

## AUTUMN 2023

Introducing Issue 17 of the world's number one digital wing, foil, SUP, and surf magazine! There's just so much brilliant foiling content that we just couldn't help but bring you another massive issue! Inside, you'll find our interview with content creator & all-round foil frother, Gwen Le Tutour. We hear tales of adventure & risk from Brandon Scheid and chat to

Flora Artzner. Nathan van Vuuren shares his road trip in South Africa and Dane Wilson talks all things Moloka'i 2 O'ahu! You also won't want to miss our feature with Chucho Nonnot on his storm session in the French Basque Country! We've also got tests, technique, and a bunch of other features, make sure you take a look and share it with your friends!

## ENJOY THE LATEST ISSUE!



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## COASTAL STRIKE MISSION - BRANDON SCHEID

THIS IS THE WAY | THE INTERVIEW - GWEN LE TUTOUR  
THE ULTIMATE STORM - CHUCHO NONNOT | TESTS, TECHNIQUE & MORE INSIDE!

THE WORLD'S NUMBER ONE WING, FOIL, SUP AND SURF MAG





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COMPETITION



MOLOKA'I 2  
O'AHU



TECHNIQUE



EDITORIAL



DÉNIA - A  
WINGFOIL STORY



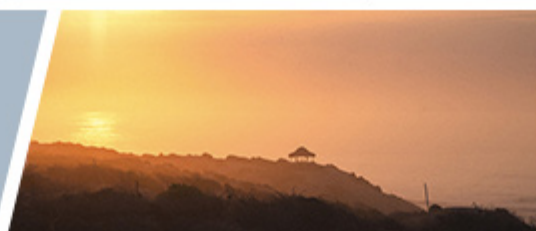
LITTLEHAMPTON  
DEMO WEEKEND



COASTAL STRIKE  
MISSION



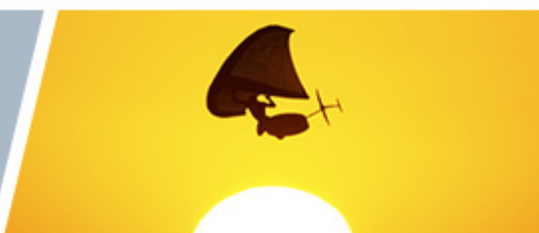
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WINGFEST '23



THIS IS THE WAY



TECH FOCUS



TRIED AND TESTED



THE INTERVIEW



THE BEACH START



LIGHTROOM



THE ULTIMATE  
STORM



UP & COMING



MOVIE NIGHT



WATERWOMEN



STRENGTH &  
SPIRIT



READERS GALLERY



contents

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RIDER KOA FABBIO  
PHOTO NAISH




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## ISSUE 17

I've now been surf foiling for a little over two years, having just finished a road trip down the West Coast of France and along to Northern Portugal I wanted to share my surf foiling experiences from the trip.

I was not a surfer before I started surf foiling, in fact, I'd barely even had a go. The only time I can say I successfully caught a green wave was at Freights Bay, Barbados, the most forgiving wave in existence.

Why didn't I surf? Part of it was living on the south coast of England, a place much better for kitesurfing than it was for surfing. As a kitesurfer for over 15 years now, I've always been used to a very welcoming community, in order to kite safely and easily, a launch or land from a fellow kiter is best, pre-kite chats about kite size and wind gusts is pretty

standard and there is plenty of positive communication on the water too. I have never received, or dealt, a negative word while kiting. In contrast, surfing often has an almost silent vibe to it. Always fighting for one peak, it just didn't appeal to me.

Why did I want to surf foil? The obvious answer is that it quickly became clear that the mellow & powerless waves of the south coast of England were actually foil parks. Surf foiling opened up countless spots along our coast that you wouldn't even consider surfing. It also quickly became clear that the surf foil community was very similar to what I had experienced in kiting. The fact that many foilers can catch the same wave and then pump out back to different peaks makes the lineup very welcoming. I also think that everyone appreciates how difficult the learning experience to

get to that point is, so there's an immediate respect for one another.

So as I arrived in the French Basque Country, to what is likely one of the best surf foil spots in Europe and watched the perfect 600m long wave roll from the break all the way into the beach, I wondered if I would feel welcomed by the local surf foilers. After the disaster that was Brexit, I don't feel particularly proud to be British right now, so who knows what the French think of us...

It was the busiest spot in terms of surf foiling that I'd ever experienced, one afternoon I counted nearly 20 surf foilers. What is amazing about our sport is that it still didn't feel crowded. To my relief, it was an awesome atmosphere,





PHOTO LIZZIE GALLOWAY  
RIDER JACK GALLOWAY

I immediately felt very welcomed by the local foilers and had some great chats in the lineup (sorry about my poor French speaking skills). Over the coming days, I happened to bump into a guy I had done an article with for the magazine, Richard Boudia of AFS foils & another whom I'd met through Instagram foiling froth, Romain. It was cool to share stories with them and get some local advice on conditions & tides.

On a big swell, the waves wrap in & break by the entrance of a harbour wall, they turn into head-high unbroken swell that rolls all the way to the beach, peaking and wedging in different spots to create an insane ride. I recorded one-and-a-half-minute-plus rides without having to pump once. You'd then jump off and paddle back to the lineup. It felt like all my countless hours of suffering to learn this sport were totally worth it.

My family & I continued our van trip to Viana, Portugal, a spot with more wingers, kites & windsurfers than perhaps I've ever seen. In the mornings before the wind came up, I did a fair bit of surf foiling there. I didn't meet any other surf foilers but I did meet quite a few foil curious surfers. I do not doubt that surf foiling will continue to grow, how can it not? It's just too much fun! I hope that as it grows, it doesn't lose its sense of community & welcoming nature.

