. Most folks now just make a "show" board out of whatever hardwood they can find. If you want real Koa wood for a board, and you live in the US, go to Koa Wood Hawaii. There are many other places that carry different types of Koa. I've listed a couple below.</p> <p>By the way, a Koa board is not easy to make and is hard to surf on.</p>
<p>Longboard tiny crack - On my longboard i have a small crack that's in the middle layer on the side of the board and its still intact with the rest of the board, Can I use Gorilla Super Glue just for this tiny crack and then clamp it or no, Please help!</p>	<p>Unless you want your board to eventually delaminate, it's best you resin the crack. In your case, a small tube of Suncure from your local shop is all you need. Just make sure you get the right type for your board. The shop will tell you if you have an epoxy or regular board. Suncure comes in a kit and is very easy to apply plus it goes off in just a few seconds so you can go out in the water right away. I carry a tube in my van all the time.</p>
<p>If I surf with an unsealed surfboard once, will it be destroyed? About a month ago I started painting my surfboard but stopped just before I was about to coat it with a clear coated sealing enamel paint. Tomorrow I am going to the beach to surf. Will I be able to surf this board without the clear coat for a few hours? Or will it be destroyed beyond repair? It has like 4 coats of black enamel paint and a few coats of white. There is a little damage on the bottom but I taped and painted over it a few times, so it should be ok.</p>	<p>Because of your question, it sounds like you have a completed board, not just a shaped blank, and have been painting the outside. If it's just a shaped blank it will be destroyed regardless of the type of foam you have. If it's a completed board, then about the only problem you will have is some of the paint might come off. Try to push your finger into the board. If it depresses easily, it's just foam. I'm not sure how you would get a shaped blank though.</p>
<p>Surfboard Rocker Question? I have an old shortboard that has a lot of nose rocker and barely any tail rocker and i usually only surf 3-6 ft waves. is the nose rocker slowing me down or doing anything bad.</p>	<p>Depends on how old the board is and where it was made but I think it's more of a rail line issue than nose rocker. A low rail line allows you to ride higher and go faster on the waves. If you have an older designed board, there was a tendency to keep the rail line a little higher and not much tail rocker so the board would turn flatter and you wouldn't have problems with rails digging on larger waves. More modern shortboards keep a lower rail line and use the fin design to allow flatter turns with no rail digging on larger waves.</p>
<p>Stripping gloss of surfboard? I want to strip the gloss of my surfboard and then</p>	<p>I've been building, repairing and restoring boards since the 1960s. Scott's recommendation is the best if you just want a board that has</p>

<p>paint on my own design then paint gloss back over the top. my board is like a bit yellow and old and aboriginal kind of art on it that's a bit dated, so I want to change it. If I could do this what kind of tools would i need to use and how would I do it?</p>	<p>the design you want on it. Board sanding takes practice to learn, otherwise you just sand through and ruin your board. If you want to restore the surface of what you have, you need to have someone who knows what they are doing re-sand and gloss it for you.</p> <p>If the original art is in the gloss coat, it just needs sanding to remove. If it's on the foam, you can't get it off. Also, stripping the fiberglass usually wrecks the foam underneath, so forget that.</p> <p>One last item. Since you mentioned the artwork is out of date and the foam is yellow, maybe your board is an antique worth way more then a new board. Something you might want to check into before you try to change anything.</p>
<p>Given the demise of BASE surfboards, will any of the shapers continue to shape? I'm a huge fan of DHD, but I'm wondering whether him or any of the other shapers are continuing to shape, and if not yet, will they do so again in the future?</p>	<p>There is a lot of discussion on this topic among the shaping community. Many of the older shapers are close to retiring and will soon fade away. Also, although new shapers have come along, there just isn't enough money for a young person to make a good living from just shaping. We need to compete against shaping machines, foreign imports and lots of competition. In answer to your question, in my opinion as a shaper, many will drop out and a very few will continue on. The ones that continue will be those who have made a name for themselves and can cater to the custom marketplace.</p>
