

Boom Starts: Front Deep

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If you are looking for an easy, safe entry into barefoot water skiing, the boom front deep is probably the most efficient way to learn, while still setting you up for the proper form and techniques in the future. Though many other methods and approaches are more commonly taken, this is a great one to consider before you embark on your first barefoot experience.

The boom front deep begins straight on the bar, with no handle or extension of any kind attached. Before the boat begins moving, you need to get into

When the boat starts moving, the water will be pushing at you and trying to pull you down and away from the cable. To avoid this, you must pop your hips up out of the water and put all of your weight on the cable until you have reached a speed great enough to plane on top of the surface. Sit up slowly and gently on your butt. If you begin to bounce you sat up too early and must wait for the firmness of the water. Remember to keep everything tight like a ski. Once you are riding smoothly and comfortably, rock back slightly and take your feet off of

before rocking slowly forward to glide your feet on the water. This position should feel smooth and controlled, not choppy and bouncy. Try to keep your feet generally flat on the surface and your arms extended at all times. From here, you can now gradually stand up while pulling your feet together with your knees coming apart into a 90-degree stance, meaning your legs, hips and arms should all make a right angle with each other. Stay relaxed and enjoy the ride!

A few tips to remember include staying stiff on the start; keeping your knees bent and feet flat in the three-point position; and doing everything slow and gradual. Make sure to use padded barefoot shorts when learning all barefoot water skiing maneuvers. If you happen to fall while skiing, DO NOT LET GO. Though you will not want to be holding on to a fall when you add a rope, it is much safer to keep the bar in your hands when straight on the boom. Your feet will simply catch the water and you will still be gliding on your belly. After this start is mastered, you will then have all the basics and concepts you need to move on to an extension.

The World Barefoot Center is located in central Florida with locations in Winter Haven and Clermont. Whether you are a serious tournament skier or you just 'foot for fun, all levels are welcome. Visit worldbarefootcenter.com or call (863) 877-0039.

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the proper body position to plane out of the water. Make sure that your hands are in an over-grip position at shoulder width, right between the two cables of your boom. Your legs should be stretched out in front of you, allowing your feet to curl around the outside cable of the boom. Straighten out your body and tighten everything so you are stiff. Remember that, in this start, your body is the ski. Now you should be ready to take off.

the cable. You will have to squeeze your core and abdominal muscles to keep your feet up, but do not just let them plop right down on the water. You want to get into a three-point position before anything else is set down. This means pinning your knees together and spreading your feet all the way outside of your butt, while bringing them as far back as possible. Keeping your arms extended, ride in this position for a few seconds

