

AUTUMN 2022

Introducing Issue 13 of the World's number one digital wing, foil, SUP, and surf magazine!

We've got an action packed edition for you in Issue 13! Inside, you'll find Yago Lange's story of adventure in Patagonia. The Takuma team head to the Maldives and we get the low down on Casper Steinfath's 1500km paddle around Denmark! We hear from

Sensi Graves in our latest waterwomen feature, Jack Galloway interviews Chris Sayer in our feature, Behind The Brand and Hub Dekkers goes e-winch foiling in Amsterdam. You won't want to miss our Up & Coming feature with three of Cabrinha's talented groms! We've also got tests, technique, and a bunch of other features to keep you entertained! Make sure you take a look and share it with your friends!

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PATAGONIA: ASPIRE TO INSPIRE WITH YAGO LANGE
THE MALDIVES WITH TAKUMA | 1500KM: ROUND DENMARK
WATERWOMEN - SENSI GRAVES | TESTS, TECHNIQUE AND MUCH MORE INSIDE!
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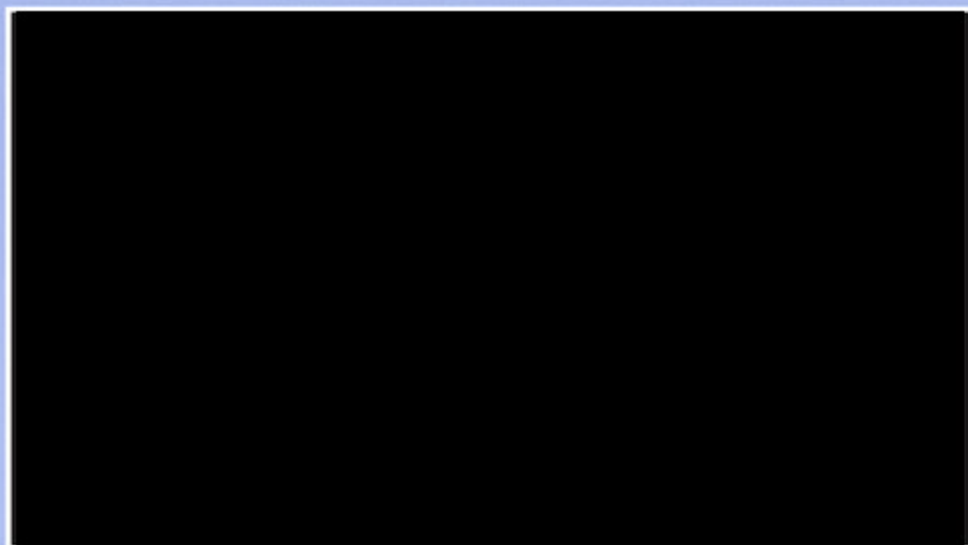
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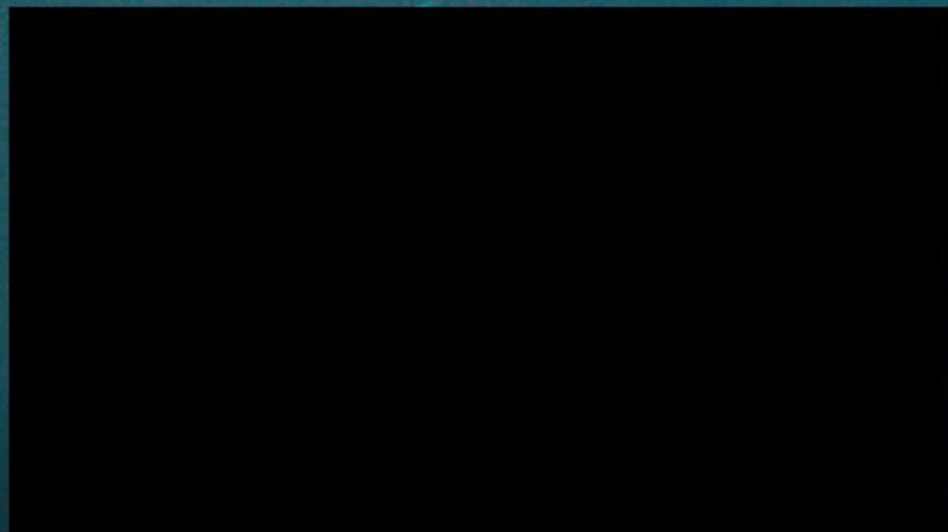
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NORTH

COMPETITION



EDITORIAL



PATAGONIA:
ASPIRE TO INSPIRE WITH
YOGO LANGE



THE MALDIVES WITH
TAKUMA



1500KM:
ROUND DENMARK



WATERWOMEN -
SENSI GRAVES



BEHIND THE BRAND -
CHRIS SAYER OF
FREEDOM FOIL BOARDS



BREAKING THE RULES IN
THE DUTCH CITY OF SIN



TECH FOCUS -
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THE DEMO WEEKEND



BOA VISTA -
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UP & COMING -
THE CABRINHA GROMS



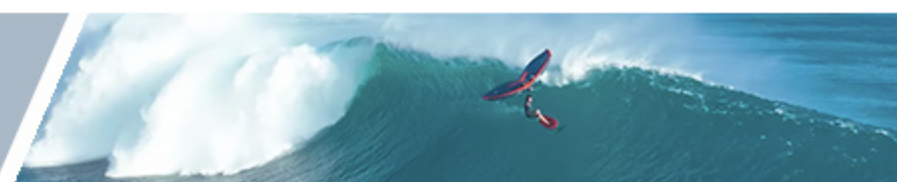
TRIED AND TESTED



LIGHTROOM



MOVIE NIGHT



READERS GALLERY



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PUBLISHER

Rou Chater
rou@tonicmag.com

EDITOR

Jack Galloway
jack.galloway@tonicmag.com

WEB EDITOR

Jen Tyler
jen.tyler@tonicmag.com

DESIGN

Karen Gardner
karengardnercreative.co.uk

BRAND MANAGER

Anastasia Pankina
anastasia@tonicmag.com

IT DIRECTOR

Alex Chater
alex@nextelement.co.uk

CONTRIBUTORS

Jen Tyler, Chris Sayer, Sensi Graves,
Livia Milcevicova, Casper Steinfath,
Hub Dekkers, Mizo Fernando,
Christina Marmet, Benji Castenskiold,
Henry Vare, Ancor Sosa Kather
Christian, & Karine

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PHOTO SAMUEL CARDENAS
RIDER FABIAN MUHMENTHALER



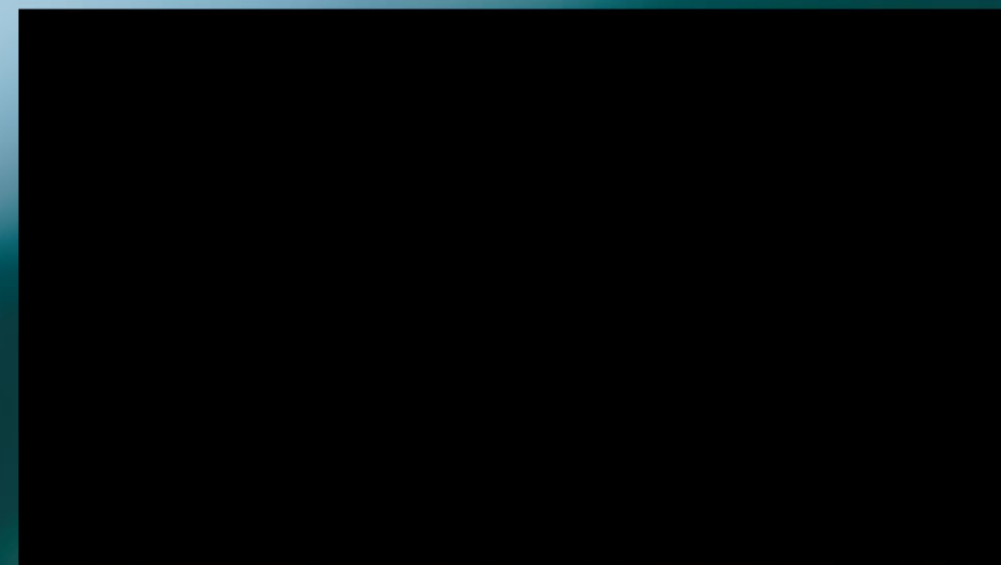
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PHOTO HOWARD SHEP

ISSUE 13

Summer is in full flow here in the UK and, in my opinion, foiling is making it one of the best ever. We've just come through the worst heat wave Europe has ever seen, proof that the climate emergency is having a very real and immediate impact on our environment. I won't dwell on that, but I'd be a fool not to at least point it out. Usually, the high temperatures would prevent any kind of wind sports, this time however it was dock starts in the morning & wing foiling in the light afternoon sea breezes that were the order of the day. For a time, it felt like I was on holiday in the Mediterranean Sea, foiling in just board shorts.

On the occasion that we've had swell, my complete obsession with prone foiling has continued. I've now decided that prone foiling is my all-time favourite sport, and that's a big claim when snowkiting has

always been top. When the wind has been blowing I've been learning 'shorerunners', a term coined by Erik Antonson on the Progression Project podcast. I've still not gone much further than a kilometre on one take-off but it's been fascinating learning to read the bumps & find the energy in the ocean. One day I'll make it past that pier in one flight!

It has been exciting to see clubs and events building again this year. The participation numbers in wingfoiling are like nothing I've ever seen here in the UK, an impromptu weekday evening foil race in Portland saw over 20 wingfoilers toe the line! Joined by kites, windsurfers, and even Moths it made for quite the spectacle. The UKWA hosted its first Wing Foiling Open in the Solent. Wing schools are also on the up, with one school here on the

South Coast hosting 'Wing It Wednesdays', again seeing over 20 wings on the water in one night. Another school is running weekly grom nights to help boost the skills of the local youngsters. Speaking of which, the level of the groms in not just the UK, but worldwide too, is quite simply outstanding. At this stage, I can't even imagine where our sport will be in just a few years.

We've got a big issue here, full of exciting content that I hope inspires you to get out there and send it, no matter what craft you're on. And if you do one thing extra, be as environmentally conscious as possible so we can enjoy these epic coastlines & oceans we love for generations to come.

Jack Galloway, Editor

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- PATAGONIA: ASPIRE TO INSPIRE -

WITH YAGO LANGE



WORDS CHRISTINA MARMET PHOTOS MARKO MAGISTER

There is no phone service nor Internet connection in this remote area of Patagonia, at the southernmost tip of South America. No way to hear the news, or check if the weather forecast last downloaded 10 days prior is still accurate. No way to ask for help or to take refuge with locals. There is not a soul around. This is one of the rare remaining unspoiled places on Earth, solely ruled by the endemic fauna and flora, and only accessible by boat. Yago Lange finds the true definition of adventure, and for all the right reasons...

“ALREADY WEARING HIS FULL 6.4 HOODED WETSUIT, BOOTS, AND GLOVES, HE GAZES AT THE WILD, WINTRY, AND RUGGED LANDSCAPE IN FRONT OF HIM ”

The wondrous winds can appear as fast as they can disappear. The entire region bears the brunt of the westerlies, and the sea state may quickly become perilous. Any human being is at the mercy of Mother Nature, who can choose to be as nurturing and magnificent as capricious and treacherous.

Yet, Yago Lange is calm and confident. The Argentinian Olympic sailor turned environmental activist has inexorably found his calling and is only here for one thing: Aspire to inspire.

The monohull that has been carrying him and a handful of other people for the last two weeks is still moving as he finishes setting up his foiling equipment before jumping in the ice-cold water. Already wearing his full 6.4 hooded wetsuit, boots, and gloves, he gazes at the wild, wintry, and rugged landscape in front of him.

Water has always felt like a second home to the 34-year-old, who now feels extremely responsible for taking care of the ocean that has for so long nurtured him.

Through wing foiling and the help of his friend, travel companion and photographer Marko Magister, he wants to show the beauty of some of the wonders of the natural world to raise awareness on their ecological significance in the face of the climate crisis.

“We have to know what we have to protect it,” he said. “Marko and I, we talked a lot about inspiring.





“ AS FOCUSED AS EVER, THEY BOTH ALREADY LOOKED AHEAD AND AIMED TO QUALIFY TO THE NEXT GAMES. ”

We want to show nature, the beauty of it and connect people to it. Then they will understand its value. It is easier to care for something that is known. If you don't know, then you cannot protect.”

Their goal is to bring the environment into the homes of as many people as possible through stunning images and videos of their

travels to the most remote corners of the world. In turn, they hope to educate their audience on the key role these places hold in the whole ecosystem and to promote the importance of caring for the planet's natural resources.

A few years ago, Yago's path still seemed almost set in stone, and quite far away from ecological activism and marine conservation. Son of seven-time Olympian and three-time sailing Olympic medalist Santiago Lange, he spent most of his childhood living on a boat with his parents and brother.

In 2009 at the age of 20, he took up competitive sailing and embarked on a professional career. A Red Bull athlete, he traveled the world going from one regatta to the next, never stopping to think about anything else. At the 2016 Olympic Games, he and his brother Klaus finished in seventh place in the 49er sailing event. As focused as ever, they both already looked ahead and aimed to qualify to the next Games.

However, everything started to shift for him at the end of 2018. During a training session on the Río de la Plata near Buenos Aires, Yago was appalled at the amount of plastic trash he saw floating in the water around him.



“ WE NEED TO USE OUR POWER TO COLLABORATE
AND HAVE THE BEST GUYS OUT THERE TOGETHER
ACTING FOR CHANGE. ”

Tired of navigating in polluted waters, he decided to take the matter into his own hands, quite literally, and organised his first clean-up. These initiatives quickly became more numerous and bigger, often involving the local nautical community. His commitment grew just as much as he realised the impact he could have on his home turf.

For Yago, being an athlete and an advocate go hand in hand, so he started organising clean-ups on the Olympic sailing circuit as well. Convinced that sports can and should be used for such social initiatives, he set out to educate his fellow competitors and to bring more sustainability to international events.