<p>I bought a broke in half board. Also, the board is in great condition. The only really bad part is the lamination on the front half of the bottom of the board came off. After sitting around for a while, the exposed Styrofoam has acquired a few smudges. I didn't want to sand them off because I didn't want to affect the shape at all. I've already pieced the board back together, and I laminated over the exposed Styrofoam. I would rather those smudges not be visible. Would spray painting over the newly laminated area affect how the hot coat sticks? Also, I am considering mixing microballoons with the hot coat to give it a hazy white look to make the repair look a little better. Would using microballoons have any kind of negative effect on the hot coat? I've done plenty of ding repairs on my boards, but this is my first time repairing a broken surfboard, so I just want to make sure I do it right.</p>	<p>I think I understand what you are saying. All you did is break your board and some of the lamination pulled off. You didn't repair it for a while and now the foam has discolored. You have already laminated the board together but no hot-coat yet. I hope this is what you described.</p> <p>To start with, did you put any popsicle sticks along the stringer when you glued the board together before laminating? If you didn't, you run the risk of the board breaking as you paddle through a wave or bank off the lip and it could hit and injure you. I usually put 2 sticks along each side of the stringer before I laminate. Also, what weight glass did you use. Even though it's heavier, I wouldn't use less than 6 oz. As for the discoloring, put a little white pigment into your hot coat resin. This will hide a little of the discoloring but depending how bad, not all of it. Do not paint over the laminating layer as it will cause the hot coat not to stick well and cause problems later on. Best if you still want the hide the color, buy a can of spray paint and spray over when you have sanded and done.</p>
<p>Electric planer for shaping surfboards? I'm looking to find a good planer electric planer to use for shaping. As of right now I don't want to get the Clark foam planer because I don't want to spend that kind of money. Also the hand planers I use now take to long..... any suggestions?</p>	<p>Interesting question on planers. You don't want to spend the money but you don't want a serious shaper's planer. A surfboard planer is heavier and more solid than the traditional planer most builders use. If you shape EPS you can shape the entire board with a surform. Otherwise, Bruce Jones sells a version of the Skill 100 and Accurate has a planer that is very similar to the Skill. If you don't want to shape many boards or only a couple, and you aren't that particular about</p>

	<p>how the boards turn out, go buy a cheap Sears planer.</p>
<p>I have always wanted to shape and glass my own board. I don't know anyone that has ever done it so I don't have anyone to ask</p>	<p>This question is asked often here. If you are serious and have the funds to get the equipment, materials, etc, it's best you go look at a board being shaped before you start. There are many websites that explain all the steps plus you can find out from my online book as well. Unfortunately, just reading something isn't enough. I have not seen the shaping 101 video but that might be a better way for you go than just reading.</p> <p>Before you start you need a stall with lights plus you need to get quite a bit of equipment ready, You will also need to create a template from a design you like. Since you are glassing, plan for a stall with good ventilation and no dust as well. Because you have no experience in shaping, use a practice foam blank (around \$100) before you actually shape your board. Assuming you shape the board correctly, there are many things that can go wrong with glassing, plus you can still ruin the board when you sand or mount the fin box. Just remember that you will end up paying as much just for the material and equipment as it will cost you to simply buy a new board from a manufacturer.</p> <p>I own a shop and have been building boards since the 1960s. With all the imports lately board building isn't as great as it once was. Also, even with tons of experience and all the equipment, it is still a lot of work to make a board. Better to just spend less money and time by simply buying a good board.</p>
<p>I am in my 20's and a Korean (huge problem in this case) and decided to become a surfboard shaper. So I plan to start working to save up enough money to go abroad maybe to Australia or stats to work for surfboard factories or shapers so I can learn to shape.</p> <p>1. In which area of Australia or states do I got the best shot? 2. My original plan is to personally visit shapers and beg them to take me in to work for them, is there any better way?</p>	<p>I wish I could give you better advice. Becoming a board shaper might not be the best career field to choose. There are many shapers around both in Australia and the US, and most aren't shaping enough boards to make a decent living, even those with widely recognized names in the surfing world. Also, with the advent of the shaping machine, I think this trend is only going to get worse. That being said, if you are determined you can probably find many shapers wherever you go that will teach you for a price. Just remember that shaping a board doesn't mean someone will buy it.</p> <p>When I teach someone they can usually do it by the third board. This is not hard provided you have a shaping bay, equipment, lights, templates, etc. Most new shapers need to watch someone else once or twice before they even try. Longboards are harder than shortboards. Any good shaper can shape about anything in an hour to an hour and a half.</p> <p>The first board you shape will basically be a disaster so just plan on donating a blank if you are spending any time on it. It should take you about 2 1/2 hours or so. The second one will be easier and could be good enough to have glassed. The third one should be decent. The difference between your first boards and an experienced shaper will be the rails, outline, rocker and nose design.</p>
