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GIVE IT A GO SURF LESSON

Basic Techniques and Great Fun.
1 x 2 Hour Lesson - Stand and Surf
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Preferred Lesson time 10.00am



SURFING INTRODUCTION - 2 Lessons

More Time on the Surfboard and Heaps of Fun.
2 x 2 Hour Lessons - Improved Stance and Style
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Progression & Understanding of Basic Skills.
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1 Person - **\$95.00**
2 Person - **\$170.00**
3 Person - **\$240.00**

**GIFT
VOUCHERS
AVAILABLE**

WHAT YOU WILL LEARN

Lesson Structures

Surf Awareness, Catching Waves, Standing Up & Surfing Waves

LESSON 1

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



**'SURFING
PROGRESSION'
Lessons 1 to 4
\$185**

LESSON 2

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

**'SURFING
INTRODUCTION'
Lessons 1 & 2
\$95**

LESSON 3

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

**'GIVE IT A GO'
SURF LESSON
Lesson 1
\$50**

LESSON 4

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

**2 Hour Lessons
All Equip. Supplied**

1st Wave Surf School

1ST WAVE SURF SCHOOL LOCATED AT

Main Beach Pavillion, Macarthur Pde, Main Beach
(Next to Southport SLSC/Kiosk - Lifeguard Tower 40)

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Progressive Skills.



The progressive skills of surfing are about starting to actually surf waves. Stages 1, 2 and 3 teach you to catch waves and stand up, if you are achieving standing up on waves that's great, now it's time to start feeling the wave.

Once again all new skills should first be practised on the beach and then attempted in the surf. Remember you are still considered a beginner.

Trimming the Surfboard

(Progressive Skill 1.)

On the beach, again...

Trimming the surfboard is the first progressive skill that will help you get the best out of surfing a wave, it's not really good enough to just stand on the surfboard, you need to surf the wave. (That's what it is all about)

By now you have probably surfed waves and experienced problems such as:-

- (1) the surfboard slowing down and stopping while you were standing up, but the wave kept going.
- (2) the nose of the surfboard kept diving underwater while you were cruising along.

These are common occurrences at the beginner level and *trimming* the surfboard is the progression that will help you correct these problems.

First of all set up the surfboard on the beach as described below.

- Build a sand castle in the soft/damp sand that is approximately 30cm high, it doesn't need to be perfect looking, but it should be packed down so it is quite solid.
- Place your surfboard on the sand castle so the surfboard is balanced in the middle.

Secondly, carefully step on to the surfboard leading with your back foot and adopt the correct surfing stance and style. (feet facing across the deck, knees bent, hips forward, arms up and head looking forward)

The idea is to balance the surfboard on the sand castle.

While in the correct surfing stance you will find by pushing your hips forward you will place more weight on the front leg and the nose of the surfboard should slightly dip towards the sand. Simply by pushing your hips to the back will transfer your weight to the back leg and the tail should drop and the board now angled in the opposite direction.



Don't lean, bounce or step all over the surfboard, simply keep pushing your hips back and forth and transfer your weight from the front leg to the back leg. It is important to keep your back straight, head looking up and knees bent at all times.



After a few weight transfers you may need to step off, rebuild your sand castle and then replace your surfboard and start again.

Eventually you should be at the stage where you are easily transferring your weight from the front leg to the back, slightly rocking the surfboard and keeping the nose and tail out of the sand. This technique will allow you to trim the board and get the maximum ride out of the wave.

Trimming the Surfboard, in the surf...

Once again walk out into the surf, catch a wave and stand up, now while you are up and surfing start to feel the wave beneath you and where your weight is placed. If you are slowing down, transfer your weight through the hips and onto the front leg. You also may need to bend your knees giving more compression on your front leg and down onto the surfboard.

If you feel the nose is being pushed into the water too much, transfer your weight through the hips, this time to the back leg. Keep looking up, arms out, back straight, keep *trimming* the surfboard and SURF the wave as far as you can.

SURF LESSON

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Changing The Angle.

(Progressive Skill 2.)



Back on the beach, again...

Changing the angle of the surfboard is the next progression and a major skill that will help you develop turns while surfing a wave. What we are attempting to achieve is to change the angle of the surfboard from facing straight towards the beach to angling and cutting across the wave.

Once again build your sandcastle, pack it down nice and firm and place your surfboard on it as you did previously when *trimming* the surfboard. Step on to the board leading with your back foot, *trim* the board and hold the correct *surfing stance* with the surfboard balanced on the sandcastle.

As before start to *trim* the surfboard, (to speed it up push your hips forward and place more weight on the front leg, to slow it down move your hips to the back and place more weight on the back leg). Remember your *surfing style* and always keep your head up, eyes looking forward, back straight and knees bent.

To *change the angle* of the surfboard you will need to link your upper and lower body and connect with your surfboard. The following is an explanation of how it can work.