“As athletes, as sailors, we are really responsible to protect our playgrounds,” he said. “Those of us who love the water must protect it. I always say, competition is the past, collaboration is the future. Sure, competition is amazing, but we can also use that time during events to educate and do local actions. We need to use our power to collaborate and have the best guys out there together acting for change.”

He kept pushing for change in the sporting world, asking sailors to bring reusable water bottles to events or to sort their trash for better recycling and composting. He received incredible support from the community and was ultimately presented with the sustainability award by the International Olympic Committee in 2019.





Most of his time and energy were spent on this newfound purpose, and he unfortunately did not qualify to the Tokyo Games. He admitted to feeling downcast about it, although he quickly added that he had no regrets about the path he has chosen instead.

In early 2020, Yago started taking environmental trips to Patagonia to learn more about the area. The pandemic and subsequent lockdowns kept him at home for longer than he wished for, and he began to establish community composting projects.

In 2021, he discovered wing foiling, which brought endless possibilities to access remote locations that he never would have otherwise. This new sport left him speechless. Quietly and effortlessly, he could glide above the water alongside whales, dolphins, orcas, and even sea lions. He felt connected to the ocean in a way he never had before.

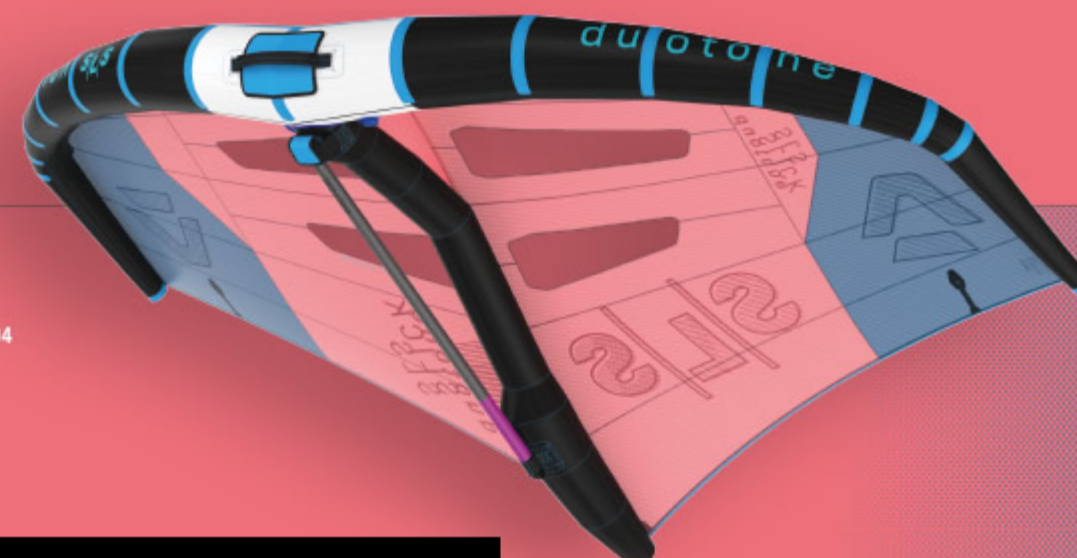
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WING FOILING, WHICH
BROUGHT ENDLESS
POSSIBILITIES TO
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“STANDING ON HIS SMALL BOARD WITH HIS WING IN HIS HANDS, YAGO FACED ONE OF THE MOST SPECTACULAR AND STRIKING SIGHTS OF HIS LIFE.”

“Foiling gave me back that energy I have always felt on the water,” he said. “I can access incredible places now. But it’s not just about going there. Everywhere in the world is amazing. It’s about giving value to these places and protecting them.”

Quickly, he realised he could use this new and fast-growing sport to talk about the oceans and conservation, and to put the environment in the forefront of the discipline right from the start.

With the support of Parley for the Oceans, a global NGO focused on marine conservation, and the National Parks authorities, he started planning trips around protected areas of Argentina to highlight them and help people understand the urgent need to take care of them.

This past February, he headed to the Perito Moreno Glacier, located within the Los Glaciares National Park in Argentina. Covering an area of 250 square kilometers, Perito Moreno is still growing unlike most of the Earth’s other glaciers.

Alone, standing on his small board with his wing in his hands, Yago faced one of the most spectacular and striking sights of his life. Navigating straight towards the 80m-tall ice walls, he felt entirely overwhelmed by this stunning UNESCO World Heritage Site. He ultimately became the first person to foil in front of the iconic glacier, but this turned out to be so much bigger than writing his name in the history books.





" I AM TRYING TO GO TO PLACES THAT NOBODY KNOWS AND MAKE THEM VISIBLE. "

"It was a very special navigation, and it really changed my life," he said. "I felt deeply connected... It's hard to put into words. I really felt a connection with the ocean, and with the glacier and its energy. I now feel responsible to speak up, to get people's attention so they connect with the water and the glacier too, so they get educated on how important they are to us and to our planet."

A few weeks later, Yago was already back on a boat on the way to Peninsula Mitre, one of the most isolated places on Earth in the easternmost tip of Tierra del Fuego Province in Argentina.

Its peatlands, rivers, mountains, native forests, minerals, and rich coastline filled with endemic flora and fauna are crucially important to the nation's biodiversity and ecosystems. The Peninsula is also the most important carbon sink in Argentina as it stores 315 million metric tons of carbon, the equivalent of three years of carbon dioxide emissions from the entire country.

Unfortunately, it is heavily threatened by industries coveting the area's natural resources and their exploitation. Local organisations have pursued the protection of Peninsula Mitre for nearly 20 years, and Yago now wants to help amplify their message.

"The most shocking thing for me was that nobody knows about [Peninsula Mitre]," he said. "How are people going to be able to identify with a place they don't know, and then want to protect it? So, I am trying to go to places that nobody knows and make them visible. Nobody is talking about the glaciers or about Peninsula Mitre. I want to change this."

The boat had to return to Ushuaia on the fourth day because of an incoming storm and the lack of shelter



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OUR PLAYGROUND GOT BIGGER

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“ HE BELIEVES ATHLETES WHO SPEND MOST OF THEIR DAY ON THE WATER SHOULD FEEL MORE RESPONSIBLE TO PROTECT IT AND SET THE RIGHT EXAMPLE. ”

Yago felt galvanised as he received hundreds of messages from all over the world from journalists, sailors, and numerous Olympic athletes.

Back on land, he is learning from marine biologists and other environmental experts, and still organises over 80 clean-ups a year. He has also already given over 200 talks in schools in the last two years. Not only does he hope to educate the younger generation on sustainability and conservation, but he also wants children to get excited about foiling, water sports, and being outdoors in general.

“Kids are the future,” he said. “You explain them everything, then they go home, explain to their parents, and make the change. So, if these kids go in the water, they will protect the water.”

Yago is certainly not done wing foiling and has many more trips to Patagonia in the pipeline. He wants to return to Peninsula Mitre, adventure in the lakes near Monte Fitz Roy, and document the whale population in Puerto Madryn. Ultimately, he hopes to reach Antarctica next southern summer.

Most importantly, he wants to keep combining his passions for the environment and water sports. Sports are a vehicle for change, and he believes athletes who spend most of their day on the water should feel more responsible to protect it and set the right example.






“ I HAVE MANY GOALS FOR SURE,
BUT THIS NEW SPORT, THIS NEW
GENERATION IS AMAZING. ”

He is also convinced there is a space for everyone in this fight for ocean conservation, whether sailors, wing foilers, or scientists. He already invited Marcela Witt, Brazilian elite kitesurfer and wing foiler, on one of his last trips and hopes to have many more athletes onboard his expeditions to educate and inspire as many people as possible.

“I want to empower the foiling community,” he said. “I have many goals for sure, but this new sport, this new generation is amazing. It’s a great platform, and it should be used more towards the protection of our local playground. We have to use our voices for real.”

A full-page background image showing a woman with long dark hair, wearing a white one-piece swimsuit, swimming underwater. She is looking upwards towards a hydrofoil device that is suspended in the water. The device has a central vertical pole with two horizontal wings, one above and one below a central hub. Sunlight filters down from the surface, creating a shimmering effect on the left side of the frame. The water is a deep, clear blue.

WORDS LIVIA MILCEVICOVA & JACK GALLOWAY PHOTOS THOMAS BEVILACQUA

THE MALDIVES WITH TAKUMA

Situated in the Indian Ocean, 750 km South West of Sri Lanka & India, lies the Maldives. An archipelago that is usually a world-renowned luxurious honeymoon & diving destination. On this occasion however, the Takuma team is utilising its unspoiled oceans for the foiling trip of a lifetime.



“THE TAKUMA TEAM HAS BEEN LUCKY ENOUGH TO EXPERIENCE MANY INCREDIBLE LOCATIONS AND CONDITIONS IN A FAIRLY SHORT PERIOD”

Picture this: an average temperature of 29°C, perfect waves from sunrise to sunset, and a crew of shredders to share it with. The perfect trip only comes round every once in a while. The Takuma team has been lucky enough to experience many incredible locations and conditions in a fairly short period, this one however comes out on top. The Takuma guys embarked on a full-on adventure in pursuit of challenging conditions. All with an aim to test the latest Takuma gear and score the perfect light to capture the amazing scenes.

And so it was set, during June the team riders, Matahi Drollet, Mô Chauvin, and Leo-Paul Etienne took a trip of a lifetime to explore the breathtaking shores of the Maldives. So, who are these riders? Matahi Drollet is a pro surfer from Tahiti who has competed in the World Surf League, Mô Chauvin is an up & coming foiler, also from Tahiti, who recently starred in our Waterwomen feature, and Leo-Paul Etienne, from Guadeloupe, is also a pro surfer; he's been competing on the world stage since 2015! Out on the water, this talented selection of foilers was joined by Takuma's CEO, Cyril Coste, and French actor extraordinaire Vincent Cassel, both showing off some serious skills on the latest Takuma setup. Who'd have thought that a cast member of Ocean's Twelve would not only be on the trip but be an exceptional foiler!



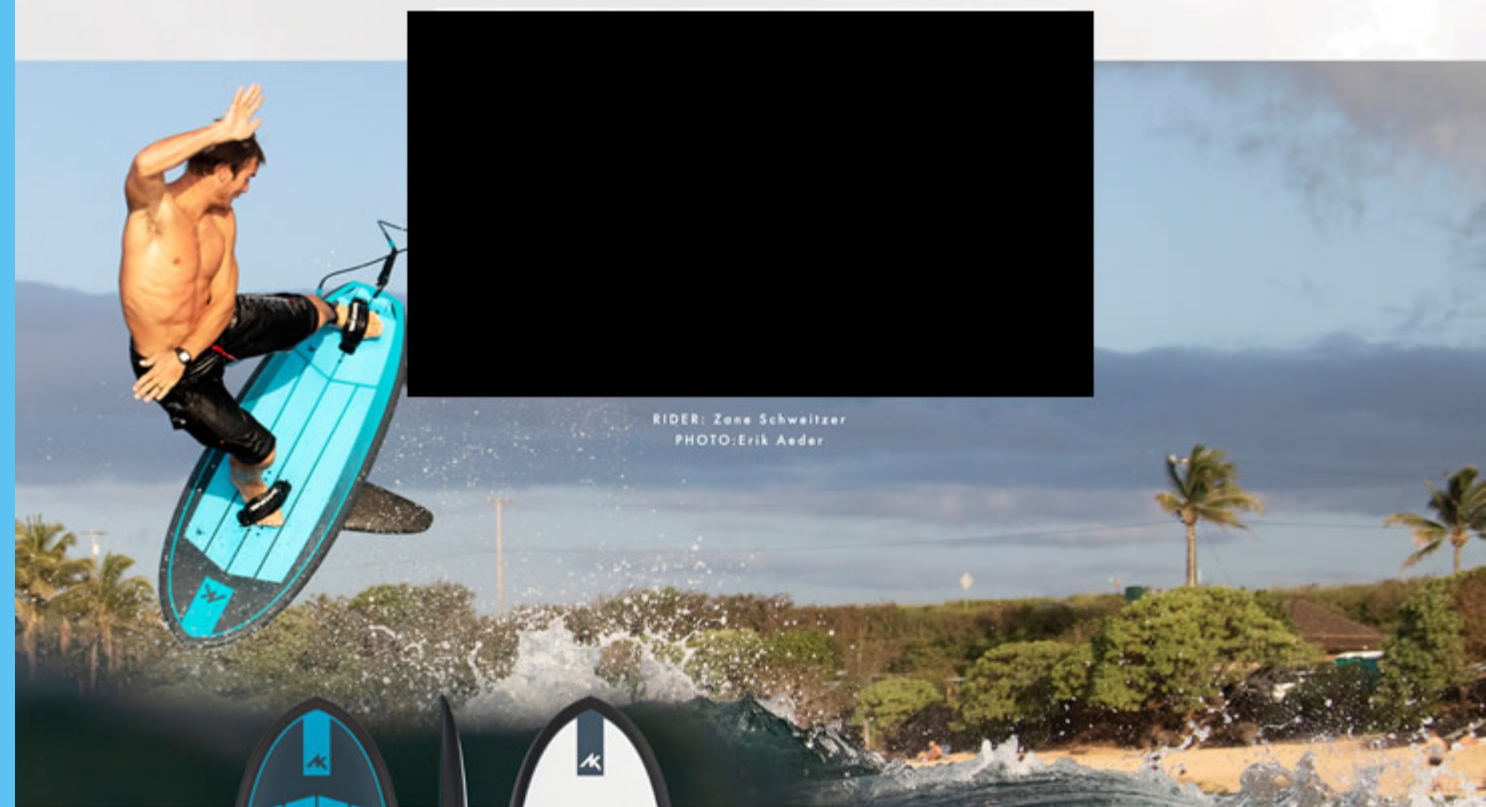
It was the first time the team had set foot on the islands of the Maldives and they were not disappointed. For the Guadeloupean rider Leo-Paul Etienne, the wave right in front of the paradisiac island of Kani was on par with the best wave he has ever foiled. And that is saying something when you consider how well travelled and experienced Leo-Paul is.

"IT WAS THE FIRST TIME
THE TEAM HAD SET
FOOT ON THE ISLANDS
OF THE MALDIVES"



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From surf pumping, to all-around kite foil cruising and progressive winging, the Phazer is an ultra-versatile foilboard designed to maximize your time on the water. The perfect companion for foiling at every level, each size is optimized to cater to a wide range of users across foil categories, with a consistent feel underfoot.