<p>I'm looking to shape my first surfboard soon and I'm planning on making a longboard that will be good for noseriding on a small, weak beach break.</p>	<p>You don't want to mess up a perfectly good blank but haven't every shaped a board before. Shaping is not as easy as it looks, plus the cost of equipment and materials will be well over what it would cost to just go buy a good board.</p>

<p>What can I do to make sure it will nose ride fine? I know that having a wide nose, wide tail, and little or no tail rocker help - but i'm not sure about concaves; I know that concaves are good for noseriding but don't want to mess up doing a concave on the bottom of a perfectly good blank. Will a longboard noseride just fine without any concave? How should I shape it to make sure it noserides just fine?</p>	<p>I'll answer your design questions first then go into what you need to shape. A good noserider is not necessarily a good performance board. For small waves, the board should be at least 23" wide with the wide point towards the nose maybe 16" from center on a 9 ft board. I prefer flater rocker for noseriders but some people like more rocker so they can turn easier. Concave does help for longer noserides, but it's more difficult to shape and keep even. With no experience, don't do it. Your best approach is to go find a design you like and then just make a template from it.</p> <p>Your biggest problem is equipment, particularly if you want to glass the board as well. Before you start you need a stall with a shaping stand, overhead and side lights, plus you need to get quite a bit of shaping equipment ready, Since you are glassing, plan for a stall with good ventilation and no dust as well. Because you have no experience in shaping, use a practice foam blank (around \$100) before you actually shape your board. Most everyone ruins their first blank.</p> <p>Assuming you shape the board correctly, there are many things that can go wrong with glassing, plus you can still ruin the board when you sand or mount the fin box. Glassing requires the proper ventilation, temperature, and moisture, plus resins, cloth, swueegies, buckets, etc.</p> <p>Just remember that you will end up paying as much just for the material and equipment as it will cost you to simply buy a new board from a manufacturer. I own a shop and have been building boards since the 1960s. With all the imports lately board building isn't as great as it once was. Also, even with tons of experience and all the equipment, it is still a lot of work to make a board. Better to just spend less money and time by simply buying a good board.</p>
<p>Nose crack fixed with epoxy? I'm buying a board that the owner said the nose had a little crack but he closed it off with epoxy, plus there are pressure dings.. So should I buy this or is it going to have any problems or permanent fixed?</p>	<p>A nose crack is common and easily fixed with epoxy. Also, every surfboard will get a pressure ding. Just look at the board and check to see if there are cracks under the pressure ding that leak water. If you see yellowing or delamination under the cracks then the ding needs fixing and the price should reflect this problem.</p>
<p>I made my longboard but I haven't put the fiberglass on yet. I'm wondering if I should put the fiberglass on before or after the art is put on the bottom of the board? The arts going be done with base coat of spray paint, and then its gong be touched up & designed with sharpie. And will it matter how many layers the art on the bottom is?</p>	<p>I'm not sure what you mean by a base coat of spray paint. If you are putting a solid color on and then painting over it, don't put on a dark coat as it may cause heating in the sun and delamination, Also, make sure you use acrylic on the foam and do not use a sharpie. It will bleed and cause a mess. You might think about putting on a thin layer of laminating resin to seal the artwork before you glass it.</p>
<p>My board fell off my board rack and got a small crack on the front edge of the board. The board (foam core) is not cracked but there is a 1 inch diameter web-like crack in the glassing on the board's front edge. Is there any way to fix</p>	<p>It will leak. Get a small tube of sun cure from a shop and run a bead over the crack. Follow the directions about how to use the clear plastic to smooth the bead. Shouldn't be a problem fixing it. Don't let it go too long though or it will turn yellow around the crack.</p>

<p>this or is it anything to worry about?</p>	