So if you meet someone new to your local surf foil spot or wing beach, say hi and make them feel welcome, I'm sure they'll appreciate it. I certainly did!

*Jack Galloway*

Editor



An aerial photograph of a surfer riding a massive, curling wave. The surfer is a small figure in the center of the frame, positioned within the base of the wave's barrel. The water is a deep, dark green, while the breaking wave is a bright, frothy white. The overall scene is dynamic and powerful, capturing a moment of extreme sport.

# COASTAL STRIKE MISSION

WORDS BRANDON SCHEID  
PHOTOS ERIC DURAN

When Brandon Scheid sent me these photos I was immediately sold, I knew the story to go with them would be epic and I wasn't disappointed. Brandon's tale of adventure & risk will have you right on the edge of your seat. Read on to find out all about his strike mission along the Baja coastline.





“TURNS OUT, WHEN YOUR LIFE'S ONLY MISSION IS TO CHASE WORLD-CLASS CONDITIONS, YOU GET LUCKY EVERY NOW AND AGAIN AND SCORE FLAWLESS PERFECTION.”

Riding in offshore conditions was a mind-expanding experience. I could not believe that it was working, and it made my love for winging deepen. Without the risk of failure, you cannot possibly achieve success.

When you actually line up all the cards and arrive at your location to see perfect conditions, you often can't even take it all in.

It's almost as if its perfection cast doubt in your mind about your reality. Surely it can't be this good, your mind says, but your very experience verifies its existence. Much as an oasis must at first seem a mirage to a dehydrated desert wanderer. Perfectly out of place... I've had the special pleasure of experiencing a lot of what I like to call on.com conditions. Turns out, when your life's only mission is to chase world-class conditions, you get lucky every now and again and score flawless perfection. The swell is just the perfect angle, period, and size. The wind is offshore, just the perfect angle and speed.

speed. The tide and weather all aligning, everything locking into place....magic bliss.

The thing about chasing perfection though, as you well know, you rarely often succeed. Surely that makes those times you do extra special, however, it also solidified in me that the reward is not only worth the chase, but the next chase too, and even the one after that. You have to be willing to risk it all, to win it all. Whether that's your own time, gallons of gas, gear, or your body....there is always a cost to pay to play. In our particular case, the cost was well worth the reward. Just a little skin on the reef and all of our wings traded for two days of flawless conditions.





“ HIS PASSION, DRIVE, AND WORK ETHIC WERE ESSENTIAL TO THE GROUP'S SUCCESS. ”

And so we can begin the tale of our little Baja adventure, chasing one of those “perfect” sessions deep into the unknown. As with any good story let's start with the cast. While the allure of riding perfect conditions is amazing, it's still surprisingly hard to convince people to go on a massive strike mission. Especially, when the end result is an unknown. It takes a certain type of person with just the right amount of passion to see that little chance of success amongst all the effort invested. Luckily, our Slingshot wing family is filled with just such individuals. First is the man with the plan Wyatt Miller, head ring leader, shredder extraordinaire. It was his motivation and resources that even made this trip possible. In addition to Wyatt's involvement at Slingshot he also runs Pro Windsurf La Ventana, an all-inclusive windsurf and wingfoiling resort in Southern Baja. This facility/base of operations allows us the support and access to much-needed strike mission supplies. Baja road capable rigs, camping gear, jet ski, quads, and all the other key items you need to pull off a remote shooting mission.

Next, is the man with the iron quads and the steady trigger finger, Eric Duran. Not only is Eric always down for a big out-of-the-way mission, but he also will spend all day swimming in the pumping surf in the hopes of scoring one photo. His passion, drive, and work ethic were essential to the group's success. Multi-media capable, if Eric was not swimming, he had the drone in the air or was running up and down the beach gathering the scraps of the gear after the “talent” got too aggressive on the shred.



“HAVING SOME COMPONENT OF OFFSHORE WIND IS ACTUALLY IDEAL FOR WINGING, KEEPING THE WING BEHIND YOU WHILE YOU RIDE DOWN THE FACE.”

The final member of the crew was Wyatt's good friend Bryan Metcaf-Perez. Bryan is a phenomenal wind and Watersport athlete and shows no fear in the face of large ocean conditions. I have had the pleasure of traveling with Bryan several times, and there is no one else I would rather be chasing conditions with. He is motivated, reliable, good in a pinch, one hell of a Jetski driver, and will always push to the point of breaking all the gear. You can always count on Bryan to put it all on the line for the shot.

With the cast assembled we only needed the stage, and boy oh boy did we ever find a good one. Scoring good wave conditions in Baja can be a bit hit or miss. The natural diurnal cycle of the weather often means the development of an afternoon seabreeze. This onshore flow quickly turns a world-class wave, into a big crumbly mess. This wave in particular only really comes to life in strong offshores. Not only does the wind groom the swell as it comes into the reef, it also helps hold up the lip, making the wave much more rippable. Having some component of offshore wind is actually ideal for winging, keeping the wing behind you while you ride down the face. Luckily for us, the wind forecast associated with this particular swell event was showing a large El Norte system settling in, keeping the breeze steady and straight offshore.

While this little unit of shredders have had the pleasure of winging all over the world, in a wide variety of wave and wind conditions, we have never been presented with such an offshore angle to the direction of the wave.