RIDER: Zane Schweitzer
PHOTO: Erik Aeder



SURF PUMP WING KITE

4'0"	4'3"	4'6"	5'0"
5'3"	5'4"	5'6"	
5'10"	6'2"		

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"SPIRITS WERE RUNNING HIGH WITH POSITIVE ENERGY FLOWING THROUGH EVERYONE OUT ON THE WATER."

The Maldives' waves generally pack less punch than those of Indonesia, making it the ideal foiling destination. As you'll see in the photos, the team found a series of stunning waves to foil. With enough power to have you on the 'edge of your seat' without being so steep & hollow that they're unrideable.

From May to October, the South-Westerly winds are typically 15 - 22knots, so each day, when the wind picked up the riders headed back to the boats, grabbed their RS wings, and went out for another session. You can't ask for more than that!

Spirits were running high with positive energy flowing through everyone out on the water. The team spent 6 days on boats and jet skis having fun & giving it their best, all while pushing their foiling, wing foiling,

and efoiling skills to the max. We caught up with Mô Chauvin to find out what it was like to experience firsthand - "When we weren't foiling, we were eating or sleeping...nothing else! One time, Matahi and I went fishing off the jetski because we were so jet lagged from our flight from Tahiti, but that's pretty much it. We were foiling all day long, it was hard work keeping pace with the pro surfers!"

When asked what it was like working & travelling with the rest of the team, Mô pointed out that although she lives on the same island as Matahi (Tahiti),



they hadn't actually met - "Luckily the feeling went well between us: it's bound to bring you closer to travel 50 hours side by side". Mô went on to say that "this 10-day trip was one of the best of my life, because of the team: it's a bunch of friends! The atmosphere was really great, Cyril (CEO of Takuma) and Thomas (photo director & organiser) did a crazy job, so huge thanks to them! I had a really fun time and can't wait for the next one!"

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“THE TEAM ALSO GOT TO TEST OUT FOR THE FIRST TIME A SELECTION OF NEW GEAR THAT WILL BE RELEASED LATER THIS YEAR”

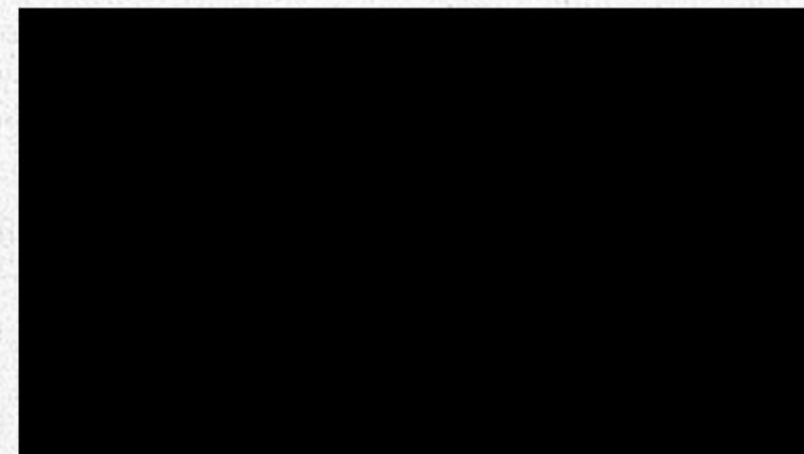
The Takuma team really set out to push the limits of the latest product releases. The RS master wing was thoroughly put through its paces and came out shining. The new CK Carbon and BK EBS boards lived up to expectations and delivered comfort in tricky conditions. The team also got to test out for the first time a selection of new gear that will be released later this year, so keep your eyes peeled for some exciting news!

The team brought back unforgettable memories, uniquely captured by Takuma's photographer Thomas Bevilacqua. This won't be the last time the Takuma team makes the trip out to the Maldives.

Finally, a small spoiler alert: Those of you looking for high performance and unmatched speed have something spectacular to look forward to in the Takuma range later this year!



RIDER: KYLIE ZARMATI PHOTOGRAPHER: ERIC DURAN



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WORDS JACK GALLOWAY & CASPER STEINFATH
PHOTOS KASPER BØTTERN / RED BULL MEDIA

Casper Steinfath has done the unimaginable; a 1500km stand up paddle around Denmark in just 54 days! Bordering both the Baltic & North seas, the Danish coastline is unforgiving. This was not an easy task for the experienced SUP racer.





“ALMOST EVERYWHERE I WENT SOMEONE CAME OUT TO SAY HELLO AND GUIDE ME THROUGH THEIR OWN SLICE OF PARADISE.”

Hey Casper, thanks for joining us again! This was clearly a huge task, was your planning meticulous or more adaptable to conditions?

It's funny because I feel like answering that there was a ton of planning for the project. Though in reality, it was just an idea that one day popped into my mind and a couple months later I was already paddling. Of course, I had a methodical approach in

terms of choosing the right gear, training properly, and making a plan of attack. But a lot came down to adapting and playing with the given conditions once I got started. I learned a lot once I started paddling and realised that the key to completing this project was to take a flexible approach, as I could not control or plan everything. This adaptable and humble approach for Mother Nature is also what I loved!

Did you have any crew following in a car, or was it a solo adventure?

I did have a small support team following me to help resupply every now and then and create media content. But I was mostly just

paddling solo and enjoying it. Of course, I was very often joined by local Danish paddlers when I came paddling through their neighborhood. It was cool, cause almost everywhere I went someone came out to say hello and guide me through their own slice of paradise.

Equipment selection is essential in something like this, which board did you use? How much camping gear did you bring? Food-wise, could you restock regularly?

Since I was bringing nearly 30 kg of camping and survival gear with me, I opted to use a wider board than I usually paddle on. I ended up choosing the Naish Maliko 14' x 26'' which both possessed the volume of 273 liters, yet still was lightweight enough to paddle efficiently. With me on the board, I had 2 dry bags.

“ I ALSO REALLY ENJOYED THE SPONTANEOUS ELEMENT OF JUST SPOTTING A COOL PLACE AND FIGURING OUT HOW TO CAMP THERE. ”

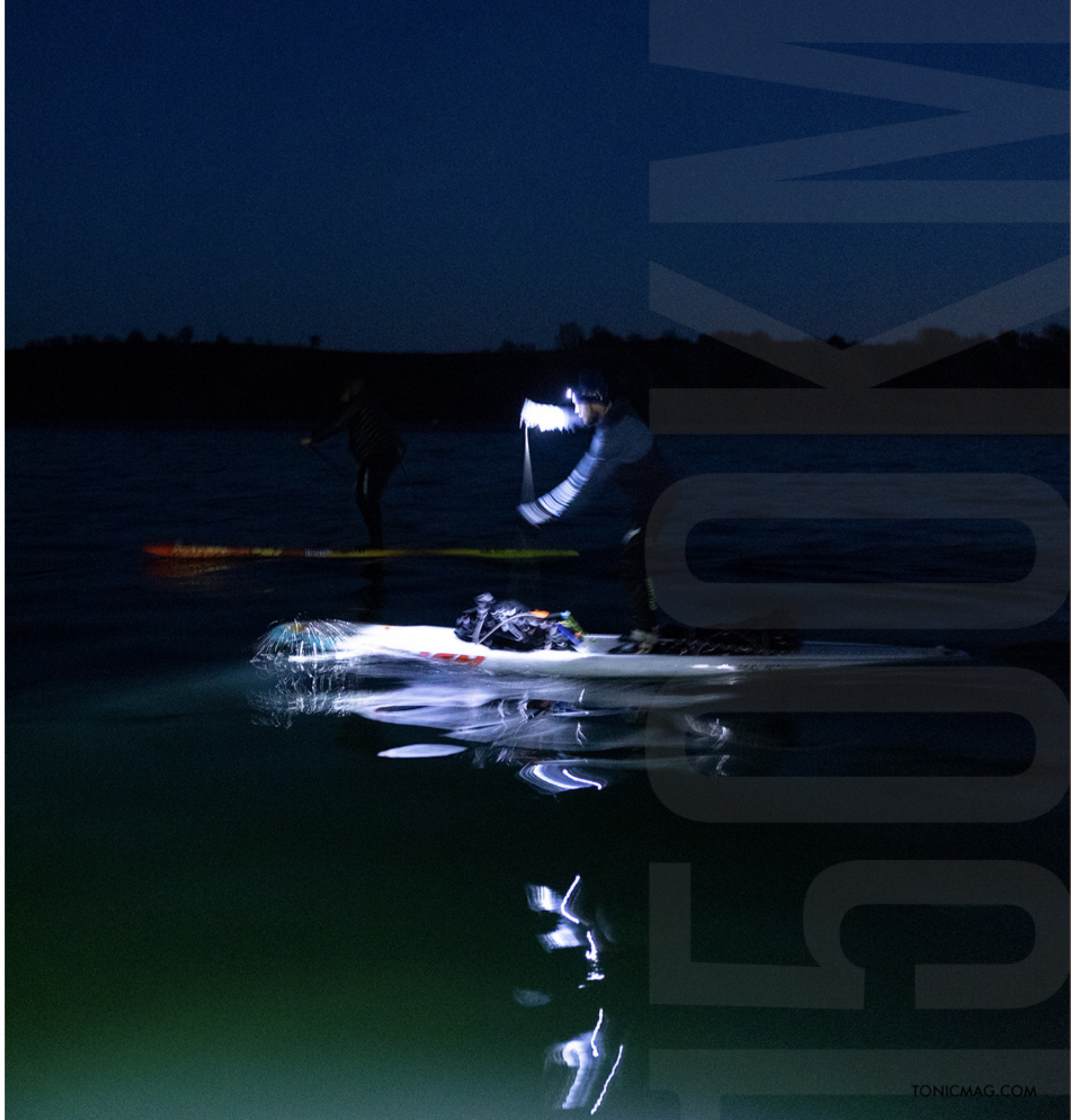
One held my tent, sleeping bag, mattress, gas stove, and general clothing gear. The other had my food supply, diary, and all my electronics to navigate and document the trip. Once or twice a week I would stop and restock on food either from my support team, or I would wade into the local small supermarket and raid their shelves.


Is wild camping acceptable in Denmark? Was it easy to find spots along the way?

Generally yes, but it was something I looked into before taking off. While you can't just pitch a tent anywhere, there are many spots along the Danish coast that are pretty cool to camp at. When I set out each day, I had a couple of known options where I knew I could make camp, but I also really enjoyed the spontaneous element of just spotting a cool place and figuring out how to camp there. Sometimes I was also invited in by local Danes to sleep on a sofa and have a hot shower. That was gold especially in the first few weeks when it was cold!

You must've burned some serious calories! How did you fuel each day?

Before leaving, my coach and I estimated that I needed to take in around 5-6000 calories per day to keep my body functioning. I feared that if I didn't take in enough calories, then my body would begin to degrade too fast. Anyway, that was all theory and served as motivation to continually eat all day long.



A large, white, chalky cliff face rises from the water. The cliff has a textured, layered appearance with some darker patches. At the base of the cliff, a person is visible in a small kayak, providing a sense of scale. The water is dark and calm. The top of the cliff is covered with green trees and vegetation.

“ WHEN I WAS HAMMERED BY A SNOWSTORM ON DAY 5 IT WAS BOTH BRUTAL AND MAGICAL AT THE SAME TIME.”

I could write a novel on everything I ate, but essentially it consisted of lots of everything. Porridge, bacon, eggs, fruit, energy bars, sandwiches, dried meat, nuts, MREs (Meals Ready to Eat), and a ton of Red Bull. Also, the home-cooked meals that I randomly was invited to eat along the way were amazing.

I can't imagine such an enormous endurance task. How did you get through the low moments?

The key for me to get through the low moments probably was that I also very much associated and linked them directly to the high moments. I know that might sound weird, but when I was hammered by a snowstorm on day 5 it was both brutal and magical at the same time. It was cold and all my gear was miserably wet from snow melting on it. After 7 hours of paddling like this, I was ready to quit. It sucked. But at the same time, I also felt incredibly alive and all my senses were heightened. I kept telling myself the misery would end, and I think what kept me going was the thought of rewarding myself with some bacon or maybe a hot shower at the end of the day. I try to be conscious of the contrast and remember how the challenge and pain makes the food and perhaps the beer taste even better at the end of the day.

That sounded seriously challenging! Did you have any injuries or niggles to cope with?

It really was my biggest fear that an injury would cut my expedition short. When paddling many hours a day, I knew that my body would eventually be pushed to its limit. Very early on it became my goal to not push too hard to avoid strain or overuse of muscles.

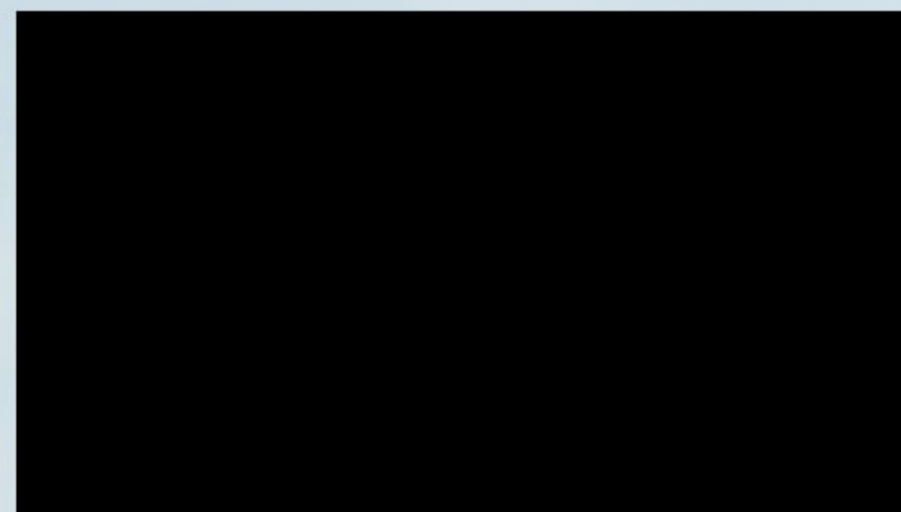


I focused on trying to only go 80-85% and leave some juice left in the tank in case I needed it.