<p>How can I build a wood surfboard (not perfect to ride, for use in artwork I'm planning)? Finding dead or broken surfboards to recycle is proving harder than I thought even though I live at the beach. I'm mainly looking for wood plans, because I can buy foam blanks online for relatively inexpensive.</p>	<p>It sounds like you want to build a wood board rather than a traditional fiber glass and foam board? If you don't want to ride it or just going to use it for an art project, I suggest you make an Alaia rather than a regular board. A rideable Alaia requires special wood but you can make one out of plywood with a little work. Go online and you can find plenty of info on what they look like and dimensions.</p> <p>If you want to make a board to ride, it will be much cheaper just to buy one. There are equipment costs, material costs, and environmental problems you may need to deal with, plus shaping and glassing are much more difficult than you think. I've been making boards since the 1960s and believe me when I say the US board builder is facing serious challenges from all the cheap imports sold commercially now days. The quality isn't that great but you can buy cheaper than we can build.</p>
<p>General Related Questions</p>	
<p>I just bought a wetsuit yesterday, and it has these patches for the knee to have more room to bend, they are stitched on. Part of the stitching, came up. It's like an inch and a half out of the suit. It's not broken stitch, it's still a loop, but it's pulled out of the wetsuit? If I pull it more it comes out further. Do I bring it back? I wore it once for 30 minutes.</p>	<p>I would take it back. Wetsuit makers usually have no problem replacing their products. Wetsuits I buy and sell in my shop are usually double stitched. I wear double stitched wetsuits as well. Never have lose stitching problems.</p>
<p>I got a new surfboard but it has no fins! Its six foot but it's a soft board. Will I be able to surf?</p>	<p>I wouldn't try no fins with a traditional shaped board, particularly for a shortboard if you are a beginner. Go buy a fin. Actually, until the 30s there were no fins and those who ride Alaia's now don't use fins. You can turn a board with just the tailblock if it is designed right with points on the tail. You just kick the tail into the wave and lean. The rail set into the wave's face keeps your board in the wave. If you notice some of the short boards used by pros now they are going with very small 5 fin systems.</p>
<p>I want to send surfing portfolio, is it better to send in main office or other address?</p>	<p>Are you sending the portfolio without being asked? Potential sponsors normally ask someone if they have a portfolio to send in first. You can send to the main office but that doesn't necessarily mean the owner will actually look at it. If you know the owners name then send to him or her directly. It's better if you give it to them at an event. If you stop at their office they may be busy and don't have time to spend with you.</p> <p>I've dealt with a large number of sponsors. They usually approach someone they are interested in, either by calling, emailing, or talking to them during an event. You might also go through the local shop you surf for. They usually know who might be interested in sponsoring someone. If you are successful in big events, sponsors will get to you.</p>
<p>I searched all over the website, they don't explain very well to me, so i want some better explanation and where it came from</p>	<p>A whole lot of information has been published on this topic. There are several places on the web where you can get info on ancient surfing. Go on my surf library history page and you can find many sources linked. Basically, surfing started in the Sandwich Islands (Hawaii) in ancient times and was primarily a religious sport for royalty. There is</p>

	<p>also a history on ancient surfers in Peru although it looks more like SUP than surfing to me.</p>
<p>Generally speaking - How big does a wave need to be to create barrels that you can surf through?</p>	<p>It does depend on how big you are but here is a technical description on how a hollow wave is formed.</p> <p>The shape of a wave is a function of how much energy it contains, the waves speed as it approaches land and how the sloap and swell window relate to the reflection the wave encounters. Basically, the energy of an ocean wave extends well below the surface of the water. More energy relates to longer period waves. Energy is always conserved. When a wave hits a barrier, it's energy will be reflected depending on the direction of the barrier (normal). The angle between the incident wave and the normal is the same as the angle between the normal and the reflected wave. When a wave enters a different medium at a non-perpendicular angle, the direction of the waves change. This change is called refraction. Refraction is a crucial factor in determining the characteristics of any surfing break: it can make the waves bigger, smaller, longer, shorter, faster, slower or hollower. When a wave travels through a small hole/area in a barrier, it bends around the edges. This is called diffraction.</p> <p>In the case of a water wave hitting a rock, sand bar or reef, the density is significantly different than water; most of the wave energy will reflect. The reflection of this energy is dependent on the angle of the reflecting surface with respect to the approaching wave's direction. The wave energy starts to deform as the bottom parts of the wave start to reflect, increasing energy in the top of the wave, and forcing the top of the wave upward. Momentum, mas times velocity, causes the top of the wave to role over, thus creating a hollow wave.</p>
