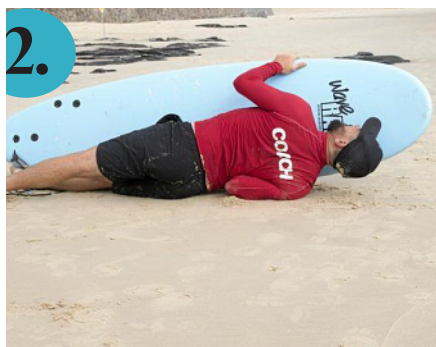




THE ESKIMO ROLL

Getting out the back easily



LET THE WAVES ROLL ON: The eskimo roll is the easiest way to get out the back.

PHOTO: JOE D

Best waves for surfers are the unbroken ones out the back. Getting out the back while paddling on a large board require the surfer to use eskimo roll technique. Here is a simplified version of the step-by-step procedure that is taught by

the coaching staff at XL Surfing Academy.

As the wave comes towards you

■ For a successful eskimo roll, you need to be in motion, paddling towards the breaking wave. To try and combat the force of the

wave heading towards the beach, judging the speed of the wave and the timing of when to do the eskimo roll is very important, as you need to have the board already upside down before the wave gets to the nose of the board. ■ Flip over the board so it is on top of you, with the fins

facing upwards, and holding both rails of the board tightly, just above the shoulders.

■ Pull the board down towards you, while doing an upside-down breaststroke or frog kick, keeping forward momentum.

■ Hold on tightly to your

rails as the force of the wave can easily yank the board out of your grip (it's worthwhile waxing your rails where you hold on).

■ Once the wave has passed, flip the board back over and climb aboard and start paddling out the back – possibly ready for a few

more waves to eskimo roll on the way out and smile to yourself, knowing there should be a possible reward after the hard work getting out the back.

👉 OUR XL Surfing Academy Surf Guide continues tomorrow.