How many hours a day do you think you paddled for? Did you have to paddle by head torch much?

On average I think I paddled around 7-8 hours a day. Some days more, some days less depending on the conditions. When conditions were bad with either stormy seas or strong adverse winds, I decided to not push too hard. But, when conditions were golden I tried to make the most of it and logged up towards 12-14 hour days. This also made me paddle quite a bit at night to take advantage when the elements were going my way. I loved those night sessions!

"WHEN CONDITIONS WERE GOLDEN I TRIED TO MAKE THE MOST OF IT"



1030 FFB HALCYON

FS 230 STAB

FREEDOM
FOLKBOARDS





“IT WAS FUNNY DISCOVERING SIDES OF MY “BACKYARD” THAT I HAD NEVER SEEN BEFORE AND MEETING SO MANY INTERESTING PEOPLE ALONG THE WAY.”

What was it like navigating such a long route? Did you take a GPS?

Generally, navigating was not too difficult. Since I was paddling clockwise around Denmark, I always had land on my right side. I also stayed close to shore whenever I could to meet people along the way and take in all the sights. It was funny discovering sides of my “backyard” that I

had never seen before and meeting so many interesting people along the way. I had a GPS with me, but I only really used it during the few big open ocean stretches I had to cross between the islands. I think because I had studied so many maps before departing, I always had a good sense of where I was and where my next destination for each day was.

Do you have much tidal range to deal with in Denmark?

If you had asked me on day 1 of the Great Danish Paddle I would have firmly said “No”! Where I live on the northwest coast in

Klitmøller we have a mere tidal swing of 12 cm every 6 hours. Between wind and swell the tide swing has never really stood out to me. But when I made it to the Wadden Sea around day 48 I had a total eyeopener!! At low tide there literally was no water left to paddle on, so it was only passable at the highest of tides. This added another uncontrollable element to deal with and really turned up the adventure another notch!

I’ve heard the final day was a huge downwind paddle. What was that like with all the gear onboard your SUP?

Yeah, it was epic! I could not have wished for a better action-packed ending to this fairytale of mine.

“ I FELT SUPER ALIVE AND WAS THRIVING INSIDE THE DAILY RHYTHM OF ADVENTURE I HAD BUILT. BUT NOW IT WAS OVER, AND WHAT A FINALE THAT WAS!! ”

73 km or so stood between me and home on that final morning. The wind was strong downwind, almost to the point where it was out of control. With a deteriorating weather forecast for the foreseeable future which called for strong onshore storms, I figured this was my window. My chance to make it home. I still remember fighting my way through waves and riding huge bumps. On a few occasions, the bumps were so steep that my board nosedived, and I went flying over the handlebars. Some of my gear came loose from the board and it felt like I had just produced the ultimate yard sale. It felt like victory at sea, and man, I felt alive.

Haha, I can't imagine going downwind with that much gear! What was it like to cross that finish line? Can you give us the stats?

I was overrun with emotions. Tears began rolling down my chin when my hometown of Klitmøller first appeared on the horizon. I couldn't believe it. After 54 days and 1450 km my SUP expedition had come full circle and was now concluded. I had very mixed emotions because on one hand I was happy and proud to have completed this first-ever mission. But, on the other hand, I was also sad that it was now over. I felt super alive and was thriving inside the daily rhythm of adventure I had built. But now it was over, and what a finale that was!! On the beach over 300 people from town had lined up to welcome me.






**“ I THINK IT IS THAT I LOVE
ADVENTURE, PUSHING MY LIMITS,
AND MEETING PEOPLE.”**

I remember lighting a torch as I rode a wave to shore before becoming engulfed by the crowd of family and friends.

I just have to ask, what's next? Maybe a shot at James Casey's world record SUP foil...? ;)

Haha, that's always the million dollar question ;) While writing this I realised it's now almost been a couple of months since I finished "The Great Danish Paddle". I think both my body and mind are quite saturated with adventure for now, and I don't feel an immediate need to dive in so deep into a project again in the near future. But if this expedition has revealed one thing to myself, I think it is that I love adventure, pushing my limits, and meeting people. I have a grand plan of one day attempting to paddle across the North Sea between the United Kingdom and Denmark, but until then I look forward to many other adventures on the water.

A woman with long, wavy brown hair is shown in profile, facing right. She is wearing a bright red, sleeveless athletic swimsuit. She is holding a black wingfoil board with both hands. The board has white text on it: "JBL" at the top, "PREMIER" in the middle, and "28" at the bottom. She is also wearing a black harness with a green coiled cord attached to it. The background is a beach scene at sunset, with the ocean and some trees visible under a warm, orange sky.

Continuing our waterwomen series is none other than Sensi Graves. If you read our sister magazine IKSURFMAG, you'll have no doubt heard of her. Sensi is a professional kitesurfer, business owner, motivational speaker, Slingshot team rider, and now, wingfoiler. She might just be the busiest person in watersports...

Read Jack Galloway's interview with her below.

WATERWOMEN

SENSI GRAVES

WORDS JACK GALLOWAY & SENSI GRAVES
PHOTOS ERIC DURAN & DEBBIE JEAN



"WINGFOILING HAS PROVIDED THAT PERFECT FUSION OF CHALLENGE AND REWARD THAT YOU GET WHEN LEARNING SOMETHING NEW."

Hi Sensi, as one of our cover shot stars from last issue, we're super excited to have you in our Waterwomen feature this issue! How's your summer been so far?

The start to my summer has been awesome so far! It started with a trip to Alaska and now

that I'm back in Hood, it's been full-on with kite and wing events happening most weekends and the wind and sunshine continuing to deliver. It's a balance in the Summertime-taking days to rest and recuperate because with the sun setting at 9pm, there are almost too many hours to play!

Sounds amazing! How's your wingfoiling going? What skills do you think transferred from your kiteboarding career?

I have been absolutely loving winging.

Funny, because when wingfoiling first launched, I thought "what a stupid sport!" ha. After over a decade as a professional kiteboarder, it's been really fun to have a new challenge. Wingfoiling has provided that perfect fusion of challenge and reward that you get when learning something new. It's a super engaging sport.

Certainly, my foiling skills have transferred over from kiteboarding. Although now, my kite foiling has also progressed due to how much time I spend on the wing foil! Also my knowledge of the wind and then, of course, board skills. It all builds.

"WE ALSO HAVE ROLLING RIVER SWELL,
BUT NOT BREAKING WAVES AND
WE DON'T HAVE FLAT WATER."



Hood River has been an absolute mecca for windsports for years. It now seems the place is becoming even bigger since wing foiling and downwind foiling took off. Are those bumps really as good as they look?

Hood River is an epic kiteboarding and windsurfing location, but it's not world-class kiteboarding. Meaning, that we have wind almost every day, but it's often gusty. We also have rolling river swell, but not breaking waves and we don't have flat water. It's a great kiteboarding location, but it's not perfection in terms of prime conditions for kiteboarding.



THE FOILING SPIRIT SINCE 2009

"I WAS INTRODUCED TO THE OCEAN VERY EARLY ON, AND WHEN I GOT INTO KITEING, I WAS ABLE TO GO TO THE BEACH EVERYDAY AFTER SCHOOL"

But it's PERFECT for winging. The combination of big windy days and the river current flowing in the opposite direction creates massive rolling river swell that is so fun to tear up and down on the foil. Unlike the ocean for wingfoiling, you don't have to deal with gigantic sets breaking on your head and the best waves are often situated in one spot on the river. You pump up, walk into the water and enjoy amazing conditions. We also have a LOT of wind and winging in strong conditions is the most fun. I can't lie – it really is that good.

Will we see Sensi Graves joining the downwind SUP crew? Must be tempting when you live on the Gorge?

You know, I see those gals and guys paddling down the river and I am nothing short of awestruck by their skills. Maybe it's because I always have something in my hands while on the river, whether a kite or a wing, but it's intimidating to me to be out there with just a paddle and board. They are true water women and men!

I can't say that I haven't been tempted to try it (I love new experiences), but we'll have to wait until I'm bored of winging. ;)

Can you tell our readers about your park style kiteboarding? What would you say are the highlights of competing as a professional athlete?

Park riding, or wake style is the discipline in kiteboarding where you ride across rails, sliders and kickers that are floating in the water. Much like riding a terrain park on a snowboard or riding at a cable park—we slide across hard chunks of plastic, formed into fun shapes and try to make it look good.





"IT WAS A TRUE FAMILY AND I HAVE SO MANY AMAZING MEMORIES OF SHREDDING, PARTYING, AND JUST DOING EPIC THINGS WITH THE CREW."

Park-riding was my first love in kiteboarding and I spent 8 years traveling and competing as an athlete on the Kite Park League tour.

It's a very niche discipline but I found it to be the most fun and a super engaging thing to do on the water. You have to be really present when you're aiming down the line of a 30-foot rail. My highlights of competing as a professional athlete are almost certainly all related to the crew, or family of riders that I got to travel around the world with. We'd meet up in various locations around the globe, all vibing on doing the same things. It was a true family and I have so many amazing memories of shredding, partying, and just doing epic things with the crew.

Do you think you'll be competing in any foiling events going forwards?

That's a great question. I'm certainly not making it a priority to compete but if I find myself at an event and I feel like my skills are up to par, I'll be tempted to throw my hat in the ring! I did compete at the Gorge Paddle Challenge last year and took third in the wing race, but because I'm not "training" for competition, it's hard to stay competitive, and I don't like to lose.

You're actually so much more than a waterwoman and professional athlete. You run your own swimwear brand (congrats on 10 years by the way!), organise kitesurfing trips, are a motivational speaker, the list goes on.. How do you fit it all in? Is it difficult to choose what to prioritise?

"I'VE ALWAYS WANTED TO BE AN
ENTREPRENEUR AND EVEN BEFORE
I BECAME A PROFESSIONAL
KITEBOARDER"



I believe that life is a big experiment and the more that you can go into things thinking, "what can I learn here?", then the greater chance you'll have of not only enjoying the process but uncovering more and more about yourself.

I've always wanted to be an entrepreneur and even before I became a professional kiteboarder, I had launched my swimwear brand. It really just worked out that both careers grew simultaneously and really supported one another. I'm also a bit of a growth junkie and am a big believer in calling your shot to get to the next level. The past decade of running my company and traveling as a pro kiteboarder has really set the foundation for uncovering who I really am, what my purpose on this earth is, and how I can be most effective.

NUBO

COMPACT

EASY RIDING

STABLE

Designed around a Compact Board Concept - minimizing un-needed length and width in favor of rider friendly thickness - the volume has been distributed to make standing up effortless even in the lightest of winds and allowing riders to ride a size smaller than they are used to without problem.

The enlarged surface area ensures the Nubo releases effortlessly from the water with hard edged rails and a flatter tail rocker to ensure you're flying whilst others are still pumping.



SIZES

145L
6'3" x 31.7" x 5.2"
125L
6'3" x 30" x 4.7"
105L
5'5" x 27" x 4.9"
85L
5'0" x 25" x 4.5"
65L
4'10" x 23" x 3.9"
50L
4'6" x 20.9" x 4.0"

Shinn
shinnworld.com



"I DON'T KNOW THAT I WOULD HAVE EVEN LAUNCHED MY BRAND, HAD IT NOT BEEN FOR THE INSPIRATION THAT PATAGONIA PROVIDES TO DO THINGS BETTER."

My mission is to empower humans that look successful on the outside to feel successful on the inside. I feel this as a calling in my heart. Everything I'm doing now supports that mission and therefore I prioritize what is going to have the most impact on that mission. I believe that we will always do

more for others than we will for ourselves and therefore by staying focused on how I can serve, I feel more motivated to work and more focused on the things that matter.

It's all a balance of trying, learning, uncovering and trying again.

I bet. We love that Sensi Graves Swim has gone completely sustainable in its materials. How hard was that to achieve?

When I first launched my swimwear brand, I knew that I wanted to be as sustainable as possible. I looked to Yvon Chouinard and

what he was able to accomplish with Patagonia, in terms of consumer education, environmental policies and initiatives. I don't know that I would have even launched my brand, had it not been for the inspiration that Patagonia provides to do things better.

At first, I was overwhelmed with the whole process and was intimidated by how to make a brand truly sustainable (I'm not convinced there exists such a thing yet). But then I chunked it down and addressed it one piece at a time. It's more important to start than to be perfect.

**"I SAW WHAT A DIFFERENCE BEING WELL-SPOKEN
MADE FOR MY BUSINESS AND KITE CAREER."**

Maya Angelou said, "Do the best you can until you know better. Then when you know better, do better.". Therefore I believe that you start small and you start from where you can and then you educate yourself along the way. Take it one step at a time, and keep going and eventually you'll look back and think "wow. I did that?"

How did you get into motivational speaking? It must be very rewarding to have such a positive impact on so many people?

I started going to Toastmasters about 8 years ago, which is a global public speaking club. My coach at the time recommended that I go and was thrilled at improving my skills. As I got more confident with my voice, I saw what a difference being well-spoken made for my business and kite career. That served as the basis.

But it wasn't until I got fed up with Instagram that I started sharing motivational content. I found myself not enjoying the platform anymore but felt the need to show up on there for my sponsors and business. I was very much caught in the rat race and needed to get out of it. So I decided to start sharing things that I learned and being really vulnerable and authentic.

I have a shiny life but deep down I've struggled with not feeling good enough, not feeling successful and not feeling confident. When you feel that way, you hold yourself back and I knew that if I felt that way, other people were feeling that way. I started sharing challenges, educational and inspirational content and generally treating my platform more as a place of service. I'd ask "how can I serve my audience today?"





**" I GET TO SEE A LOT OF BEHIND THE SCENES WORK
AND GEAR AND IT LEAVES ME EVEN MORE INSPIRED
TO RIDE THEIR STUFF "**

Not only did this make Instagram way more enjoyable again but it sparked a fire in me to speak to larger groups and audiences.

My own life has been hugely impacted by great speakers and I feel called to share my message through this form of communication as well.