<p>How does someone get into surf competitions? I live on the east side of America, but I do not live on the coast (i live about 3 hours from the coast). I plan on attending surf camp this summer, and I will be at the beach for two weeks straight. I surf to have fun, and not necessarily to compete. I just feel that participating in surf competitions will help add some "zest" and a competitive feel to surfing for me (I am VERY competitive). I have done quite a bit of research on this subject and happened to come upon the ESA website, so if you have any knowledge on this organization as well, that would be very useful.</p>	<p>You are asking about competing and also about surfboard clubs. I'll answer the competition question first. ESA has contests along the East Coast all the time. Just look on the regional schedule for the area you live in and go watch a contest first. If you decide you are competitive then just enter the next contest. NSSA also has contests in some areas. I've even seen a few local contests advertised but these might or might not be organized.</p> <p>It depends on where you live but there are a few organized surf clubs along the East Coast that are always looking for new members. The club I belong to in Maryland has a rideshare group that travels from DC to Ocean City and/or Assateague (2-3 hours) almost every weekend. Some of the clubs here also enter teams in the Surfrider Longboard Challenge each spring. Also, when you get to college, most of the colleges along the East Coast have surf clubs and some compete against other schools. These events are usually fun and less competitive than ESA events. For information on organized East Coast clubs, check out the Coalition of Surf Clubs website</p>
<p>I was looking forward to maybe having some more core exercises for my Indo board workouts, and possibly learning to surf/skate. What Indo board would you recommend and what do you think</p>	<p>They are all similar. However, if you want the most benefit, you might want to get the Original portable gym pack, Primal Surf. I've found the roller works well once you get used to it. The large size cushion was better than the smaller cushion for training though. Hunter had one at Surf EXPO this year that a lot of people were testing.</p>

<p>would be the easiest?</p>	
<p>How can I break my way into the surf industry? I want to work for a major company like Quiksilver or O'neill. I am a senior Philosophy major at UCSB and I am in the Technology Management Program which is based around technology and entrepreneurship. I know that entry into these companies is very competitive because of the amount of people trying to get in. I am a hardcore surfer and I want to be around this sport for the rest of my life. Should my first step be to get an associate job at one of their clothing retail stores?</p>	<p>You have a hard way to go but here are some suggestions. Since you are "hard core", I assume you know all the local manufacturers in your area, plus have achieved an advanced level in your surfing abilities. Unfortunately, it is usually your skill that gets you in the door first, then your education will follow. If you are going for Quiksilver, unless you can make their sponsored team, you should concentrate on clothing as that is their big ticket industry. As for O'neill, they recruit out of Santa Cruz for a lot of their internal talent.</p> <p>Besides these two, there are some lesser companies that you might make it into. However your road isn't direct. Here are some suggestions. You have an old time shaper and board maker (can't remember his name off hand) with a shop right close to campus. His shop is on the right before the turn about a mile from the campus. Stop in and talk to him for some ideas. You might also drive down to Ventura and talk to Steve Walden. He has connections with many folks. Another idea is to attend Surf EXPO and meet directly with the staff at the companies you are interested in.</p> <p>When I got into the industry in the 60s all you needed to do was surf well and find a mentor. Not so many of those willing to work with someone now days. You can always get a lower paying job at a serious surf shop, learn to shape, glass, or start your own shop if you can find a good location. The sales jobs are seasonal and might not mean much for a college graduate, but you will have a chance to see the industry from the inside and make better decisions from that point.</p>
<p>I'm going to Cali this summer and I need to know what I can bring on the airplane. I want to bring my longboard and a carry-on, but I don't know if they'll allow it? I'm going from the Philadelphia Airport to LAX.</p>	<p>You can take your board but it will need to be in a good board carrier plus be ready to pay extra \$\$\$ to haul it. Some airlines actually charge a premium over and above excess luggage for boards, over \$100 each way. I fly from BWI and gave up taking boards with me a few years back. Have you considered just renting instead? You can rent good longboards almost anywhere in CA, just tell the shop that you are an experienced surfer. If you are in the Huntington Beach area decent longboards will run you around \$20 per day to rent, with better deals on weekly rentals. Also, you won't have the problem of hauling the boards around the airport with you, plus if you have a rental car some companies won't go with board racks. Just a suggestion. I travel all the time and almost always rent boards if I don't have any around I can borrow.</p>