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“ THE RIDE UP WAS PRETTY UNEVENTFUL UNTIL WE GOT TO THE WAVE AND I SAW THAT LITTLE GRIN ON BRYAN'S FACE ”

As the long bumpy ride down the dirt road neared its end, and we got our first look at the conditions in the ocean all we could see is windblown white mist blowing off the lips of the breaking waves. Near-perfect conditions for traditional surfing, left us wondering if winging would even be possible. However, long before we could consider the conditions, we needed to get base camp established and find a sheltered

location to launch the jet ski. Nothing like trying to set up a tent when you can't keep your eyes off the pumping conditions, fully locked in froth mode.

After a hasty camp setup and a quick search of the coastline, we were able to locate a somewhat sheltered location to put the ski in. The team jumped into action, dropped the ski in the water, and decided we would head up to the wave, located a few miles north of the campground. As we arrived a little later in the day than intended, it always takes longer to get all the parts in order before leaving, we had no intention of

shooting that first evening. We did however want to take a look at the conditions, suss out water safety plans, figure out how we were going to get Eric two miles up the rugged coastline, and maybe, just maybe whip into a few waves with the foils. I drew the lucky card to ride the foil up to the wave, while Bryan drove and Wyatt and Eric assaulted the shoreline. The ride up was pretty uneventful until we got to the wave and I saw that little grin on Bryan's face. A massive set wave was lining up on the point, and Bryan decided that he was going to put me in the spot, forcing me to choose... It is always a good idea to have a look at the wave, watch the sets, and see where you should and shouldn't go.





“IT WAS EASILY A GOOD 4 FT BIGGER ON THE SETS, AND TO BE HONEST I WAS A BIT WORRIED ABOUT WHAT I WAS GETTING MYSELF INTO.”

It's never really a good idea to get over frothed and make rash decisions. All this is going through my head as we approached the peak and in the end, I just couldn't resist. I dropped the rope, pulled onto the swell, and took one of the most memorable down-the-line foil rides I have had the pleasure of experiencing. I'm sure some of it was situational, the novelty of pulling up to flawless conditions with just your friends, but the reeling green wall of that first wave is seared into my brain. By the time Wyatt and Eric were able to get the quad up the beach Bryan and I were tow foil drunk, filled to the brim with joy and stoke. We traded places with the ground crew, so everyone could have some fun, packed a few waves as the sun set, and headed back toward camp. We knew we had a few big days ahead of us and we would need all the rest we could get.

We awoke the next morning to the cacophony of the pounding ocean. The swell had finally decided to show its true face. What we thought were set waves the night before had just been the first front runners of the swell. It was easily a good 4 ft bigger on the sets, and to be honest I was a bit worried about what I was getting myself into. As I said before, Bryan has little to no heavy water fear, and this set the tone for the days shredding. It's not easy to back off when your friend is putting more meat on the line. What was a somewhat straightforward ski launch the night before, was quite spicy in the am. So a fair bit of the morning's energy went into getting the ski out past the breaking waves.



“ HUGE WAVES, NEARLY STRAIGHT OFFSHORE WIND, SOMEWHAT PATCHY/GUSTY. I WASN'T REALLY ALL THAT SURE THAT IT WAS GOING TO WORK ”

Once the ski was out, it was just a simple matter of paddling out the foil setup in maxing surf. After several attempts, I was able to get a window to scratch out and meet Brian on the ski. Wyatt and Eric would be taking the overland route to the point for the land shooting angle. After my hectic paddle out, I happily opted to tow Brian up to the point for the first rides of the day.

Upon our arrival, we were greeted with the sight you hope for when on such a strike mission. Perfectly aligned, clean, reeling walls of water breaking down the rocky point. Brian gave me the proper signals, and I positioned him on a set wave, hard edge, and off he went on a screamer of a wave. Upon pickup further down the line, Brian was giddy with excitement for the days shredding. While it sure was fun to whip into immaculate waves, we were there to wing. We drove out to the outside and began getting the wings pumped up. The whole time we are pumping up wings I am assessing the conditions. Huge waves, nearly straight offshore wind, somewhat patchy/gusty. I wasn't really all that sure that it was going to work and with all the exposure, I wasn't that excited about the idea of getting worked in large waves with the sharp foils. However, Brian was more than confident that it would work and was in the water before I knew it.

While it was windy, the rugged and undulating Baja coastline made for pockets of wind on the surface of the water. Additionally up the face of each set wave was a bubble of apparent wind created by the movement of the wave through the air.







“ THANKS TO THE SMALL BUBBLES OF APPARENT WIND WE WERE ABLE TO ESSENTIALLY KEEP EXTENDING THE RIDES. ”

This ended up being a critical aspect of why the session ended up being so much more than a novelty session. Thanks to the ski, even in the lightest winds we can water start with the wing. Simply hold onto the rope, get up and foiling, edge off the rope, and

finally start actually winging. So I got Brian started on the foil and whipped him into the first wave. He rode the wave all the way down the point, kicked out, and just started winging. Thanks to the small bubbles of apparent wind we were able to essentially keep extending the rides. You would get up, get onto a wave, and ride that wave down the point but into the wind/upwind. Then you would kick out at the end of the wave,

and slowly start working your way back out to the point/downwind following the puffs of wind all around the lineup. Essentially using the wave shredding as a conveyer belt to take you upwind. So, what started as a quick way to get us up and riding and possibly wing a few connected waves, ended up being one of the most memorable wing wave sessions of my winging career. Trading perfect clean waves with friends in the middle of nowhere, I couldn't stop asking myself if this was really happening.





“THE WING, THE BOARD, AND BRIAN WASH UP ONTO THE ROCKY BEACH IN TATTERS.”