You've been riding for Slingshot for a year or so now? What's it like being a part of the team? What's your go to wing gear?

I love the Slingshot team! We have such a great core group and there are a lot of A-players that are a part of the brand. I really feel at home with them. Not only that but the gear is awesome. Because my husband, Brandon Scheid, is the head of testing and R&D for Slingshot, I get to see a lot of behind the scenes work and gear and it leaves me even more inspired to ride their stuff—I know how much work they're putting into it.

I'm currently riding the 30L Flying Fish board when I want to practice jumps or the 50L wing craft board for rolling swell days. I have a few wings in the Phantasm range and I'm currently loving the PTM 926 front wing, with the 80cm mast.

My new favorite wings are the V3's! They're just so solid feeling. But the Javelin's, our new boom wing, are launching soon and despite breaking my wrist on a boom wing (yikes), I really like how the wing feels with the boom. You can ride one-handed and the control feels really nice.

Thanks so much for your time :)

BEHIND THE BRAND **CHRIS SAYER** FREEDOM FOIL BOARDS

Freedom Foil Boards has become a leading brand in foil board design in a very short space of time. We chat to Chris Sayer, the man who started it all in his garage, whilst working as a full-time firefighter! Read on to find out how it all came about.

WORDS JACK GALLOWAY & CHRIS SAYER
PHOTOS SHAWN PARKINS & KJELL VANSLICE





“ THAT DAY CHANGED EVERYTHING, AND I WAS LITERALLY ON A MISSION TO TRY TO FIGURE OUT HOW TO GET A FOIL AND BOARD ”

We're stoked to have you here Chris and hear about the journey. As with everyone we interview, we have to start with this; when did you first get hooked on foiling?

About 4 years ago, I was out surfing a local outer reef break when Chuck Patterson drove up on a ski and asked if I would mind if he and his buddy whipped into some sets on their foil. I vividly remember watching Chuck glide by me at impossible speeds with a huge grin and I immediately knew my traditional surfboard was in danger of becoming dusty. That day changed everything, and I was literally on a mission to try to figure out how to get a foil and board. There weren't a lot of options back then, but I reached out to my good buddy, Jimmy Redmond over at Liquid Force Wakeboards, which randomly happened to be located right across the street from the Firehouse I worked at in Encinitas. After fair amounts of unannounced visits, I finally landed a Liquid Force Foil and was one step closer to what I knew was going to be a game-changing event. A short time later I completed building my first foilboard and headed out to the Colorado River to learn to fly with one of my good buddies, river legend and foil pioneer, Mike Mack. Mack lives year-round on the Parker Strip section of the Colorado River. I spent a few days learning how to glide and wake foil with him. I quickly turned my attention back home and to the surf. San Onofre and "The Dog Patch" is just down the road from me, an amazing spot to foil and quickly became my new home away from home.



What led you to designing your own boards and eventually, the creation of Freedom Foil Boards?

About 10 years ago I had turned the back half of my garage into a shaping bay as a hobby and a place to daydream while shaping classic California cruisers. After my first encounter with foiling, I quickly decided I was better off shaping my own board. After shaping my first couple of personal boards I started getting requests from a few friends that wanted a board. 1 board turned into 3, 3 turned into 10 and it was my wife who convinced me I should consider starting a company. The name Freedom means a lot to me as it does to many people, but there is not a single expression I feel more than Freedom when I'm foiling.

"I STARTED GETTING REQUESTS FROM A FEW FRIENDS THAT WANTED A BOARD."

HARLEM SUPERFLY EL



"GIVE SOME EXTRA LIFT IN YOU LIFE"

THE HARLEM SUPER FLY EL (EXTRA LIFT) RESPONDS FASTER THAN A COMEDIAN IN A STAND-UP CLUB

WE'RE NOT JOKING HERE. THIS WING IS MORE DIRECT THAN DAVE CHAPPELLE ON A PUNCHLINE FRENZY. MOLDED HARD HANDLES MAKE PUMPING IT AS EASY AS GETTING A QUADRUPLE ESPRESSO FROM AN ITALIAN COFFEE MACHINE. PROVIDING A BETTER KICK THAN CAFFEINE CAN EVER GIVE! AVAILABLE IN SIZES 5^{M2} - 6^{M2} - 7^{M2}

HARD HANDLES FOR
EASY PUMP AND GO

BOOMTAG NEVER
LOOSE YOUR GEAR

FLAT PROFILE FOR
LIGHT WIND TAKEOFF

ULTRA STIFF DACRON
RIGID FRAME

DEALERS & TEST LOCATIONS - HARLEMWINGSURFING.COM

"SOCAL IN GENERAL IS A SWELL MAGNET WITH LITERALLY YEAR-ROUND WAVES AND LOADED WITH SOME REALLY NICE FOIL WAVES."

Hence the beginning of Freedom Foil Boards. Up until about 2 years ago, Freedom was run out of my garage. Shaping boards late into the night and waking up to pack them before heading off to the firehouse at 5 in the morning was quickly becoming unsustainable. As the Company continued to rapidly expand, I knew the one-man show wasn't going to work. I presented my best Shark Tank Pitch to my friends at Liquid Force (yup the same ones who gave me my first foil) and we agreed to a deal that would allow me to continue to run Freedom but with the support and backing from the parent Company of Liquid Force.

Sounds like a great partnership. You must have some amazing prone foil spots there in California? What sort of forecasts do you look for and how often is it a foiling day?

San Clemente is my home base and as most know, it's full of world-class surf waves, but we have a handful of amazing foil waves as well. SoCal in general is a swell magnet with literally year-round waves and loaded with some really nice foil waves. As many of my new foil friends from all around the globe have quickly realized our long interval swells are very favorable for clean foil conditions above and under the water. You may have seen from recent posts on IG but we also have some decent wind in select zones especially up in North OC and LA County for occasional downwind sessions.





"ONE OF THE ADVANTAGES OF BEING A SHAPER THAT FOILS IS YOU CAN RIDE AND TEST YOUR OWN GEAR."

I'll keep an eye out for those downwind videos! Where do the ideas come from for the unique hull shapes in your boards? Particularly the Rubix, which has a super exciting design, it looks like a fighter jet!

Thanks for that! Living in California I have a well-rounded board sports background. Snowboards, wakeboards, and of course surfboards all have unique features that I draw some influence from. To be honest, a lot of my designs are based on what I think

would feel nice. One of the advantages of being a shaper that foils is you can ride and test your own gear. Christian Fletcher lives in San Clemente, his surfboards have a ton of deck concave which was a heavy influence on my shapes early on. The double concave idea actually came from Mike Mack. Speaking with him about his Air Chairs and how and why their deep double concaves work was a big influence on my early shapes. There's of course just a ton of experimenting which is how the Rubix came to life. One of my first team riders was Corey Colapinto. We were watching a slow-motion video of his carves and his rails kept hitting the water on the last 2/3rds of his tail,

so we decided to just remove it from the blank. All the curves in the Rubix are really designed to avoid or reflect water in an attempt to keep the boards as friction-free as possible. Light, rigid and fast is really what you want out of any board and the Rubix definitely follows those characteristics nicely.

Fascinating how much knowledge and thought goes into these designs. Do you draw inspiration from anyone in the shortboard or longboard design industry? Or do you think foiling is passed that now?

I really don't follow traditional surfboard shapers too much. Foilboards are so different than surfboards. We're not designing these boards to be in the water, so all of my designs are meant to avoid and reflect water rather than carve through it like a traditional surfboard.



I can tell you I really like what KT does with his designs as well as John Amundson, Kalama, and Glen Pang. Those guys have been in the surfboard game for such a long time and it's an honor just to be mentioned in the same sentence with them.

You've got some incredibly talented riders on the team, what's the process like when designing a pro model board like Brian Finch's FTW Pro?

Our team is our Family... I think one of the really cool things about Freedom is we really respect all of the input from all of our riders, and we all go on foil trips and have a ton of fun together. It's funny with foiling, your style and ultimately your board designs are so heavily influenced by your home break and weather conditions. Working with Brian Finch, Jason Miller, Tom Carroll, and Brady Hurley is just so fun.

**"WE ALL GO ON
FOIL TRIPS AND
HAVE A TON OF
FUN TOGETHER."**

100% SPEED AND COMFORT OF USE

Extreme performance without the need for extreme skills – rather than rushing to market with the first HA foil we designed our R and D kept searching for the right combination of performance speed and glide, combined with the comfort and ease of use that enables you to unlock 100% of your performance.

CARBON WINGS
782 cm², 1066 cm²
1350 cm²

CARBON MAST 60cm
75cm 82cm 90cm
100cm 110cm

ALU MAST 60cm
75cm 90cm

STABILISER SF47 SF40

FUSER 735, 580 with
3 option mast position
for multi-sport
versatility: wing, surf,
kite.

Shinn SUPRACLIDE
shinnworld.com

"MY GOAL WITH FREEDOM IS TO ALWAYS BE ONE STEP AHEAD AND PUSHING THE ENVELOPE IN DESIGNS & CONSTRUCTION."

They all have such unique insights and ideas on how they want their boards to work. I always try to stay open and humble when we're working on any shape. As much as I've learned over the years in doing this, I still feel like we're just scratching the surface in board construction and designs. My goal with Freedom is to always be one step ahead and pushing the envelope in designs & construction. If you're building boards for what's happening now in the sport you're already behind the curve by the time a production board hits the market.

Not only are you the founder of Freedom Foil Boards, I hear you're also a firefighter?
I'm dying to know, how do you balance these with family life?

Haha, yeah, my wife and I have 4 kids together and she has pointed that out a couple of times. She's had my back with Freedom since day 1 and is my biggest supporter. I've been very blessed to be able to do things that I love. When you're stoked to go to work, whether it's at the Firehouse or now with Freedom it doesn't really feel like work. Of course, I'm not foiling as much as I used to but it's been such an amazing experience creating a business from my garage to where we are today. Our parent company has big goals for us but none of them are as big as mine. I don't mind working hard to leave a legacy and a positive mark on our little world through Freedom.





“OUR SPORT IS SO YOUNG THAT WE REALLY DON'T HAVE THE TECHNOLOGY OR THE MONEY TO IMPLEMENT INTO THESE FUTURE DESIGNS YET”

FFB is branching out to new products, including the Freedom Wing & full carbon foils? Can you tell our readers what to expect from FFB in the near future?

Expect everything! We're coming after the foil market with a ton of talent working for us and a Parent Company that has the financial backing and support to help us get there. One thing I will say is that if we put our Freedom logo on a product it's because we feel it stands up to the Freedom Experience our friends and customers have come to appreciate about us. That does mean our process from designing to R&D, to final retail sale takes a while, but like Steve Jobs said it's not about how you paint the front of the fence but how you paint the back of it. It's about the attention to detail on parts that no one can see, that really separates the good from the great.

Foiling has progressed exceptionally fast, do you think we're reaching the peak of that progression or is there more to come?

No way. We're only in the 2nd or 3rd inning in the sport of foiling... Look at carbon race bikes and race cars, look at the America's Cup sailboats... These people are spending big dollars on carbon fiber parts and foils. Our sport is so young that we really don't have the technology or the money to implement into these future designs yet... but it's coming. I know we will all be boosting higher and flying faster with more efficiency down the road. The sky is the limit when it comes to foiling...

Europe has recently endured its biggest ever heatwave, Hub Dekkers & Armie Armstrong happened to be in Amsterdam just as temperatures hit their peak. What better way to cool off than to go foiling with an E-Winch...

BREAKING THE RULES IN THE DUTCH CITY OF SIN

WORDS & PHOTOS HUB DEKKERS

No wind or waves for days. Too much energy, we have to get out on the foil, it's driving us insane. In an impulse, a plan is made to see if we could go foiling in downtown Amsterdam, the capital of the Netherlands. It's well known for its many canals that run through the city. It's already a busy city flooded with tourists, but summertime takes this to a new level. Amsterdam is also known for its liberal culture, the redlight district, coffee shops, and smart shops.

Today is the hottest day of the year with temperatures reaching 40 degrees centigrade easily. We're desperate for some cooling down. It's peak holiday season and the national airport is beyond max capacity. Naturally, the city is busy and the canals are packed with small boats too. Since it is not allowed to go foiling in the canals, and none of us fancied getting arrested, we first scouted for a suitable place. There is a speed limit of 6,5 km/h and swimming in the canals is forbidden. After some driving and walking around, we find the optimal place. It takes some convincing for the property owners, but at last we're allowed to set up – right in front of the Rijksmuseum no less! Excitement is building, this is going to be EPIC! The "Rijks" is the Dutch national museum with famous artworks like the Nachtwacht from Rembrandt van Rijn. It's one of the most visited places in Amsterdam with approximately 3 million visitors a year.

With the location sorted, it's time to make a final plan. We need to be quick and make our runs count. First thing first, let's hook up the winch and get that ready. Yes, we could go for some dock starts, but we have more ambitious plans! Small foils, high speed, hard carves, and boosting airs. The battery powered winch is ideal for these situations.

"SINCE IT IS NOT ALLOWED TO GO FOILING IN THE CANALS, AND NONE OF US FANCIED GETTING ARRESTED, WE FIRST SCOUTED FOR A SUITABLE PLACE."





"AS SOON AS THE BOARD POPS UP ON FOIL, LOUD CHEERS COME FROM EVERYWHERE. PEOPLE CAN NOW SEE WHAT OUR PLAN WAS."

The rider can set the exact speed and control it from the water. In 12 seconds it will ramp up to set speed with a max of 40 km/h.

With the winch properly secured to the fence of the building, it's time to mount the foils. We brought an Armstrong HA925 and a HA725, along with an unreleased 3'7 board and 85cm/72cm masts. Here we go!

With a splash, we enter the water. People stop to see what the heck is going on – "crazy tourists!" The people of Amsterdam are used to all kinds of crazy. With the boats out of the way, it's time for the first run. As soon as the board pops up on foil, loud cheers come from everywhere. People can now see what our plan was. Run after run, we get wilder. Where at first we were just

pumping around, now we're dodging bridges to reach the other side. People stop by to have a chat. "What are you doing, how does it work?" We've all been there with those questions. Foiling isn't yet known to everyone, and for someone that doesn't know, it looks like a black magic carpet ride gliding over water...