<p>I know that sharks attacks are a lot less likely to happen than a fatal car accident, but when I'm paddling out to go body board I just can't get the thought out of my head that a shark is beneath me. It distracts me from getting a good wave. How do I get this thought out of my head?</p>	<p>You likely can't stop thinking about it completely but you should be able to lessen your worries. You might just go out during the middle of the day when sharks aren't normally feeding or find a place where sharks aren't that common. Also, you don't need to body board in outside breaks near deeper water where there is more of a chance for a shark encounter. I've surfed for 50 years in all parts of the world and have only had two shark encounters. Both times I was bumped rather than bitten. Chances are you will never have a problem.</p>
<p>I know sharks can be anywhere and it's rare to be attacked and have read the tips about avoiding them and if I encounter one but. When you see most</p>	<p>There have been attacks in South Africa on surfers who were riding waves so I don't think it's necessarily related to if there are waves or not but more related to if there is some deeper water near the break where sharks may be looking for food. Sharks see movement and will</p>

<p>attacks on shows and movies they are in calm water where there are no breaking waves just calm flat water. So If I was surfing anywhere I'm in Australia but what are the chances of there being sharks in wave water area between 50-130 meters out from the shore if that makes sense. Just curious</p>	<p>see what they think is food on the surface in calmer water from way down. They would be able to see a surfer moving between sets and might think it is a seal. The problem you have in Australia is that the sharks are big and surfers on boards not so big. There are places like Cactus that have nice breaks close to the deeper water where the sharks hang out. On the east coast near Perth or Freemantle the Pointers will come in close to shore near the breaks looking for food. I have a friend who was kiteboarding in the inland water area in Freemantle that saw one below following him.</p> <p>The bottom line is that sharks are in your area and you probably should stick to the popular breaks where there is less shark activity.</p> <p>On a brighter note, Australia recently allowed shark fishing again because of all the shark attacks that took place there since the ban was imposed a couple of years back.</p>
<p>What are the most sharkiest waters in western Australia?</p>	<p>There is an island out from Margaret River that is bad. They are all over but not many attacks, I would guess the beaches near Perth are probably where most attack happen, Cactus in Southern OZ is the most dangerous.</p>
<p>How can I tell if I have a 3/2 wetsuit or a wetsuit for any temperature weather?</p>	<p>Unless you live in south Florida, you will know if your wetsuit is only 3/2 because you will be cold in the winter. Basically, thinner wetsuits and flexible while heavier wetsuits are a little stiffer. Where I live we need a 5/4 during the winter months and even then it gets a little cold sometimes. Wetsuits are measured in millimeters but your 3/2 will be maybe 3/8" thick.</p>
<p>What are the best ear plugs for surfing?</p>	<p>Docs Proplugs are by far the best. They fit well and do not fall out easily like most other plugs. They were invented by an ear specialist doctor who is also a legendary surfer, Doc Robert Scott in Santa Cruz. I have used them in cold water and they are great.</p>
<p>How many kinds of waves are there?</p>	<p>Kind of a tough question to answer. If you don't consider size, there are mushy waves that just roll at the top, less mushy waves that actually break but have a mellow not steep shoulder, waves the jump up and have a very steep shoulder, and waves that are clean with a fairly steep rideable shoulder. Then you have waves that close out. When you go to larger waves you have waves that the top kicks out and are hollow, you have heavy waves that have a long steep face and break high, and you have extreme waves that throughout and then roll.</p>
<p>I'm 22, and crazy about surfing! I've been surfing since I was young, and I know that all the pro surfers are well, pro because they're so talented and that, but how would you start off, how to get noticed? How to enter competitions?</p>	<p>This question comes up often. What are you really asking, you want ot become a professional surfer on the tour , you want to try and earn some cash from pro level events, or you just want to try and get some sponsorship? To make money from competitions you need to enter the big events. Most US pros start off in the ESA, WSA, HSA, or NSSA. If they are successful, some level of sponsorship will find them. To get into the ASP tour you need to win some open 3 star type events and be successful. If you are good, Surf America will pick you up on the US Team and you will be well on your way.</p> <p>Entering a pro level event is expensive, usually \$125 or more. Enter the non-pro events first. One of the pros I managed started entering the pro level events first and ended up getting frustrated because he</p>