Over the next few hours, we traded off on wave after wave, trying to capture some amazing collaterals without putting too much on the line.

As with most shoots, Brian eventually gets that crazy look in his eyes, tees off on the biggest set of the day, and gets absolutely obliterated by the lip of the breaking wave. Gear explodes everywhere, wing leash breaks, board leash breaks. Brian goes over the falls with the foil, and gets hit in the forehead with the board. The wing, the board, and Brian wash up onto the rocky beach in tatters. Mayhem ensues and we decided to pull the plug for the day. Which still means getting back down to camp, getting the ski back onto land, and getting much-needed calories. Everything you could ever hope for in a great strike mission. Carnage, spoils, good laughs, struggles, and massive wins with great friends!



WORDS NATHAN VAN VUUREN  
PHOTOS PREMIER PRODUCTIONS / IVAN VAN VUUREN

# — THIS IS THE WAY —

Never before has a photoshoot sounded, and looked, so fun. Nathan van Vuuren and two of his best mates travel the coast of South Africa in search of epic conditions to shoot the brand new Flysurfer TAO wing. As you'll see in the pages that follow, they scored! Read on to hear Nathan's story of the trip.







“ THEN THE NEXT BEST THING HAPPENED, WHICH WAS THE WING. PAIRING IT WITH THE HYDROFOIL GAVE ME SUCH A FANTASTIC FEELING OF FREEDOM. ”

I've always enjoyed being in the water. Whether it was bodyboarding, surfing, or stand-up paddle boarding, my early memories always had something to do with the ocean. Growing up in South Africa, naturally, I moved towards wind sports, following in my dad's footsteps and trying out windsurfing. Learning to harness and use the wind to have even more fun on the water was incredible! After a few years of windsurfing, foiling emerged, and I was immediately obsessed.

And then the next best thing happened, which was the wing. Pairing it with the hydrofoil gave me such a fantastic feeling of freedom. With similar dynamics to windsurfing, I took to it in a flash. Downwind wave riding and freestyle were my go-to activities when it was windy, but I didn't want to do it alone. Of course, my dad had started winging too, but I knew the stoke level would be much higher once I got some friends involved. Enter Tyler Flanagan and Jake Rankin, two of my best friends who got hooked on winging as soon as they tried it! I'm stoked to share the sport with my friends and even more excited that we got to do a product shoot together in our home spot in Cape Town, South Africa.

I joined FLYSURFER when the MOJO was released. I tried out the wing right when it launched, and it was incredible; lots of power and very versatile, perfect for taking my foiling to another level. I was lucky enough to help with some testing on the new TAO wing, and the freestyle capabilities are out of this world.





**“ THE GIGANTIC SEAL IS ALWAYS PROWLING THE HARBOUR, LOOKING FOR THROWAWAYS FROM THE FISHING BOATS, SO IT WAS A BIT OF A NEGOTIATION. ”**

When FLYSURFER announced the shoot in South Africa, I was super excited. First, because our conditions here are so diverse, and second, it would be with a group of my best friends, which was a dream come true.

When the time came, videographer extraordinaire Michi Leitner arrived with

the first branded versions of the TAO. The team was completed by local photographers Ivan van Vuuren (yup, my dad) and Stuart Frazer, with some help from Luke McGillewie. The Western Cape is known to be windy, but in May, finding wind becomes a bit of a mission. But, with our local knowledge and Luke's proficiency in making bacon and cappuccinos (we'd all learned how to froth milk to perfection by the end of the trip!), we kicked off our first day fuelled up and ready to start the hunt for wind.

Our first stop was Hout Bay, at Mariner's Wharf, known for its fish and chips and the gigantic elephant seal that hangs out on the docks, trading photo opportunities for fish. The harbour is full of colourful boats, but unfortunately, that means dirty water with what looks like a thin layer of oil on top. Luke tried to get me to go wing in the harbour in front of the boats, convinced it would make a really cool shot. The gigantic seal is always prowling the harbour, looking for throwaways from the fishing boats, so it was a bit of a negotiation. But, with nobody else keen to go, I hesitantly took the plunge. Luckily, the seal ended up being more curious than hungry!



"WE HAD BOTH SEEN IT, AND BOTH HAD THE SAME MISSION: DON'T FALL!"

Seals weren't the only things that had our hackles up. While you don't often see sharks in the Cape Town area, some eastern beaches tend to have a little more activity. One day, we were having a session in Betty's Bay, with Tyler and I cruising behind Jake over the clear water, when we saw a shadow. The age-old question, seaweed or shark?!, flashed across our minds. Looking at Tyler, we had both seen it, and both had the same mission: Don't fall! Of course, Jake decided to fall and ended up swimming for the rest of the session. We didn't tell him something was in the water as we didn't want to scare him... ignorance is bliss, right?! Our session ended very quickly, and we all made it out of the water safely!

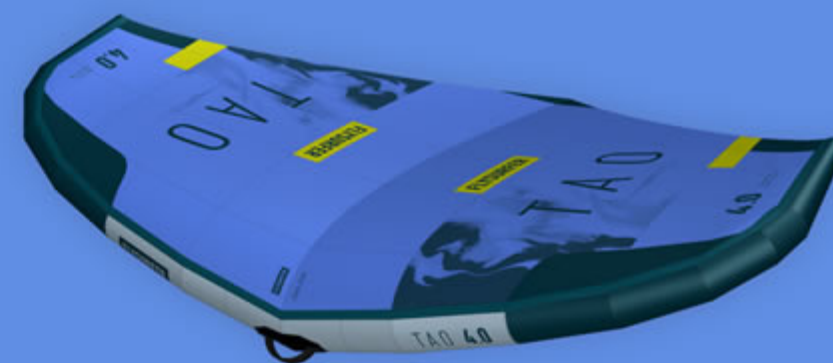






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“SOMETIMES YOU MUST PAY THE PRICE FOR A BEAUTIFUL BACKDROP, AND WE WERE ALL UP FOR THE CHALLENGE!”