So far so good. The sirens we've been hearing in the background, luckily, aren't for us. It's time to go all in,



**"THE PEOPLE ARE LOVING THIS FOILING SHOW
IN THE MIDDLE OF AMSTERDAM.
MISSION ACCOMPLISHED!"**

full send mode! Smaller foils and a higher speed setting on the winch should propel us to great heights. The people are loving this foiling show in the middle of Amsterdam. Mission accomplished! Time to pack up and not push our luck.

What a great experience taking the foils out in this unique location in the middle of the Dutch capital. A memory that will stay with us forever!



WORDS JACK GALLOWAY
PHOTOS SHINNWORLD

TECH FOCUS

SHINN - SUPRAGLIDE

Kudos have to go out to Shinn. Rather than rushing, and releasing a subpar product when full high aspect foils became popular. Shinn bided their time, and did two years of careful R & D, the result of that is the SUPRAGLIDE. A true high-performance foil designed to have the most control possible. Shinn has always been renowned for creating high-quality products, we're sure that this is no exception.



“PERFORMANCE SPEED AND GLIDE, COMBINED WITH THE COMFORT AND EASE OF USE THAT ENABLES YOU TO UNLOCK 100% OF YOUR PERFORMANCE.”

THE FOIL

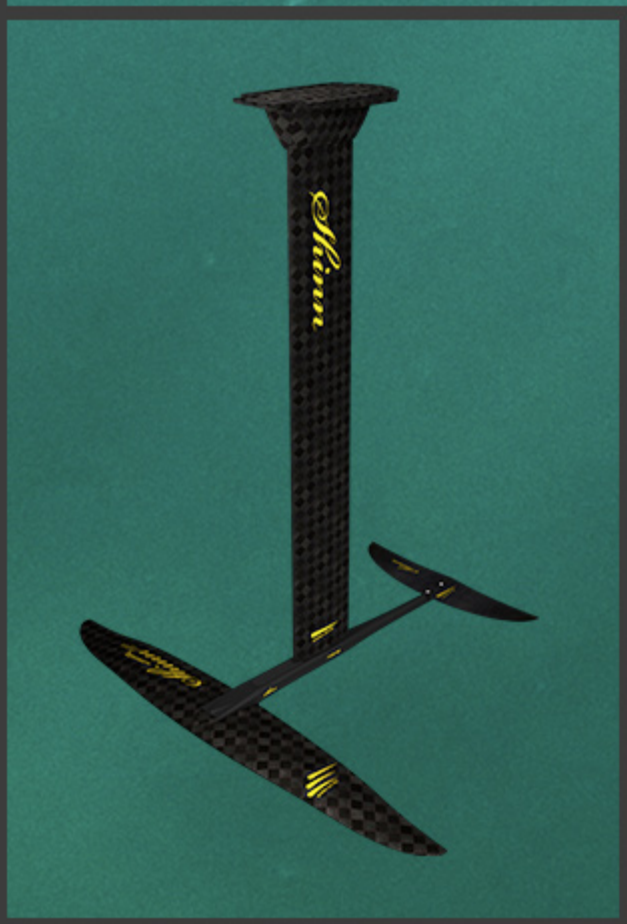
Extreme performance without the need for extreme skills – rather than rushing to market with the first HA foil we designed our R and D kept searching for the right combination of performance speed and glide, combined with the comfort and ease of use that enables you to unlock 100% of your performance. A true HA wing with an aspect ratio of 9.6 the Supraglide features our most hydrodynamically advanced under-cambered foil profile delivering impressive low-speed stall resistance and a high angle of attack drop-off.

MAIN FEATURES

- Supreme glide and efficiency
- High aspect, reduced chord, low drag foil
- High Modulus (HM) carbon front wing construction
- New Fuser fuselage with adjustable mast position for ideal tuning
- High efficiency, flat G10 stabilisers SF40 and SF47
- Wide choice of full carbon or aluminium mast lengths
- Wing and stabiliser supplied with covers

SIZES

782 cm2 - High-performance speed and glide (Wing span - 856 mm, Fuser – 580 Fuselage, Stabiliser - G10 SF40)



“THE 2022 FUSER FEATURES ALL-NEW SHAPING
DESIGNED TO REDUCE PARASITIC DRAG WHEN
GLIDING ESPECIALLY WHEN PUMPING”

1066 cm² - High-performance speed and glide
(Wing span - 1000 mm, Fuser - 735 Fuselage,
Stabiliser - G10 SF40)

1350 cm² - Light winds and pumping (Wing span -
1113 mm, Fuser - 735 Fuselage, Stabiliser - G10 SF47)

DETAILS

The Fuser allows a choice of mast positions to tune your foil to your sport and style. The 580mm has 3 positions and the 735mm has two. Use the blanking plates supplied to fill the section of the mast pocket not used.

The winglet free stabilisers feature very fine profiling to balance lift and minimise drag. Constructed in G10 for maximum stiffness and durability. Available in 2 sizes SF40 and SF47 these stabs offer the highest performance and lowest drag possible.

The Supraglide foils are constructed with our double High Modulus Carbon technology. HM carbon has ideal properties for high-performance wings with thin foil sections and a reduced chord putting all the emphasis on ensuring the wing is stiff and strong enough to perform. Masts are available in both aluminium and carbon finish.

The 2022 Fuser features all-new shaping designed to reduce parasitic drag when gliding especially when pumping, integrated stabiliser new connection guarantees a stiff joint and a minimum of flow disruption. Stabilisers S20.1 and S20.2 are not compatible with the fuser fuselage.



THE DEMO WEEKEND

WORDS JEN TYLER PHOTO ROU CHARTER & JEN TYLER

After two years of a pandemic, lockdowns, and isolation, what better way to kick off the summer than by having our IKSURFMAG / Tonic Mag Kite & Wing Demo weekend! We couldn't wait to see all the brands showcase their latest gear. Luckily, the sea breeze also showed up and kept everyone around all day - this could be the beginning of something big.



"YOU COULD HAVE A FLAT-WATER SESSION IN THE MORNING, A FOIL SESSION FOR LUNCH AND ANOTHER FLAT-WATER SESSION IN THE AFTERNOON"



The Beach at Littlehampton is fantastic if you haven't visited it yet! It's just a short drive from London, Portsmouth, and Southampton, so you can visit all the usual south coast spots. The spot is tidal, and at high tide, it is ideal for foil sports and freeride kiting; when the tide drops, the water flattens out behind some small sand bars and becomes perfect for freestyle kiting. So you could have a flat-water session in the morning, a foil session for lunch and another flat-water session in the afternoon - sounds ideal. The Beach Cafe has a great breakfast, lunch & dinner menu, indoor, outdoor and rooftop seating.

Most brands arrived on Friday afternoon, including Emma Beckinsale, Duotone Kiteboarding UK, Mike Birt from Airush, AK Durable Supply Co and Shinn UK (Ktwo), and Tom Beaton Ozone/Flysurfer (Maxtrack Limited). The brands were welcomed by Rou Chater and Jen Tyler, as well as a solid 20-knot breeze and blue skies!

First, lunch was in order, followed by a wing session! Finally, we ended the evening by enjoying beers with a live DJ on The View at The Beach!

By the break of dawn, we were ready for the big demo day on Saturday morning!

All the brands, including ION, Fanatic, Freedom Foil Boards, Armstrong, Unifoil, Naish, and others, set up impressive demo areas on the beach, pumping kites and wings, and putting boards and foils together - it looked amazing! You even ordered the sea breeze to kick in by 10:00 am, and it did!!



"IT HAD BEEN A WHILE SINCE WE'D
SEEN SO MANY FLAGS FLYING,
PUMPING WIND, SUNSHINE,
AND SO MANY PEOPLE"

It had been a while since we'd seen so many flags flying, pumping wind, sunshine, and so many people on the water. Most of us stayed on the water until the brands started packing up around 7 pm. After that, it was time for dinner and beers at The Beach, followed by live music at The View (upstairs)

Duotone's 'Save our Playground' beach clean-up on Sunday morning couldn't have been more timely!

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PHOTO MATTHEW BRUSH / BOGA BOARDS

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We were already at the venue waiting for the wind to kick at the venue, so this was the most productive activity! One hour and a half later, as we approached the end of the clean-up, the wind was blowing, and the action was not going to stop!

All in all, we couldn't have asked for a better turnout! The latest equipment was abundant on a platter for you to demo, the sun was shining, and the wind blew all weekend. All you needed to bring was yourself and a wetsuit! We want to thank all the brands that came - we'll be doing it again soon - 100%!

"THE LATEST EQUIPMENT WAS ABUNDANT ON A PLATTER FOR YOU TO DEMO"



FACE
PLANT



THE WORLDS
MOST
SUSTAINABLE
SUNGLASSES

"My eyes have never felt so loved"

- Sukie R



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PLASTIC BOTTLES
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REPLACEABLE LENSES
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CLICK HERE to check them out!

WORDS JACK GALLOWAY & MIZO FERNANDO
PHOTOS MATT GEORGES

BOA VISTA - FOIL HEAVEN

In the Atlantic, far off the coast of Africa lies Boa Vista, of the Cape Verde Islands. Recently, Mizo Fernando and the F-ONE team headed to this rugged & scenic island to foil the idyllic conditions it has to offer. It didn't disappoint.





“ BOA VISTA HAS A LOT OF DIFFERENT BREAKS, WITH DIFFERENT WAVES, SETUPS, AND WIND DIRECTIONS ”

Hey Mizo, How are you? The photos from your trip are awesome. Where did the idea come about to head to Boa Vista, Cape Verde?

Hello!! I'm good, thank you. Hope you're well. I was invited to go to Boa Vista by F-ONE International for a shoot with the hydrofoil team...

That truck is super cool! Is everywhere on the island off-road?

Yes, that truck was super useful, lots of off-road sandy tracks and long drives to find some perfect spots.

How does Boa Vista differ from the main island? Does it provide better conditions?

Boa Vista has a lot of different breaks, with different waves, setups, and wind directions. I'm not really familiar with the main island. But good conditions are sure to come.

What would you say you are looking for in the forecast when you're there? Swell height, wave period?

In Boa vista as a windy spot, it is interesting to match the wind direction with the swell to find a good wing spot. If the wind forecast is not so good then just look for swell period and directions for the best breaks.

What's the atmosphere like on the island? I feel like post-session drinks on the beach are a key feature?



The atmosphere is incredible, the native people are super nice and respectful. For sure having a beer with Sean and his crew at his school right in front of the spot is a good one. They are very happy people to hang out with.

I can see plenty of aerals going on in your surfing! Do you often ride with straps? How do you find it compared to strapless prone foiling?

I don't often ride with footstraps unless I'm looking to jump and do airs. I like it a lot and I'm working on getting used to the footstraps since, as a surfer, I'm not used to it at all...

“ THE ATMOSPHERE
IS INCREDIBLE,
THE LOCAL PEOPLE
ARE SUPER NICE
& RESPECTFUL ”

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“ROCKET SURF IS AN INCREDIBLE SURF FOIL BOARD, ITS DESIGN MAKES SURF FOILING VERY GOOD ”

But it is hard to compare because going strapless just feels so good and natural, being able to move your feet on the board for having a better foot positioning on the board at each section on the wave, also going strapless looks way more stylish for sure. Lately, I'm also trying to improve the air game without footstraps, which is pretty hard.

Was the 4'2 Rocket Surf, 740 Phantom, 220 stab + 85cm HM Mast your go-to gear while you were there? How do you have it set up, any shims? Does the 740 pump well enough to connect waves?

Yes, Rocket surf is an incredible surf foil board, its design makes surf foiling very good, it's narrow, light, and has that surfboard outline that I love. I rode that set up most of the time because we had some good waves. All the F-ONE foils are balanced and there's no need for shimming. 740 is a not-so-easy pumping foil. It's pumpable when you get out of the wave with speed, then one can pump and connect, but it is very technical.

You're clearly a true waterman, wing, SUP foil, prone foil... What's your favourite discipline at the moment and what tricks/manoeuvres are you working on?

Thank you, I don't have a favourite discipline, I just love to fly above the water.





**"I WANT TO IMPROVE IN FOILING
IN GENERAL. THERE'S SO MUCH
THAT CAN BE DONE IN THESE
DIFFERENT DISCIPLINES."**

I like to mix up between the foil disciplines according to the given conditions. Lately, I've been trying to improve at wingfoiling. As windsports is something new to me, it's been only 2.5 years that I'm practicing wingfoiling. I'm not really focused on one specific trick or manoeuvre. I want to improve in foiling in general. There's so much that can be done in these different disciplines.

I didn't realise you were so new to windsports, very impressive! Thanks for taking the time Mizo.

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KARINE AND CHRISTIAN



WORDS & PHOTOS CHRISTIAN & KARINE





HOW TO GYBE PART 3 - HOW TO GYBE ON THE FOIL, HEEL TO TOE

It's on ladies and gents, it's on! If you've been following this Wing Foil series and the videos on the Tonic channel, your prep for the foiling gybe is done, the foundations are laid, you've never been more ready:) We write this with utter conviction because you've got a feeling for wind direction, a solid first position, a balanced dynamic stance, you can bear away with confidence, and you're well versed in your wing flip. If the woffing gybe teased you with the carrot,

now there's no more stick, just a bowl of humous to enjoy it with. You've even nailed your steering upwind toe side off the foil along with a cheeky foot change. In the grand scheme of things, the skills you'll be concentrating on this time around are carving your board and emulating your toe side on the foil, even if momentarily.

There are of course a few points to ponder, which will put your minds to rest, before we dive into the full blown how to.

1. Carving. The word itself can strike fear into your mind. However, your carving here will be more akin to gentle foot steering. Banish any thoughts of throwing spray, torquing through a radical arc, being on edge. If anything, you're after the opposite, being gentle with your foil, keeping your flow and remaining balanced over your board. We'll stick with the word carving over steering because as you progress you can be more and more positive with your action.