	<p>had world champs in his heats often and they didn't let him get into position to catch waves. There is a strategy involved at that level.</p>
<p>How much do top pro surfers make and is it a full time job? How much do they need to 'work' when it comes to surfing?</p>	<p>Most don't make that much and it is a full time job. To stay up in the rankings you need to practice most every day, plus you need to push yourself when you are surfing. Years back when I was a pro we didn't need to get as extreme as you do now, plus the competition wasn't as tough.</p> <p>Below is win money from the ASP. What they make from advertising and endorsements isn't included but it is a lot.</p> <p>Rank 2011 Money Career Money</p> <p>1 Slater,Kelly \$556250 \$3062005</p> <p>2 Parkinson,Joel \$249750 \$1434476</p> <p>3 Burrow,Taj \$259250 \$1664863</p> <p>4 Medina,Gabriel \$307100 \$386800</p> <p>5 Wright,Owen \$445750 \$722200</p> <p>6 De Souza,Adriano \$297500 \$907895</p> <p>7 Wilson,Julian \$227200 \$360975</p> <p>8 Smith,Jordy \$198250 \$724430</p> <p>9 Muniz, Alejo \$203000 \$314895</p>
<p>Do you think surfing should be an Olympic sport, even though the best surfing can be in the winter, and...? the surfers will most likely have to surf in a different country? Surfing is such a legitimate sport, and older and more deserving than some of the Olympic sports.</p> <p>Do you think they could surf when they can, and just show highlights during the summer games, and crown the winners then?</p>	<p>Personally would like to see it an Olympic sport and hope it happens during my lifetime. Serious surfing competitions are already highly sought after by some in the sport and also a good draw for spectators. Unfortunately, there are a number of serious issues with making it an Olympic sport. We first tried to get surfing into the LA Olympics back in the 1980s. Surfing didn't have enough international support at that time and it failed. There have been subsequent efforts since that time, the best chance was when the USSF submitted a formal application to make surfing an Olympic sport the year before Surf America was formed. At that time there wasn't a limit on accepting a new men's sport based on a minimum number of countries with national organizations. When Surf America was formed and became the NGB the application had to be withdrawn and unfortunately the new rules with 70 countries holding national events became a requirement. With the emergence of quality wave pools there might be a chance now to renew the application. Wave pools will allow the sport to fit within an Olympic venue, something that must happen, plus it would encourage the support of landlocked countries for surfing's inclusion. However, the amount of work to prepare the massive application is not something many people are willing to produce.</p> <p>If you do a search on the Internet you will find a couple of papers I wrote on how surfing could fit into an Olympic venue. Also, I am the author or the original USSF application for surfing to become an Olympic sport.</p>
<p>Careers in the surf industry? I'm not bothered about pay, and I am willing to go to college. Ideally a job that involves being out on the beach for at least a fraction of the time, or working with other people in the industry, or maybe</p>	<p>Here are my suggestions from a person who has been in nearly every aspect of the surf industry since the 1960s. There are a few related jobs around, but nothing that you can make much money from. Even the pro surfers have a hard time making much once their competitive careers wind down. If you have made a name for yourself in the surfing world you might get a job representing a product or two. A</p>

<p>travelling a bit. Like I said I'm not particularly looking for a job that pays alot, just an enjoyable one that doesn't involve sitting at a desk all of the time</p>	<p>good example would be the guys who rep. Surftech. They get to surf on a regular basis but do spend a lot of time traveling and at shows or various events. Unfortunately, most reps are just traveling salesmen that don't get to surf as often as you would think.</p> <p>If your interest is being around the beach, look into surf schools. Most schools hire instructors during the summer months, and then the good instructors head south to work at schools in warmer climates during the winter months. Again, you need to know what you are doing plus knowing a little Spanish will help.</p> <p>My last suggestion is to just try to get a summer job in a surf shop to see what it's like. Shops often pay minimum wage, but they don't open until around 10am so you can surf every morning.</p>
<p>What do surfers do for activity when their away from the ocean?</p>	<p>I do some SUP, shape and glass boards, work in my surf shop, write articles for magazines, attend surf related events and luaus, teach a college surf class, answer these questions, and yes, have a real job to pay the bills</p>