Most of the shooting period featured light winds. Luckily, we had a magical setup for the extreme light wind conditions. Sometimes, we'd be out in 7 or 8 knots and still make it work with the 7m TAO, thanks to its phenomenal low end. Paired with the Signature Pegasus, a super skinny board almost 8 feet long and the SPG Glide hydrofoil, we had the ultimate light wind killer combo! You could get going in even less wind with some pumping skills, and this ended up being our most used setup. Sometimes you must pay the price for a beautiful backdrop, and we were all up for the challenge!

There was a lot of travelling involved throughout this whole FLYSURFER mission. From the less explored Betty's Bay, which is quite far along the southeastern coast of South Africa, all the way up to the west coast, we saw it all! We covered a lot of ground and distance, and when a strong forecast came up for the last day of our shoot, we knew we needed to make the most of it. So, we set our alarms and tucked in for an early night, with the promise of wind dancing through our dreams.

Not too far from the winger's paradise of Langebaan, located in a protected bay with calm, crystal blue water, lies another beach with interesting backdrops for shooting and enough exposure to the ocean to get waves when the swell forecast is big enough. At 4:00 am, we started piling into cars, chasing that early wind and morning light. Tyler and Jake aren't fond of early mornings, but with enough coffee and energy from the rest of the FLYSURFER team, we made the most of it!







**"THE CAMERAMEN WERE READY FOR WHATEVER WAS GOING TO HAPPEN, AND WE KNEW IT WOULD BE WORTH IT BECAUSE THE CONDITIONS WERE LOOKING ALL TIME."**

Arriving before the sun came up, with just a hint of light on the horizon, we forced ourselves into our suits, still cold and wet from the day before. The cameramen were ready for whatever was going to happen, and we knew it would be worth it because

the conditions were looking all time. Suited up, wings inflated, and Signature foils assembled to their boards, we ran to the water as the sun and wind announced their appearance.

We realised how cold it was once we got into the water. It was an icy southeaster, and our hands were freezing. I remember looking at Jake and Tyler and shouting, "Can you guys feel your hands?!" They called back, "No!! But we're going to send it anyway!!"

So we would wing a bit, stop in the water to blow on our hands to warm them up until we could feel them again, and then wing some more. We did our best to look cool for the camera (cool, not cold!) and have as much fun as possible for the next few hours.

After a solid morning session, we took a food and coffee break and prepared for the next session. We were frothing when the wind started picking up from 15 to 20 knots, then 25, and then 30! We got to take out all the small sizes of the TAO, the 2.5, 3.0, and 3.5,





and do all our freestyle tricks. Picture three best friends on the water amped up on coffee and egging each other on; it was one of the most fun sessions of the year! We were doing our biggest moves, backflips, 360s, 720s, frontflips, and anything that came to mind. The session was unforgettable, and Michi, while a bit frozen from being in the water with his camera, got some epic footage.

We were very, very tired after that session but fired up from all the fun we had just had. We knew we still had a few hours of sunlight left, so we returned to where it all started. There's a beautiful spot called Big Bay that's right by where we all live, and it's the spot we usually go to when it's windy.

"WE WERE DOING OUR BIGGEST MOVES, BACKFLIPS, 360S, 720S, FRONTFLIPS, AND ANYTHING THAT CAME TO MIND."



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“WHAT A WEEK! THIS IS THE MOST  
INSANE EXPERIENCE I’VE HAD WHEN IT  
COMES TO WINGS”

We were super amped to go out for a quick sunset session at our home spot to wrap things up. We drove back from Langebaan in record time to see solid waves and just enough wind and daylight to get that classic South African sunset shot.

For the third time that day, we got into wet, cold wetsuits, pumped up probably the 20th wing of the day, and got into the water. We got some of the most incredible sunset shots we’ve ever captured, sharing party waves with the whole crew and sending massive airs off the faces of the waves with the TAO silhouetted against the orange sunset sky. We rode until we couldn’t see anymore and then packed up, exhausted but hungry... very hungry!

That evening, we celebrated the wrap of the TAO shoot over dinner with the whole FLYSURFER team and reminisced about the fun that was had; the cold, the warm, the tiredness, the hunger, and the amazing shots. What a week! This is the most insane experience I’ve had when it comes to wings, and I’m stoked I could share it with this awesome crew!



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## THE INTERVIEW

WORDS JACK GALLOWAY & GWEN LE TUTOUR PHOTOS KELLY ADAMS

Gwen Le Tuteur is easily one of the busiest people in foiling, with his business partner Damien LeRoy, they put out our YouTube videos, technique, Insta videos, a podcast and run a school & shop. He's a talented foiler for sure and has recently mastered the beach start, along with putting out what we think is the best tutorial on beach starts around. Jack Galloway chats to Gwen to get to know how it all came about and more.





**“ I ENJOYED SURFING AND WINDSURFING GROWING UP AS BRITTANY DELIVERS DECENT CONDITIONS ALL YEAR AROUND. ”**

**Hey Gwen! Stoked to have you join us here at Tonic Mag! Could you start by letting our readers know a bit about your background? Are you originally from France?**

I'm from France, grew up in Brittany on the west coast of France. I enjoyed surfing and windsurfing growing up as Brittany delivers decent conditions all year around.