2. Gybing. When we talk about the gybe, we're talking about turning around going through down wind, just like we did when woffing. Another point to consider is that although the gybe encompasses the entire movement from preparation upwind, bearing away, carving, flipping, to completion going back the other way toe side, the carve part is from one broad reach to another. Consider it a 90 degree carve, from broad reach on heels, to broad reach on toes. This is why there is no need for anything too rad but

equally why learning to bear away, balanced and over the board as per last issue is so unbelievably vital.

There's plenty more to ponder, however, we'll gradually mix in the rest as we proceed with what you need to be getting on with. As always stay tuned for the video which will be out very soon...

FIRST POSITION PIC A

Getting yourself ready before starting your gybe gives you the maximum chance of success. It means that you're always starting from a similar position, which means that you can build and develop on each and every attempt. So, make sure that you're riding upwind, making ground and aware of your position. Once you're ready, lift and look. You need space, so make sure the coast is clear. Second, check your feet. Your aim is to make it round to toe side, and to make this possible your feet need to be ready. You've practiced this off the foil, and it's the same here. You'll probably want to wiggle your front foot slightly more across the centre line and a touch more forward, whilst your back foot will also need to slide a bit further across and it can help to have it pointing ever so slightly forward. Not only will this set you up for toe side, but it'll also get you in position for your carve. Here Karine knows whereabouts she is in relation to the wind, she moves her feet into their prospective toe side/carve positions and checks her mirrors. Game on.

BEAR AWAY PIC B

This should by now be second nature. It's an absolutely critical part of your gybe and has the potential to make a world of difference. By bearing away you'll lift yourself up and over the board, which equals balance. You'll accelerate, gaining momentum which will help you glide through the move.

B



C



D



It turns your board and foil off the wind, giving you the opportunity to trim and balance yourself before your carve. As the board bears away allow your lower body and board to twist under your torso so that they can turn whilst you keep the power on. Looking at Karine you can see that she's pushed her wing forwards, her board is flattening as she is pulled up over the board.

THE CARVE PIC C

Fear ye not! We're actually going to look at Karine and talk through what's going on here. First off you can see that her board has already turned off the wind from bearing away, so she's balanced, comfortable on the foil and has allowed the wing to pull her forwards whilst she's transferred the power through her front leg. From this broad reach

position, she can now transition into the carving part. Her (and your) intention is steer the board and foil be getting pressure onto the balls of her feet. The way to do this is similar to your woffing toe side. Flex your ankles and drop your weight, pushing your knees across the board whilst keeping your head and shoulders up. Drop your elbows and put some pressure down onto your rear handle. This should transfer your weight across onto the balls of your feet, stretching your Achilles tendons whilst your heels remain on the board. By doing this you will be able to keep the board trimmed from nose to tail as you roll it from rail to rail. As Karine pushes her knees across, she maintains power in the wing and keeps it pointing forward. You can see how the board is banked gently over, just enough to make things happen. Karine has

turned her head to look downwind, where she's going. This encourages her to commit her weight across the board without breaking at the waist. She's supporting herself and holding the wing, not being supported. Final point, wing position. Her wing is still pointing like an arrow, which keeps it slightly to the outside of your arc. This has two advantages. Firstly, as the board turns underneath you, you'll end up with one arm each side, which helps you stay balanced over the board. Secondly when you come to flip the wing, it won't be backwinding in your face, but rather away from you.

THE FLIP PIC D

The action of flipping your wing should hopefully be in the bag. However now that you're moving with speed you will have a few things to concentrate on! Before we concern ourselves with the wing, we should make one thing crystal clear – no matter what your priority is to keep your ankles flexed and the board carving.



To do this your body is almost frozen into its carve position whilst your arms and hands are free to fiddle with your wing. The timing of your flip, when you actually release, doesn't have to be spot on, but you want it happening around downwind. Realistically once you start carving and are balanced you can go for it. As long as you did bear away onto a broad reach, you'll have glide and time. However, too early and you might not have enough speed, and too late you may lose balance. What is more important is where the wing is pre flip, and this is also related to how much power you have. If you have the wing too low in front of you you'll put too much weight on your front foot and likely push the nose down when you flip. As such it's better to fly your wing up slightly. However, be aware that if you have a lot of power this can then lift you, which has the potential to take your weight off the board, stop you carving and at worse breach your foil. In short as you go to flip your wing push down on your back hand to help the flip, but be sure to sheet out as you do so. You can see that Karine is pushing down on her back hand, whilst keeping her carve on.

HAND SWAP PIC E

We're having a look at this part for one reason. You'll be super keen to get your back hand back onto your wing, but bear in mind your wing's position. It's still high. If you sheet in now, it'll lift you. Same results, you'll stop carving and you might breach. Get your back hand on by all means, but resist the overwhelming temptation to pull it in. Even if it doesn't lift you, it'll just pull you downwind and prevent you carving around onto your switch side.

F



RIG FORWARD PIC F

Instead, your goal is to get your wing pointing forward. What you can do is use your back hand as an anchor point, holding it steady whilst you push your front hand down, so that you can force the leading edge down. This way you won't get pulled off your carve and you can concentrate on turning using the momentum that you have. You can see that Karine's back hand is still at shoulder height, the same place as the last photo. She just used it to hold the handle and has pushed the wing down using her front arm. This way there's no power yet and you're able to keep carving. If you can get through downwind and onto a broad reach, you're onto a winner...

G



POWER ON PIC G

Once you've carved through the wind, it no longer matters if you can keep your carve on or not. From a broad reach on toe side, you can steer the board up. You do however need power to do this. And you want to be balanced and over the board. To get to this point you've carved round into a position where you and the wing are ready. Now is the perfect time to sheet in. Keep your front hand down and away from you towards the nose of your board and sheet the wing in by pulling your back hand in towards your shoulder. This will keep the wing pointing forward and give you some oomph. You can see that Karine is looking forwards where she's going, front hand is at eye level and

H



she's sheeted her back hand in at shoulder height, so any power from her wing is directed forwards.

FINISHING YOUR TURN PIC H

To finish your turn, you're going to steer the board up from your broad reach until it's across the wind and with practice until you're riding upwind. You may be on the foil, but the principle is the same as when you were woffing - the muscle memory is there. You may need to sheet out slightly to reduce the power in the wing. Now pull your back foot under you so that you can drive against it whilst you bring the wing closer to your body, moving it back by bending your arms. This should direct the power through your back foot, twisting the nose of your board up. You can see how Karine's front arm is bent because she's moved her wing back to turn the board and finish her turn.



TOE SIDE STANCE PIC I

Happy days, it's much the same as your woffing. Turn your hips and shoulders so that your chest faces forwards and aim to get your weight centred between your feet so that you can be dynamic if needed. It's comforting to drop your bum back towards the tail of the board against the pull of the wing, but avoid this as it'll weight your back foot and lift the nose. With your weight centred you're free to hold the wing forwards to help keep the nose down. Keep your ankles flexed and knees across the centre line. Foot position is key, so if you're uncomfortable try and wiggle or slide your feet until you feel balanced and trim is restored. Toe side will take some practice and as such we will devote some extra technique to it in an upcoming issue:)

BEEN THERE, DONE THAT PIC J

Before we wrap this gybe up, we should have a quick shout out to the inevitable. You will touch down. If you can stay upright and balanced, touching down is not the end of the world and realistically a damn good place to be getting to. More good news, you've nailed your woffing gybe and you can even change your feet off the foil. This means that your better equipped than a superhero to deal with such adversity. Once you touch down, just make sure that you're balanced, have the wing flying and then you can change your feet, ready to get back on the foil, hack upwind and give it another go.



TOP TIPS

You will naturally prefer this gybe with your stronger foot forwards as you'll end up switch/ toe side the way that feels more natural. Think of regular and goofy in other board sports, here's the same to start with.

For your first attempts don't worry about your wing, but concentrate on your carve. Bear away, let go with your back hand and try to carve whilst keeping your balance.

Once you're getting through downwind and working on staying up on the foil toe side,

use your wing to keep the nose down by pushing it forwards. And it's more than acceptable to move your back foot up and narrow your stance once you come round.

Now have a good butchers at the sequence for a step by step walk through, and keep your eyes open for the video that will be dropping as soon as possible.

Brilliant, enjoy. Cheerio, C&K

UP & COMING - THE CABRINHA GROMS

WORDS JACK GALLOWAY, BENJI CASTENSKIOLD, HENRY VARE, AND ANCOR SOSA KATHER
PHOTOS CABRINHA (UNLESS STATED OTHERWISE)

In our Up & Coming feature this issue we've got not just one, but three of Cabrinha's talented groms. The level of young wing foilers is going through the roof and these lads are no exception. We sent some rapid fire questions to Benji Castenskiold, Henry Vare, and Ancor Sosa Kather to find out more!

“MY FAVOURITE PRO FOILER IS THEO DEMANEZ BECAUSE THE LEVEL OF TRICKS HE DOES IS INSANE! ALSO, HE HAS AMAZING AMPLITUDE.”

HENRY

Hi! How old are you?

I am 14 years old

Years foiling?

I have been foiling for 2 years

Best foiling experience?

My best foiling experience so far would be competing in the first GWA Youth World Cup in Oliva, Spain this summer. I also love slalom racing at Crissy Field in San Francisco and riding waves with my friends at Ft Point under the Golden Gate Bridge.

Best trick you've done at a GWA event?

My best trick so far in heat at a GWA event is a 540.

Favourite professional foiler & why?

My favourite pro foiler is Theo Demanez because the level of tricks he does is insane! Also, he has amazing amplitude.

Where are you going to be in 10 years?

In 10 years, I see myself representing the US in the Olympics for Wing Foiling. I will also be at the top of a GWA podium holding a trophy!

Your favourite gear to ride?

My favourite gear is the Cabrinha Mantis V2 2.5m because it spins in the air really well which allows me to do great tricks. The Cabrinha Autopilot 36 litre board is compact and super strong.

RIDER HENRY





"I WAS ABSOLUTELY ECSTATIC. TO KNOW THAT I WAS GOING TO RIDE WITH THE WORLD CHAMPION WAS JUST INSANE!"

The Autopilot allows me to send bigger airs without worrying about snapping my board. Lastly, the H Series 650 foil is amazing and so easy to pump.

What's it like competing at the GWA events at such a young age?

Competing at GWA events is fantastic! I love

the competition and connecting with other kids from around the world.

Top 3 tracks on your playlist?

I love mash-ups and DJ Sets. Currently, I'm playing Collision Course by Jay-Z/Lincoln Park. The combination of the two sounds is amazing. Second is Krafty Kuts and A.Skillz – two British musicians with great beats. Third is DJ Girl Talk – All Day

3 things to take, stranded on a desert island?

Foil gear, friends, and great tunes.

We would foil all the time, and chill on the beach afterward.

How many hours do you practice a week?

I foil for 10 to 12 hours a week. During school, I ride 3 to 4 afternoons after school and both Saturday and Sunday. During the summer, I ride every day.

Your favourite spot?

My favorite wing spot is my home launch, Crissy Field, in San Francisco, USA. Crissy Field gets great consistent breeze almost year round. I love riding the waves under the Golden Gate Bridge, surfing ferry wakes, and chasing tanker swells as they enter San Francisco Bay.

"WING FOILING HAS GROWN TREMENDOUSLY SINCE I STARTED TWO YEARS AGO. AS THE SPORT CONTINUES TO GROW, I SEE WINGING IN THE OLYMPICS."

What are you working on for the next competition?

I am working on getting cleaner landings on my current tricks like 360's. I am also working on landing back and front flips.

Where do you see wing foiling going in the future?

Wing foiling has grown tremendously since I started two years ago. As the sport continues to grow, I see winging in the Olympics. It would be great to see it added to the 2028 Olympics in Los Angeles.

ANCOR

Hi! How old are you?

Hii!! I was born on 19 July 2007 and I'm 15 years old.

Years foiling?

I started kitefoiling 4 years ago, but I was introduced to the sport of wingfoiling two years ago and since then I have loved the feeling of the sport.

Best foiling experience?

My best experiences of Wing foiling have been discovering new places by competing, but what I like the most is the adrenaline you get when you learn new tricks.

Best trick you've done at a GWA event?

The best tricks have been the backflip and the 720 but I hope in the future I can also introduce the front flip which I have been training lately.

"I REALLY LIKE WHERE I LIVE (FUERTAVENTURA) AS THERE ARE VERY GOOD WIND CONDITIONS AND YOU CAN HAVE SPOTS WITH WAVES AND SPOTS WITH FLAT WATER."

Favourite professional foiler & why?

My favourite rider foiling in waves is Keahi as he has a lot of style, but doing Wingfoil is Balz Müller as he has innovated a lot in the sport.

Where are you going to be in 10 years?

In 10 years time I hope to be travelling the world and trying new spots where I can go Winging, but I really like where I live (Fuertaventura) as there are very good wind conditions and you can have spots with waves and spots with flat water.

Your favourite gear to ride?

My favourite equipment for freestyle sailing in strong wind conditions is the Mantis 3.5 with the combination of an Autopilot 4.10 board and the fusion high aspect foil of 650cm².

What's it like competing at the GWA events at such a young age?

It's amazing to be able to sail with the best in the world and learn from them, but discovering new places to sail is what I'm most passionate about.

3 things to take, stranded on a desert island?

If I end up on a desert island I would take: 1- wing equipment 2- kite equipment 3-food and water

How many hours do you practice a week?

Right now it's summer, and I'm at the beach every day, in fact, I'm writing this from the beach!

UP & COMING

RIDER ANCOR





UP & COMING

"I LEARNED TO FOIL 2 YEARS AGO. BEEN RIDING FOILS NEARLY EVERY DAY SINCE."

However, during the school season I go to the school from 8:30am to 3:00pm and then I go directly to the beach, the good thing is that it doesn't take me long from my house to the beach, and after my wing or kite session I go back home and do my school homework.

Your favourite spot?

My favourite spot is Matas Bay in

Fuerteventura as it has completely flat water and a lot of wind, but I also like the spots with waves.

What are you working on for the next competition?

I'm working on the front flip and perfecting my other tricks.

Where do you see wingfoiling going in the future?

I believe that in the future wingfoil will evolve and the equipment will progress for different disciplines.

BENJI

Hi! How old are you?

Hi, I turned 11 years old one month ago.

Years foiling?

