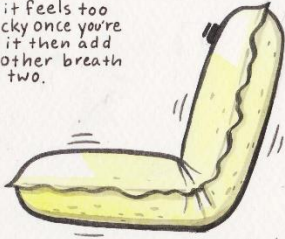


**THE PERFECT INFLATION TO START WITH**

BLOW IT UP UNTIL IT CAN BEND AT A LITTLE BIT LESS THAN A 90° ANGLE.

\* if it feels too tricky once you're on it then add another breath or two.



\* also, add more air if the water is cold.

RIDE A FEW WAVES AND THEN LET OUT A **TINY BIT** (seriously, don't over do it!!) OF AIR. REPEAT. THEN REPEAT AGAIN.



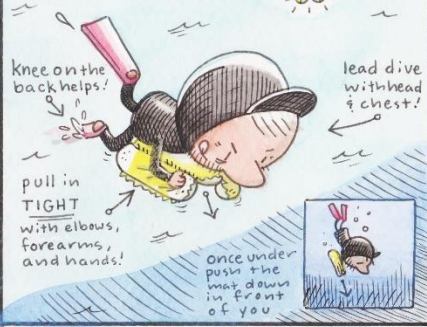
THE MORE YOU DO IT THE EASIER (and more addictive) IT WILL GET UNTIL ONE DAY...



**3 WAYS TO GET OUTSIDE**

**1. DUCK DIVING**

FOLD THE MAT INTO A TACO SHAPE



**2. CLIMBING SMALL WHITEWATER**

PUSH THE MAT UP AND OVER

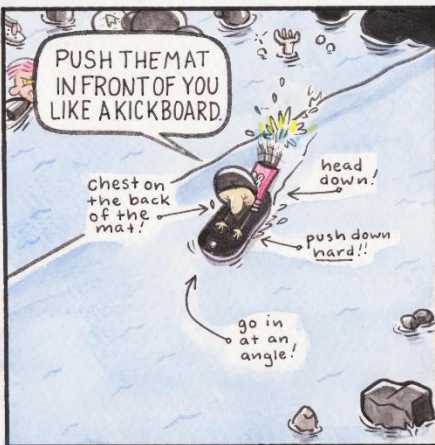


**3. HOLD ON!**

BEAR HUG IT AND GET READY!

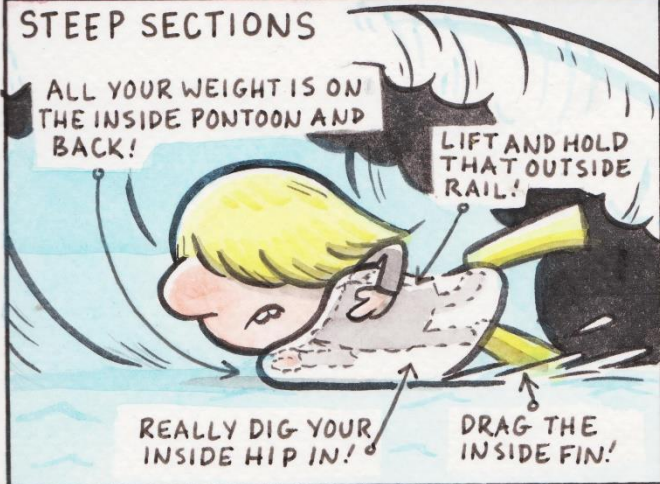


**CATCHING YOUR FIRST COUPLE OF WAVES**



# BOTTOM TURNS

## STEEP SECTIONS



## SOFT SECTIONS

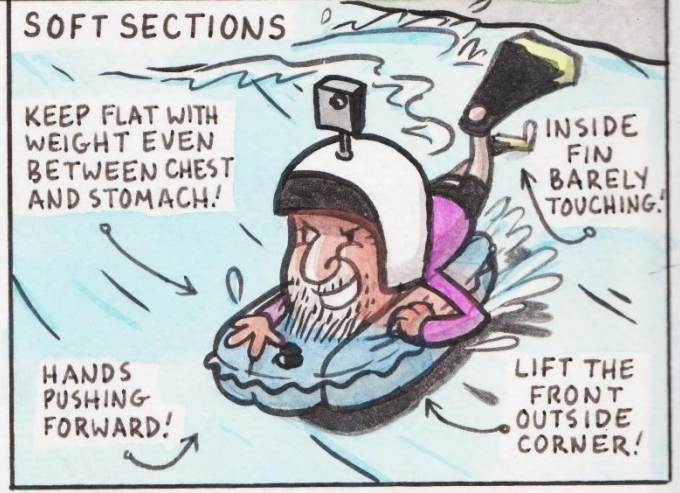


# CUTBACKS

## STEEP SECTIONS



## SOFT SECTIONS



# TAIL SLIPS

## STEEP SECTIONS



## SOFT SECTIONS



ADJUSTING PRESSURE

AS LOOSE AS POSSIBLE FOR FLYIN' THROUGH FLAT SECTIONS.

make body super flat!

fins barely touching the water!

arms stretched out and fingers pushing corners to make the mat as wide as possible!

MEDIUM FOR TRIMMING.

chin forward!

elbows and hands squeeze in or relax to control hold and speed!

inside fin can keep you from sliding out if you need extra help!

HARD FOR DRIVING THROUGH TURNS AND HOLDING IN HOLLOW SECTIONS.

full weight on inside rail!

outside hand lifting up outer rail from bottom

inside hip holding back of mat in!

MANAGING EXPECTATIONS

SO AFTER A COUPLE OF SESSIONS YOU MIGHT BE STARTING TO FEEL PRETTY FRUSTRATED WITH HOW HARD THIS MAT THING IS.

I'LL NEVER BE ANDREW BUCK!

WE'VE ALL BEEN THERE AND I CAN TELL YOU WITH 100% CONFIDENCE THAT THE PROBLEM ISN'T THE MAT...

IT'S YOU.

IN "REAL" SURFING YOU'RE SUPPOSED TO ACCOMPLISH SOMETHING TO HAVE A GREAT SESSION, GET A REALLY GOOD WAVE OR PERFORM WELL.

I'M RIPPING!

WITH THE MAT THE GOAL IS TO JUST EXPERIENCE EVERY MOMENT. NO EGO INVOLVED.

JUST FEEL THAT AIR BUBBLE MOVIN' UNDERNEATH YOU, MAGNIFYING ALL THE BUMPS AND ENERGY OF THE WAVE.

EXPLORE THE ENTIRE WAVE FROM THE POCKET TO THE LIPLINE TO WAY OUT ON THE FLATS AND NOTICE HOW THE SLIGHTEST MANIPULATION OF THE MAT CHANGES EVERYTHING.

YYYYYEEEEWW

AND YOU DON'T HAVE TO BE "GOOD" TO DO ANY OF THAT. YOU CAN DO IT ANY DAY ON ANY WAVE FROM DAY ONE. YOU JUST GOTTA' STOP FIGHTING THE MAT AND START LISTENING TO IT.

GET IT!