While *trimming* the surfboard, shift your weight to the back leg, with your arms out rotate the upper body to your forehand or frontside and at the same time shove your front hip across in the same direction, bringing the surfboard with your body and changing the angle it is facing. (The frontside for a natural foot surfer is to the right and for a goofy foot surfer is to the left.).

The angle of the surfboard should change approximately between 10 and 45 degrees. Immediately after changing the angle you should shift your weight to the front leg as to accelerate the board and keep surfing the wave. But now you would be cutting across the wave in a new direction.

The more power and rotation you use with your body will provide a much more responsive *change of angle* from the surfboard.

It is important to link your upper and lower body to complete a successful *change of angle*. If you only rotate your upper body the surfboard will continue straight and you will most likely twist yourself off the surfboard.

If you only shove your hips, once again the surfboard will continue straight as the rotation from the upper body is the leading factor.

An important point to remember at this stage is that we are only trying to achieve one (1) small change of angle and then continue SURFING. Do not rapidly rotate your body back and forth and expect the surfboard to respond.

In the surf...

During this progressive skill we are still working in waist deep water and surfing white water (broken) waves. Remember your wave catching skills, jump or step up cleanly to your feet and start to *trim* the surfboard and surf the wave towards the beach.

When you feel you have control of the surfboard and are comfortably surfing the wave, shift your weight to the back leg, rotate your upper body, shove your hips and attempt to change the angle the surfboard is facing, transfer your weight on to the front leg and accelerate across the wave in the new direction and continue to *trim* the board.

In the early stages whether your surfboard responds or not you should always transfer your weight onto the front leg after attempting the *change of angle*. This will allow you to continue surfing and you could attempt another *change of angle* on the same wave.

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THE BREAK ZONE and NEGOTIATING YOUR WAY OUT.

Understanding the break zone

The *break zone* is the gateway to the deeper, calmer water where surfers can sit, relax and wait for a nice unbroken (green) wave to come their way. It is also an area that tests the skills of every surfer who wishes to *paddle* through it.

It is the zone where the waves peaks, breaks and releases its power. It can be an unforgiving area that requires special skills, board control and confidence to negotiate a way through.

You should only start to progress through the *break zone* when you are comfortable with your surfboard control, your paddling technique and you understand the surfing conditions.

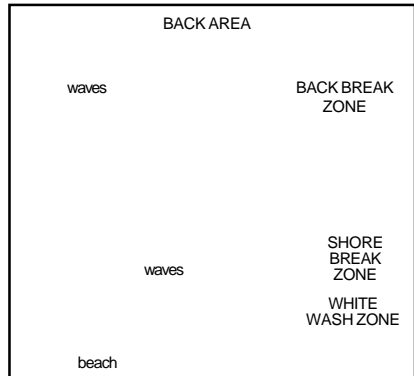
First of all study the conditions, things you should be noticing are:-

- Are the waves breaking close to shore (shore break) or further out (back break), or both.
- Are the waves dumping hard or spilling and rolling through.
- Will you be in shallow or deep water.
- Is there a rip that could assist you, or may be hazardous to you.

The oceans conditions can change on an hourly basis, the more time you spend studying your local surf break and other surfers will give you a better understanding and more confidence as you start to *paddle* out.

Secondly, your timing when you start to *paddle* out. Waves come through in what is called “sets”, on average at most surf breaks a ‘set’ will contain between 3 to 6 waves, after the ‘set’ passes the waves decrease and the ocean goes into a “lull”. During the ‘lull’ is when you want to be *paddling* through the *break zone*.

At some surf breaks the *break zone* may only be a short 10 metre sprint, and at other breaks it may be a gruelling 50 metre *paddle*. As a beginner you should only start to *paddle* out when the surf is small and not very powerful.



Padding Through Waves

(Progressive Skill 3.)



There are three skills which will help you *paddle* through waves and progress through the *break zone*.

- (1) **Pushing Up** - used on smaller broken waves or unbroken waves that are close to peaking.
- (2) **Busting through** - used on unbroken waves that have just started to peak.
- (3) **Eskimo Roll** - used on bigger broken waves.



It is important to have good *paddling* technique and *body positioning* on the surfboard (*refer stages 1 and 2*), you will need to achieve a maximum thrust from each *paddle* to gain and keep momentum. The more power you go into a wave with will help you maintain your position and not be dragged backwards towards the beach. You must understand that the wave is not going to stop, by *paddling* hard and fast into it is your best chance of getting through.

When *paddling* through a wave make sure you approach it with the nose facing directly into the wave, if you end up sideways or slightly angled the wave will get underneath your surfboard and force you backwards.

While you are in the *break zone* and paddling through waves you should keep a forward momentum, keep the arms *paddling*, if you get knocked off your surfboard always climb back on and keep going until you have *paddled* beyond the breaking waves. It is then that you can sit, relax and have a rest.

Have a
heap of
FUN!

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As mentioned there are three skills you will need to practice and use, in all skills what you are ideally trying to achieve is keeping the surfboard flat and horizontal so it will pierce through the wave. It is when the wave gets underneath the surfboard that it picks you up and carries you with it towards the beach.