I learned to foil 2 years ago. Been riding foils nearly every day since. Wing / Surf or kite foil. I love them all. It's my passion.

Best foiling experience?

The most exciting experience for me is learning new tricks. The progression is addictive and fires me up to ride every day.

“INCREDIBLY TALENTED IN ALL ASPECTS OF HYDROFOILING. I ASPIRE TO MAKE MY RIDING LOOK LIKE HIS IN THE FUTURE.”

Best trick you've done at a GWA event?

I recently attended my first ever GWA in Olivia, Spain. I managed to land a Radiculo 720 which I was stoked about. Hopefully, many more in the near future!

Favourite professional foiler & why?

There are so many amazing foilers out there. My favourite would likely be Theo Demanez. I had the pleasure of meeting him this winter at the Cabrinha dealer meeting in Columbia. His smooth effortless style makes it look so easy. Incredibly talented in all aspects of hydrofoiling. I aspire to make my riding look like his in the future.

Where are you going to be in 10 years?

Difficult to imagine as I'm only 11 years old. I hope I'm still on the water as much as I am now and ripping with the best in the world.

Your favourite gear to ride?

By far my favourite wing is the Mantis V2 3M. The rigid handles and stiff wing makes it amazing for freestyle and a huge variety of conditions. I'm not very heavy, so 3m can also cover my light wind days. For the hydrofoils, I use mostly the Cabrinha High-aspect series 650cm front wing. This is a great balance of speed and lift. It allows me to progress quickly and push my limit with confidence. Lastly, my go-to board is the Autopilot 36L, a fun board for freestyle tricks.

What's it like competing at the GWA events at such a young age?

For the most part, it's quite difficult as most athletes

RIDER BENJI

UP & COMING



"THE SPORT IS GROWING SO FAST, IT'S VERY ACCESSIBLE TO MANY PEOPLE AROUND THE WORLD. I HOPE TO SEE IT ANYWHERE WITH WIND AND WATER."



are much older and bigger than me. However, it's a great experience to learn from. I can see how the other kids do it and grow from that. I'm happy to be a part of it.

Top 3 tracks on your playlist?

I spend too much time on the water!! I don't have much spare time for music yet. If I'm not riding, I'm doing home school. Every day is busy!

3 things to take, stranded on a desert island?

A Wing, foil, and board ;)

How many hours do you practice a week?

As much as my body can handle. Usually, I get around 30 hours a week on the water.

Your favourite spot?

I spend my winters in La Ventana, Baja California. By far my favourite spot for the world-class wing conditions. We can ride almost every day of the winter!

What are you working on for the next competition?

Currently working on inverted rotations. Such as Backflips and Front loops. This should help my variety and hopefully improve my competition results.

Where do you see wingfoiling going in the future?

The sport is growing so fast, it's very accessible to many people around the world. I hope to see it anywhere with wind and water. Because if it's windy, I'll be out there!!

TRIED & TESTED

The Tonic Mag test team has been busy testing this summer. We've got kit from five of the biggest brands in the industry to feast your eyes upon; Armstrong, Cabrinha, F-ONE, Freedom Foil Boards, & Ozone. See the full list of kit below!

WING

Ozone Wasp V3 4.3m

FOILS

Armstrong CF V2 950 & 1200

Cabrinha X-Series MKII 1240 & 1650

BOARDS

Cabrinha Link 4'5

F-ONE Rocket Surf 4'6

Freedom Foil Boards Wingnut 90L



BRAND OZONE

MODEL WASP V3 4.3M

YEAR 2022

"THEIR
EXPERIENCE HAS
PAID OFF HERE
IN AN
EXCEPTIONALLY
HIGH-QUALITY
PRODUCT."

TO VISIT THEIR
WEBSITE, CLICK HERE



AT A GLANCE

I've said it before and I'm sure I'll say it again, Ozone is a long-standing brand. Time and time again they produce trusted, high-quality products. That knowledge & experience comes from their paragliding origins and they use every bit of it to create their Wing gear, The Wasp V3 continues to improve on the previous versions, Ozone has thought of every tiny detail and acted on it. Right down to having a padded shoulder strap on the bag to help with carrying your foil - brilliant.

So what have they updated? The Ergonomic Power Handles are now stiffer, providing more power and control. Ozone has a new overlap flat seam construction in their sail, designed to improve control & clean up the canopy. They've increased the size of the windows for better visibility. A new triple rip-stop canopy has an advanced coating to improve strength.

Something that I believe is unique to Ozone is their modular leash system. It comes with a waist leash, which as I'll discuss later is great. That same waist leash can be adapted to have a quick release system, become a wrist leash,

[CLICK OR TAP TO READ MORE](#)



BRAND ARMSTRONG

MODEL CF950

YEAR 2022



"A WORTHWHILE INVESTMENT THAT WILL LAST FOR YEARS & YEARS."

TO VISIT THEIR WEBSITE, CLICK HERE



AT A GLANCE

Armstrong's CF V2 is their all-around foil lineup. Ranging from 950cm² all the way to 2050cm². It's designed for beginners seeking a foundation for progression and experienced riders pushing their limits.

The attention to detail that Armstrong has put in is immediately obvious when getting it out of the box. This foil has the highest quality components and finishes that I've seen. Everything is full carbon fibre and all hardware is titanium. Construction is based around a high-density foam core, which is wrapped with 100% IM and High Modulus Carbon. The mast connection to the fuselage and in turn the front & rear wings is genius. The fuselage has a solid titanium core running throughout its length, all of the titanium screws tap into this core using a unique barrel nut connection. Making it the strongest, corrosion-free design that I've seen, even if it does take a bit of time to put together! It's worth it.

The mast has a tapered one-piece design that looks incredibly solid. Armstrong has put in a unique core layup designed to deliver smooth consistent reactive flex.

[CLICK OR TAP TO READ MORE](#)

BRAND CABRINHA

MODEL X-SERIES MK LL

YEAR 2022



"AN ALL-AROUND
FOIL THAT'LL
LAST FOR YEARS,
YOU'D BE HARD
PUSHED TO FIND
SOMETHING
BETTER!"

TO VISIT THEIR
WEBSITE, CLICK HERE



AT A GLANCE

The X-Series is Cabrinha's all-around foil, designed to be an excellent entry-level foil but cater just as well for experienced riders, particularly in the smaller sizes. For the MKII, Cabrinha has partnered with NTU, a Naval Institution whose technology allowed them a much more detailed R&D to improve the performance characteristics of the wing.

All aspects of the foil are full carbon, the X-Series maintains Cabrinha's reputation for building high-quality equipment. The foil feels strong and well-made when you get it out of the box and I'm a big fan of the stylish white stripes on the front wing.

The MKII features an upgraded Can Fusion mast. Cabrinha has reduced bolt inserts in the base of the fuse from 3 to 2 and added in a side bolt. This is designed to maintain strength even as the product ages in the years to come. The previous Cab Fusion mast will still work with two bolts, as recommended by Cabrinha. Therefore you can just upgrade the wings & fuse if you wish.

CLICK OR TAP TO READ MORE



BRAND CABRINHA

MODEL LINK 44L

YEAR 2022



"SUCH A FUN BOARD TO RIDE THAT IS BOUND TO UP YOUR WINGING GAME"

TO VISIT THEIR WEBSITE, CLICK HERE



AT A GLANCE

Cabrinha continues to bring high-performance products to the market, and this is no exception. The Link is Cabrinha's sinker-style wingfoiling board, it also replaces the Autopilot for prone foiling. It's available in 3 sizes; 37L (4'3), 44L (4'5), and 51L (4'7).

Cabrinha has carefully designed the shape of the hull to allow easy starts, with a double concave hull & kick tail with aggressive release channels. It has bevelled rails with a hard release edge. All aiming to allow earlier flight. The board features a full Dakine deck pad & has foot strap inserts with multiple angles to allow 2 or 3 strap configurations. It also has a handle on the hull, not essential on a sinker board I feel but actually, something I found really useful, just making carrying your kit around that much easier.

Construction-wise, the Link has an EPS core with a durable Composite Bamboo Deck with UD Carbon stringer. Resulting in a lightweight board that is strong enough to withstand the pressures that wingfoiling places on it.

CLICK OR TAP TO READ MORE



BRAND F-ONE MODEL ROCKET SURF 4'6 33L YEAR 2022



"CATCHES WAVES
WITH EASE, AND
PUMPS LIKE A
DREAM."

TO VISIT THEIR
WEBSITE, CLICK HERE



AT A GLANCE

Right now, I'm frothing on all things prone foiling. So when the Rocket Surf 4'6 arrived through my door I was buzzing to get it on the water (when the waves arrived!). F-ONE has carefully designed this board with surf foiling in mind, so a lot of the features are really specific to the discipline. First things first, it looks rad; bold colouring and a beautiful shape make for a stand-out board at the beach.

The 4'6 is 33L in volume, with the outline adjusted from the last model to reduce volume at the nose & tail slightly. The board is a full bamboo construction with a double bamboo deck, designed to create a strong and light board. It certainly feels light.

Shape-wise, it features a kick tail, double concave hull & slightly concave deck. The Rocket Surf comes in four sizes; 4'2 (28L), 4'6 (33L), 5'0 (38L), & 5'6 (43L). Both the 4'2 & 4'6 come with two inserts for foot straps.

ON THE WATER

I only successfully learned to prone foil about 4 months ago, before this board I was on a 4'10, 39L. That was a bit of a chunk for me (I'm 68kg) but it helped me

[CLICK OR TAP TO READ MORE](#)



"FFB HAVE USED THEIR KNOWLEDGE AND EXPERIENCE TO CREATE AN EXCELLENT BOARD."

TO VISIT THEIR WEBSITE, CLICK HERE



AT A GLANCE

On test this issue is the Wingnut, FFB's latest offering to the market, and it's a well-thought-out product. Freedom has taken their knowledge in prone foiling board design and applied it to winging, with great success. The Wingnut has a quad concave channel, volume up front, a step tail, and many other features. The board on test here is the 90L, 5'3, & 26.5 inches wide.

Out of the box, the board clearly maintains FFB's unique & striking design. It feels really light for its size and has a stylish carbon look to compliment the bold FFB logo. The Wingnut is built using an EPS lightweight stringer-less core, wrapped in S glass for impact resistance & then again in 'Carbon Double Bias', a high-grade woven carbon with extra fibres running in the longitudinal axis.

This is without doubt a high-quality carbon board, with that in mind, I'm a big fan of the price point. It's definitely on the more affordable side of the scale, sometimes saving you over £500 when compared with similar boards. I feel that's pretty important with many of us being so strapped for cash lately.

[CLICK OR TAP TO READ MORE](#)

LIGHTROOM

DYLAN WICHMANN WITH A DOCK START SESSION TO END ALL DOCK START SESSIONS

LOCATION CAPE TOWN, SOUTH AFRICA

PHOTO BJORN KUMPERS



Lightroom

Shots with no particular place to go this issue,
feast your eyes!

LIGHTROOM

ALAN FEDIT BEING WILD AT SUNRISE
LOCATION PRASONISI, GREECE
PHOTO ARTHUR HABUDZIK



Lightroom

LIGHTROOM

CLEMENT ROSEYRO LOOKING WAY MORE COMFORTABLE THAN HE SHOULD BE IN THAT SITUATION!
PHOTO TOBY BROMWICH



Lightroom

LIGHTROOM

THE LEVANTE WIND IN TARIFA IS RENOWNED FOR ITS UNFORGIVING FORCE.
FABIAN MUHMENTHALER TAKES FULL ADVANTAGE TO GO BIG.
PHOTO SAMUEL CARDENAS



Lightroom



Lightroom

LIGHTROOM

CAPTION: XAVI CORR SENDING IT ON HIS AK DURABLE SUPPLY CO. GEAR!
PHOTO SAMUEL CARDENAS



Lightroom

Each issue we'll be showcasing some of the most popular movies from our website, as chosen by you with your Facebook likes on the videos! Be sure to like our FB Page by [CLICKING HERE](#) so you can help shape what ends up on these hallowed pages!

#1 TITOUAN GALEA RIDE ONE EYE MAURITIUS

It's easy to see why this is number 1 in the most watched videos on our site this issue. It's simply epic! Titouan Galea doing what he does best, at ridiculous speeds, on enormous waves at One Eye, Mauritius. If you haven't seen this yet, watch it. If you have seen it, watch it again!



[CLICK HERE FOR VIDEO](#)

#2 2022 STARBOARD AIR FOIL — NEW INFLATABLE WING FOIL BOARD

At #2 this issue, a new inflatable board from Starboard has caught our readers' interest. A new concept where the top plate mounts right by your feet, sounds like a good idea to us for extra stiffness & control! Inflatable wing boards are yet to catch on, this might change that!



[CLICK HERE FOR VIDEO](#)

#3 TOMOEARL PRONE FOILING IN CORNWALL, ENGLAND MAY 2022

Tom Earl is leading the charge in the UK prone foiling scene right now. This chilled & captivating edit makes the Cornish coast look like a tropical beach. With shots from the air & the beach, all angles are accounted for to watch Tom's rad turns and effortless style.



[CLICK HERE FOR VIDEO](#)

#4 F-ONE SURF FOIL — PEIO 940

Holy moly! Peio Lizarazu surfs at some serious speed. Peio's unique offset stance allows for aggressive & powerful turns that are just fascinating to watch. The surfers in the line up are just a blur as he flies past them. The F-ONE Phantom 940 is clearly an absolute weapon.



[CLICK HERE FOR VIDEO](#)

MOVIE NIGHT

READERS GALLERY

This is your chance to be featured in Tonic Mag, have bragging rights to be famous, AND win a Tonic Mag T-shirt & Hoody of your choice!

Simply upload your photo on IG, using #tonicmag and tag @tonic_mag. It's as simple as that!

Congrats to this issue's winner Jessi Gent!

[CLICK HERE FOR A CHANCE TO WIN NEXT ISSUE!](#)



Winner!

PHOTO Here's Jessi shredding at her local spot, Bracklesham Bay. A popular beach on the South Coast, just an hour or so from London. She's riding her Ozone Wasp V3 4.3m, Armstrong FG 50L, & Armstrong HA925 foil

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