



CAPTION → Psyching up
PHOTO → Pulse8 Images

ultimately psyching myself out, which results in wipeouts. I 'think' I am telling myself that I'm building up for an unhooked back loop landing to blind, but what I am 'actually' telling myself is that I'm not good enough to do an unhooked back loop to blind. I am not being positive or confident, so I keep crashing the unhooked back loop in the process.

In these scenarios I have to pull myself back and maybe stop for a break until I'm in a more positive frame of mind. I have to remind myself that a powered unhooked back loop is easy and that I've landed them many times in the past. I tell myself to stop procrastinating and to go for the unhooked back-to-blind. Once I hit the water again I have a renewed confidence and I head into the trick with more energy and vibrancy. I don't hesitate and, although I may crash the unhooked back to blind, I'm no longer psyching myself out of the unhooked back loop. If for some reason something goes wrong and I don't commit to the back-to-

blind, I will at least land 9/10 unhooked back loops that precede it. It's all about confidence and 100% commitment to the trick.

The harder your goals become the longer the time between the rewards of achieving them, so the harder you have to work at maintaining self-confidence.

"One important key to success is self-confidence. An important key to self-confidence is preparation."

Arthur Ashe on winning three tennis grand slams.

Self-confidence is key, but gaining self-confidence is not easy. If you have had a bad day on the water, perhaps a bad day before that and maybe you've even have had a bad month, then it's time to tell yourself that enough is enough. Set your mind afresh and tell yourself today you are going to feel good.

The night before a session, or on your lunch break at work, get yourself into a zone. Getting into that zone is different for every person. Perhaps sitting on the beach assessing the conditions will work for you, or chilling out with friends before hitting the water? In my case listening to my favourite tunes on my way to the beach works best.

Find your relaxation technique and your favourite thing in the world to put you in a positive state of mind and exploit it. Concentrate on your goal, visualise it in your mind and then know in your heart and soul that you can achieve it. With these three aspects set strong there is no way that you won't succeed with the next tricks you want to learn, unlocking your true kitesurfing potential.

Next issue: Quality training and taking the plunge.

*Jo is sponsored by Naish International, Protest Boardwear, Adrenaline Sports, NPX Wetsuits and Sunset Beach Hotel, Brazil **kr***



CAPTION → Back in the good points
PHOTO → Ellen Langereer

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