**When did you first start doing watersports?**

I started surfing when I was 14 years old, then windsurfing at 16. I wasn't super hardcore about it, more like riding once in a while so had a very average level. I would say it's really when I moved to Florida that I was able to start riding consistently.

**What inspired the move to the US? And why Jupiter, Florida specifically?**

I was working with Sea Shepherd as a marine engineer and while working on a ship in Australia, I met an American girl onboard, fell in love, and ended up getting married a few years later. I moved full-time to the US in 2014. We moved around quite a bit, and while I was in Florida buying a van in 2020, I met Damien LeRoy. I was following him on social media and always enjoyed his attitude and energy. So I reached out to him to let him know I was going to be in his area for a couple of days and would love to meet up and maybe film a video. I didn't expect a reply as we didn't know each other at all. But he did reply and was stoked to meet up.







**“OUR ‘HOW TO’ ARE DEFINITELY NOT THE MOST WELL-STRUCTURED AND ORGANISED, HAHA!”**

We filmed some content, he took me tow foiling and I foiled some tiny waves for the first time. Had the best time ever! A few weeks later, I sent him the edit I had made of the couple of days we filmed, he loved it so I suggested we start something together. In January 2021 I moved to Jupiter and we started making YouTube videos together. Now we have over 1.3 million views a month on the channel, so I think our

collaboration is working well. We just started a shop as well, WingFoilProCenter.com to expand our collaboration and continue to promote the sports we love!

**What a cool success story! We love the ‘Gwen & Damo Show’ too, what inspired you & Damien to start it?**

I think the reason Damien and I connected so well is because we have very similar values. We enjoy sharing our passions and helping people. That’s how the YouTube channel started. Not really to show how cool what we do is, but to deliver information and a message that could help people on their

journey to live their best life. That has been the driving force behind everything we do.

**Your ‘how to’ YouTube videos are very informative and professional. Is everything made by you & Damien or do you have a team behind you?**

We do everything ourselves, we keep it very organic and fun. Our “how to” are definitely not the most well-structured and organised, haha! We don’t write a script, we literally meet at the beach and decide the topic, we turn the camera on and we roll, everything is one cut, with very little editing involved! Also because we release a video once a week, it is not our full-time job so we have to make it efficient.





Our style is more to be real, we make mistakes, we forget things we should say, but we have fun and we do it to help people.

I always found it very rewarding when I used to teach kitesurfing, you must get a lot of positive feedback from your videos & your foiling school.

Yes we do receive many positive messages, and that's what keeps us going. It confirms the fact that we are making a difference in making people's lives better, and that's our goal. So as long as we can be effective at making people happy, we will keep doing what we do!

"WE HAVE FUN  
AND WE DO  
IT TO HELP  
PEOPLE."







**“ I GOT A FEW BEACHSTARTS. IT GOT ME FIRED UP SO I KEPT WORKING ON IT UNTIL I LITERALLY WOULD HAVE A 99% SUCCESS RATE.”**

Inspired by many of your videos, I recently learned to beach start. What was the original learning process like for you? Ps, I have to ask if I can get one of your 'beachstart freak' stickers? ;)

Nice work! Stoked for you! Send me your address and your beachstart freak sticker will be on its way! When I first saw it, it was Theo Demanez doing it in Columbia during the Cabrinha dealers meeting. I didn't think it would even be possible for me to do it so I didn't even try then. A few weeks later, I tried a few times and it just confirmed the fact that it was literally impossible!

Only a few months later, after working on the dock start and getting it dialed, then I reconsidered the beachstart. I took it step by step, breaking down the move into achievable steps. Within a couple sessions, I got a few beachstarts. It got me fired up so I kept working on it until I literally would have a 99% success rate. Then I made it harder by adding shore break, smaller foils, etc... I think the potential for it is pretty incredible as in Florida we have plenty of days with a small swell that doesn't break. So the beachstart is a way to ride this swell.

Completely agree, it opens up a lot of potential here in the UK too. I saw that you beach started almost the entire Cabrinha range! What would you say is their easiest wing for learning?

Ultimately, even though I can beachstart an 800cm<sup>2</sup> foil, it's a lot of work, haha! So if it's flat, I'm on the SabFoil 1350 Leviathan so I can pump around,







**“ IT’S OPENING A LOT OF NEW AREAS TO PLAY AND I’M SUPER EXCITED TO EXPLORE MORE IN THAT DIRECTION! ”**

get a workout, explore, etc, and if there is swell I’m either on the 1300 H series or 1000 H series from Cabrinha.

I think the easiest to learn is the 2100 X Series from Cabrinha. A big mid aspect is better to learn in my opinion. And a high aspect is better once you have your technique dialed.

The progression in the sport of foiling has been incredible in the last few years. Where do you see it going in the years to come? Do you have any specific goals or things you are working on?

I think the downwind boards are opening some incredible opportunities, whether it’s for riding swell, downwinding, or light wind winging. My next goal is to learn how to downwind sup foil. With the efficiency of the foils and boards now, it’s opening a lot of new areas to play and I’m super excited to explore more in that direction!

Thanks for taking the time to chat! Where can our readers follow along?

WingFoilProCenter.com

Instagram @PlantPositiveFilms and @leroydamo

YouTube: Damien LeRoy





A full-page photograph of a surfer riding a wave. The surfer is wearing a black wetsuit and is positioned on the left side of the frame, riding a wave that is breaking to the right. The surfer is holding a large, red, wing-like foil board. The water is a deep greenish-blue, and the wave is white with foam. In the background, there are some boats and a shoreline with trees.

