

**UCLA Marina Aquatic Center Surfing II Course Outline**

Prerequisite: Surfing I

It is important to get repetitions in the ocean as you progress as a surfer. Surfing II will offer the technique of experienced surfer to gain the most out of your reps. In this class, it is the instructors goal to help you experience a 'drop-in'; one of the fundamental aspects of surfing, however, the very thing that will leave you addicted to the sport.

**Paddling Out**

Learning to cope with the white wash is exhausting and requires endurance to keep your arms moving. Instructors will reiterate certain techniques we taught during *Surfing I*.

The Simple Push-up – while holding on to your rails, press up on the board allowing the board to go under the base of the white wash letting the water pass between the surfer and the board.

Turtling – before impact of the white wash, flip the board over with the surfer underneath the board, allowing the bottom of the board to absorb the impact of the wave.

Your speed is crucial. Remember, keep paddling!

**The Line-Up**

This section of surfing is all about timing! Lining up for a wave should be tailored to your strength and pop-up speed. The size and shape of the wave will dictate whether or not you paddle. The instructors will teach how to read the subtle signs of your wave.

The Hill – when the wave resembles a hill, start paddling

The Mountain – the wave will have a peak. At which point you should have ample speed and commencing your pop-up.

The Curl – when the wave develops a crescent shape, you should be standing and riding the wave. If you have not popped-up by now you should bail out by sitting as far back on your board as possible.

**TIMING IS EVERYTHING!** Much like swinging for a baseball, your timing has to be spot on.

## **Catching Your Wave**

Often times, you paddle your life out with nothing to show for your effort. Part of your pop-up is using gravity to your advantage, putting weight on the front half of your board for a split second as you transfer your weight to the back end of the board will assist in a successful drop-in.

‘The Move’ – Generating forward momentum from an idle sitting position

‘The Sprint’ – Paddling as if there were only one thing that mattered: catching this wave. Try to keep your torso as still as possible to minimize rocking side to side.

‘The Double-Double’ – This is the decisive part of the wave where you either hit or miss the wave. Without enough speed, the wave will pass underneath. Digging in your arms simultaneously for two powerful stokes (Double-Double) should ensure your Drop-In.

## **Direction of the Wave**

There are some beaches that break in a consistent direction. In California, it is rare that one drops in going straight. The wave will dictate which direction you surf; either right or left.

Looking over your shoulder while sprinting for the wave should give you an idea of which direction to go. If the wave is peaking on your right and resembles a hill on your left, you go left. Vice versa if the wave is peaking on your left.

Bottom Turn is an exaggeration of the direction your are going. Your execution of a ‘Bottom Turn’ should be at the base of the drop in.

\*Remember, Surfing is a spontaneous sport. Your experience is based on variables out of your control and patience is key. Wave size, tide, wind, swell direction and sometimes rain all play a factor.

14001 Fiji Way Marina del Rey, CA 90292

310-823-0048

[mac@recreation.ucla.edu](mailto:mac@recreation.ucla.edu)

[www.recreation.ucla.edu/mac](http://www.recreation.ucla.edu/mac)