PUSHING UP

Used on smaller white wash waves or when *paddling* over peaking green waves.

Similar to the skill practiced back in Stage (1) of this booklet but now you are *paddling* through a wave. *Paddle* hard and fast directly into the wave, just as the wave hits the nose of the surfboard, grab the *rails* next to your chest, *push up* and and raise up onto either your knees or toes. It is important to hold your weight with your upper body and NOT transfer it into your legs. Keep the surfboard as horizontal as you can, once the wave has passed half way down your body you should lower your chest down and straight away resume *paddling* and start to gain forward momentum and prepare for the next wave.



BUSTING THROUGH

This skill is used when a green wave has just peaked and is about to start breaking.

Paddle directly up the face of the wave, as you see the top (lip) of the wave start to break or crumble grab the *rails* of your surfboard at the *chest line*, but, rather than pushing up, keep your chest on the *deck* of the surfboard, hold on tight, elbows up, keep your head tucked in, looking down, and 'bust through' the top of the wave.



This technique will help you come out the back of the wave, however you are now in a critical part of the wave. You must start to *paddle* immediately after 'busting through' otherwise the wave could suck you back as it starts to break.

THE ESKIMO ROLL

On bigger waves that have more power you will not be able to 'push up' and over or 'bust through', you must roll the surfboard over and attempt to pierce through the bottom of the wave. This technique requires effort and confidence, with a properly sized beginner surfboard this technique is your best chance of progressing through broken waves.

You should practise this technique on the beach first before attempting it in the surf.

Once again *paddle* hard directly towards a broken wave, just before the wave hits the nose of the surfboard grab the *rails*, but this time slightly higher than the *chest line* (about shoulder height). Roll the surfboard over and hold it tightly and as close to your chest as you can. Try and keep the surfboard horizontal, the wave will pass over the top of the surfboard and then you will come to the surface out the back of the wave. It is important now to flip the surfboard back over, climb on as quick as you can and then continue *paddling*.

This technique requires you to use a lot of upper body strength to keep your body close to the surfboard, at times you may feel you are wrestling with the wave for control of your surfboard.

DUCK DIVING

You may see other surfers on short boards duck diving under waves, although this looks easy it is a more advanced technique and not suitable for beginner sized surfboards.



Introduction to Catching Green Waves. (Progressive Skill 4.)

This is probably the most important skill in the progressive stage of surfing and it can not be learnt in just a few sessions in the surf. To catch green waves you must understand the speed of the wave, your positioning on the wave and when the wave will peak and start to break.

Do not attempt this in big surf, dumping waves or crowded waves. Ideally small surf that crumbles will give you the best results.

Surging

To introduce you to catching green waves you should practice *surging* with the wave. This is when you will not actually catch the wave but *paddle* with it and *surge* to the edge of the *break zone*. This will help you understand the speed of the wave, how much *paddling* is required and where the wave will start to break.



Identifying The Wave

First of all you should paddle out and position yourself beyond the break zone, attempt to sit and balance on the surfboard while facing out to sea and looking towards the horizon. Look for lumps on the horizon, these lumps are the 'sets' which contain the waves you will eventually want to catch. Identify the biggest lump, follow it all the way in as it gains momentum and builds into an identifiable swell. Watch the swell pass by you, become a wave and *surge* all the way to the *break zone* where it peaks and then breaks.

Building Momentum & Surge

After studying waves all the way from the horizon to the *break zone* the next step is to start to paddle and build momentum from the *surging* swell. Identify a swell on the horizon, turn your surfboard around and face directly into the beach. As the swell approaches you should start to *paddle*, keep looking forward but also have glances over your shoulder so

you know the position of the wave, when you feel the *surging* swell lift the surfboard, increase your *paddling* speed and power, so you gain momentum and start to *surge* forward with the wave. At this time you should *push up* and *surge* to the edge of the *break zone* where you can look over the edge of the wave as it start to break.

It is important to understand where the wave will break, you do not want to *paddle* all the way into the *break zone* and into a position where the wave is breaking on top of you.

Surging with waves will teach you to build your *paddling* speed to gain momentum and match the speed of the wave. Timing and positioning is the key to catching green waves and it is very hard to perfect this until you can feel the *surge* from the wave.

Taking The Drop

After you are comfortable identifying waves, building momentum and *surging* to the edge of the *break zone*, the next step is to *paddle* on to the wave, stand up, and *take the drop*.



While *surging* keep *paddling* a few more strokes than you have been, when you feel the wave start to steepen (peak) this is when you should *jump* to your feet. It is important to take the wave a little bit further than you have been before standing up, if you stand up too early the wave will leave you behind.



Once you have jumped to your feet keep your knees bent, head up and **START SURFING!**

By starting to catch green waves you are progressing your surfing to the next stage, be patient, practice your skills in surf that suits your ability and always keep working on the basic techniques i.e. *body positioning*, *paddling* and *jumping up*. These are the platform to your surfing future.