<p>I need a roof rack for my dodge ram 1500 van... it's a 2002. A temporary fix would be those soft racks.... but do they work well enough to hold a 9.0? Anyone ever try using a soft roof rack?</p>	<p>Not a good idea for the van you have. I use soft racks when I travel and need to rent a car. Have even used them on the SD Fwy. They do have a problem when it rains and the water leaks inside the window, but other than that they work fine. If you have a longboard you normally need to get a separate strap across the board holding it down or the rack straps will vibrate loudly. This happens a lot even if the soft racks start off tight.</p> <p>Related to the question about what works best for a van. soft racks don't work on vans unless you have windows you can mount them through. If you have a side door or no windows they can't attach. I have a Ford F-150 commercial van and bought a set of regular commercial racks. I put some insulation tubing around the cross bars and mounted the rack on the rain gutters. I then use two regular ratchet tie down straps to hold the boards down. I can easily haul 4 longboards with no problems at all. This will cost you a whole lot less than buying a rack made specifically for surfboards.</p>
<p>What did the surfers or the wannabes wear back then? I'm talking' San Diego 1962. What did the teenagers/young adults wear? What kind of pants? What style shoe? What kind of shirt?</p> <p>I'm just really fascinated with the culture that surfing has developed. I really want to start wearing the kind of clothes that they wore.</p>	<p>I grew up in the surf culture of Huntington Beach during that time and also made many surf trips to San Diego. I believe that was just before the era of the Katan flowered trunks and just after the tight trunks started to ease out. I have pictures of us at the beach and I usually wore regular swim shorts that had elastic bands, most were solid colors. I don't remember anyone wearing tight trunks like they did in swimming pools back then. Sometimes the shorts had a stripe down the sides. Out of the water the younger guys like me wore regular jeans, white T-shirts when it was warm and regular black tennis shoes. I wore a sweat shirt when it was cold. A lot of the older guys wore pullover or button down shirts. Several, like Chuck Linnen, would often dress well even on their way to the beach. Some of my T-shirts had logos on the front. I also remember having some handmade trunks that had a rope draw string to tighten them.</p>
<p>What's up with old surfers? After surfing at my normal spot for the</p>	<p>It sounds to me like he is an old kook, not necessarily an old surfer. There are plenty of older surfers in the water who would never do</p>

<p>past year, I was putting on my wetsuit. This old dude walks by looks, laughs then shakes his head and says "You young people and you're 'wetsuits', bunch of kooks, its summer". I ignore him because its damn too cold to surf without one. So I see him later arguing with some guy who had a tuflite surfboard, while he had a heavy plank of wood. Well thats what it looked like. So later I'm out paddling and sitting in the water, I watch him having a hard time carrying his longboard without a leash, without a suit, just plain board shorts; I don't think his beard would even keep him warm. But anyway a bunch of other surfers nearby laugh and hear that this guy comes around every once in a while and likes to talk bad about other surfers, and the way he surfs is how it should be done, not with all this new stuff we have in the beach. I watch him and he paddles out not too far from me where he cuts me off from a wave, losses his board, knocks some kid unconscious. The lifeguard comes and saves the kid while the old surfer attempts to swim back to shore where a bunch of us had to get to him as he shook around in hypothermia. Luckily the lifeguards came around and warmed him up. Even after all we did he still resorted to calling us kooks. What's up with that?</p>	<p>what that guy did. I really don't think he was a surfer at all, maybe just a 60s wannabe. There are many places around that would have run him out of the water for doing what he did. Yes, I am an old surfer who still gets out on a regular basis.</p>
<p>How can i open a surf shop? I really want to open a surf shop, but i have no idea how to start, or where to get a place...</p>	<p>Many people start shops only to close them up after a short time. Before you do anything, perform a market survey and figure out if the location you want is profitable and also what your competition will be like. I have an example of the one I did for Wave Trek years ago that might help. It's in the surf library listed below. Unless you have about \$25k free cash laying around, his survey will form the basis of a business plan you need to develop before you can go after a loan. Next step is to decide what you want to sell and contact a local distributor. If you can wait until Surf EXPO, that might be a better place to find contacts and manufacturers. Finally, I suggest you try to get a job in a surf shop for a while to get an idea of what is involved.</p>