# THE ULTIMATE STORM

WORDS CHUCHO NONNOT  
PHOTOS MATHYS FRAILE

It turns out that one of the best spots in Europe for surf foiling is actually pretty tricky to score for winging. Chucho has had it on his bucket list for a while now and the perfect day happened to come along earlier this summer. What awaited him were chunky and powerful 600m long rides, screaming along on his HA650 foil. These sorts of conditions are exactly why winging is so appealing, and Chucho makes it look epic...





## “THIS WAS NOT GOING TO BE A TYPICAL DAY OF GLIDING SERENELY ACROSS CALM WATERS”

For a long time, I have been hoping to ride this spot with my wing. However, that's not an easy task as conditions in the French Basque Country for winging are really unstable. The Basque Country is a region known for its powerful waves, stunning landscapes, and a deep-rooted love for the ocean. However, this was not going to be a typical day of gliding serenely across calm waters; this was a rendezvous with a storm, a chance to ride the untamed forces of nature. So, the search for good wind is a tough one. But it happens when big Atlantic storms come in the way, between two cloudbursts, the wind is on, and especially the waves.

We wanted to shoot this one for a while. We saw some strong winds on the way and were prepared to go for it. I could hear the rain pouring heavily the night before, I could feel the power of the storm and knew the waves were already huge.

As the morning dawned, the air was electric with anticipation. It was a lot of preparation for when we should go. So we had the classic morning phone call with Mathys and brainstormed over croissants and coffee. We had to choose when would be the best time. Which is the best tide? When will the wind be the strongest and most reliable? When is the best light to shoot? We decided to go late evening.

So arriving at the spot, it was hectic. You could see people walking on a 10m sea wall and getting splashed unexpectedly by a big wave. So we knew it was way bigger than usual.









Getting in the water also wasn't the easiest, big shore break but it was just about manageable. Getting out of the water was a bigger issue, trying to manage all the backwash coming from the shorebreak.

As I tacked upwind I could see that the wave broke a long way out, I could see it, but from where I was it looked solid but nothing special. Then I began to get closer and closer to the lineup, and I could hear the sound of the waves breaking fiercely. I then realised just how big it was. I could see these massive splashes coming from the pier, it was beautiful and exhilarating at the same time!

**"I COULD HEAR  
THE SOUND OF  
THE WAVES  
BREAKING  
FIERCELY."**



Laurent Borgna is a designer well known for his bump foil models inspired by the biomimicry of the whale. He joined the AFS team in February 2023 with the first project to develop a specific range of foils for wave riding.

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**“ONCE YOU WERE IN THAT PLACE AND YOU CAUGHT THE BOMB, IT WAS JUST ENJOYING THE MOMENT.”**

In the water, it was hard to be in the right spot in the lineup for the waves, but once you were in that place and you caught the bomb, it was just enjoying the moment. Full front foot pressure trying to manage the speed. On the second section, it gets a bit cleaner and better for turns. A fun long ride

goes on, more than 600m of wave riding with different sections.

Winging in these conditions is insane because it's like tow-in, it is way easier to get in the spot for the bigger ones and get back to the lineup effortlessly, it feels like an evolution of surf foiling, using all types of nature's power in your favour, to have the best session ever. It's just the beginning of this evolution. I think the possibility of getting bigger and bigger waves is there and we will see it in the future.

The gear that allowed my success was the HA650, to manage the high speeds in the waves, the Nova 3.5, an ideal size for these very polyvalent conditions, 5 to 32 knots, and the Swell 4'6. This is without doubt my favorite setup for wave riding.

For sure, this will be a session to remember, sharing the stoke with my friend Mathys, getting the shots together, and combining all powers of nature thanks to the North gear is a special feeling. Pushes me to go back in the water and have fun again.





# WATERWOMEN

WORDS JACK GALLOWAY & FLORA ARTZNER PHOTOS BENJAMIN BOERZ & JEAN SOUVILLE

## FLORA ARTZNER

We'll start with this - all sports need women like Flora Artzner. She isn't just a competitive professional rider, she's also a successful event organiser, and an ambassador for the environment & gender equality. We really enjoyed chatting to Flora, read on to see our interview with her.



**“ I WAS SO OVERPOWERED THAT I  
OFTEN COULDN'T EVEN PUT MY  
HARNESS ON ”**

Hey Flora! Thanks for joining us, I've got so many things to ask you, but to start with could you just tell our readers a little about where you're from and what your background in watersports is?

Hey Jack, thanks for your message! So briefly, I come from the south of France, where I was used to windsurf for fun when I was younger. I am also an environmental engineer, and addicted to outdoor sports, especially now to wingfoil ><.

Aren't we all? Earlier this summer you won the Defi Wing for the second time running, congratulations! Sounded like it was a super windy edition, did everything go as planned?

This year's edition was an unlikely one for me: I decided to take part really last minute, and so it was a gift to win it for the second time. What I like most about this competition is being mixed with all types of riders, men and women as well as professionals and amateurs. We ended up doing all the heats in 40 knots for several days. I was so overpowered that I often couldn't even put my harness on, otherwise, I'd get catapulted into the gusts. I was a few kilos or a tiny sail short of what I needed, and it was all in my arms (and in my head) as I racked up the miles, but that's also what I like: the challenge, the stormy conditions, getting out of my comfort zone and pushing myself.







**“YOU HAVE TO BE TECHNICAL NOT TO GET BOGGED DOWN WITH SO MANY RIDERS ON THE START LINE AT THE SAME TIME.”**

**Sounds super tough. You’ve also joined Slingshot this year, what equipment did you choose for the race?**

Yes, it's an important moment for me this year, it's a great story to build together. For racing, I like to use the Slingshot Slingwing v3 hard handle model and for the Defiwing, I used the Flying Fish v2 35 L board and 580 foil.

**I feel like the Defi is such a cool spectacle for wing foiling as a whole, do you know how many competitors were on the start line? Must’ve been challenging on the start line!**

There were 300 of us on the start line, which was very long, so everyone positioned themselves wherever they wanted. You have to be technical not to get bogged down with so many riders on the start line at the same time.

**What was the reason you moved to Slingshot? It looks like you’ve already been a couple of cool photoshoots with them.**

I have a great relationship of trust with Slingshot, I feel respected as a rider. That's an essential aspect when wingfoil becomes your full-time job. We've got lots of great projects in the pipeline, it's exciting!

**For those that don’t know, you own & run an event called ‘The Roca Cup’. It looks awesome, with disciplines like boardercross & synchro freestyle winging included. What inspired you to get it started?**

Yes, as I said, I like to challenge myself, I like to be stimulated by projects that really make sense, and the Roca Cup is totally that. It's an incredible adventure, I started from scratch 3 years ago,





**“ THIS YEAR, OVER 4 DAYS, WE HAD 100 RIDERS, INCLUDING THE BEST IN THE WORLD ”**

with no experience of event organisation at all. Fortunately, it was a huge success from year 1, without counting the hours but I am motivated by the desire to create a crazy event with strong values (100% equal and eco-friendly). I feel it's great to have fun during sports events. That's why I organised parties with concerts every night at the Roca Cup and the coolest wingfoil disciplines we've found. This year, over 4 days, we had 100 riders, including the best in the world, and we implemented a boardercross wingfoil contest, downwind, mixed relay, freestyle synchro, and an amateur competition. We also had 5 concerts, 10 brands, 15 environmental associations, 50 volunteers, 30 partners, 8,000 people, and just as many smiles.

**The Roca Cup prides itself in being an environmentally conscious event, is that something that you hold close to your heart? How does the event achieve this, I feel like many event organisers could learn from you!**

Sure, I build the Ecowave NGOs involved in environment protection, and in concrete terms, we have set up for the Roca Cup :

- A zero waste event: no distribution of plastic, goodies, same for food, eco-cup, promotion of cycling and public transport to get here, free stands offered to 15 environmental associations with workshops, public awareness, litter-picking/ waste collection campaign.





- Environmental awareness workshops with 100 primary school pupils before and during the Roca Cup. In class, the pupils created works of art from the rubbish collected, which were exhibited during the 4 days of the Roca Cup.
- The furnishings (armchairs, chill-out areas, etc.) were created entirely from recycled materials.
- No water wasted: dry toilets, water taps, awareness-raising.
- Inclusion and social values were also important to us: we worked on accessibility of the site for people in wheelchairs by installing adapted mats throughout the site, the entire event (including concerts and evening events) was free and open to all, regardless of their age or background. We had free white card for riders who have fewer financial resources and amazing hosting thanks to our sponsor "Domaine Rocabella" in Le Pradet city.

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EVENT WAS  
FREE AND  
OPEN TO  
ALL,"**

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**“ WE MUST CONTINUE TO ENCOURAGE  
YOUNG GIRLS TO TAKE UP EXTREME  
SPORTS ”**

- Etc.

The Roca Cup now has the Environmental national label from the French Ministry of Sport (we were invited to sign this label with the minister herself last year!).

Love it. Another thing that I saw is that The Roca Cup is focusing on gender equality, with equal prize money being a key part.

**Where do you think we're at in terms of female participation within our sport?**

I think we still have a long way to go, but we must continue to encourage young girls to take up extreme sports, to take risks, to try tricks, to compete, and to value them just as much as men, in terms of performance and not physical appearance.

**Absolutely. How's competing on the GWA going this year so far? I know you compete in the freestyle too, which discipline would you say is your priority?**

I love waves but I'm bringing home medals in race discipline.

This 2023 year, the budget and the number of destinations for the GWA World Cup are greater than last year (besides, it's the brands, and therefore the consumer, who ultimately pays...). I didn't take part in all the competitions this year, so unfortunately, I won't be able to claim a world title at the end of the year... On the other hand, I came first or second in all the World Cup and European GWA races I took part in, with good equipment that I was less familiar with, and that's a great victory.



**“YOU DON'T HAVE TO GO TO THE OTHER SIDE OF THE WORLD TO EXPERIENCE THE THRILL OF WINGFOILING.”**

**It sure is! I can see you're a trail runner too, it's something I also do a lot of when I'm not on the water. Do you see it as an important part of your training?**

I love nature and let's say I am more of an outdoor sport addict in general : climbing, hiking, biking, etc.!

**What's your focus within your riding at the moment? Any tricks you're working on or new disciplines?**

Once again it's riding swell at home (Mediterranean Sea). It's what brings me the best feeling of freedom and makes me smile nonstop during good wave sessions.

**Any final words of wisdom for our readers?**

You don't have to go to the other side of the world to experience the thrill of wingfoiling. Discover the wild, unexplored places close to home. Grab a bike, a cart, some wingfoil gear, some crazy friends, and get off the beaten track. Strong happiness is often just around the corner.

**Thanks for taking the time Flora, good luck with the rest of your competitions this year! Jack**





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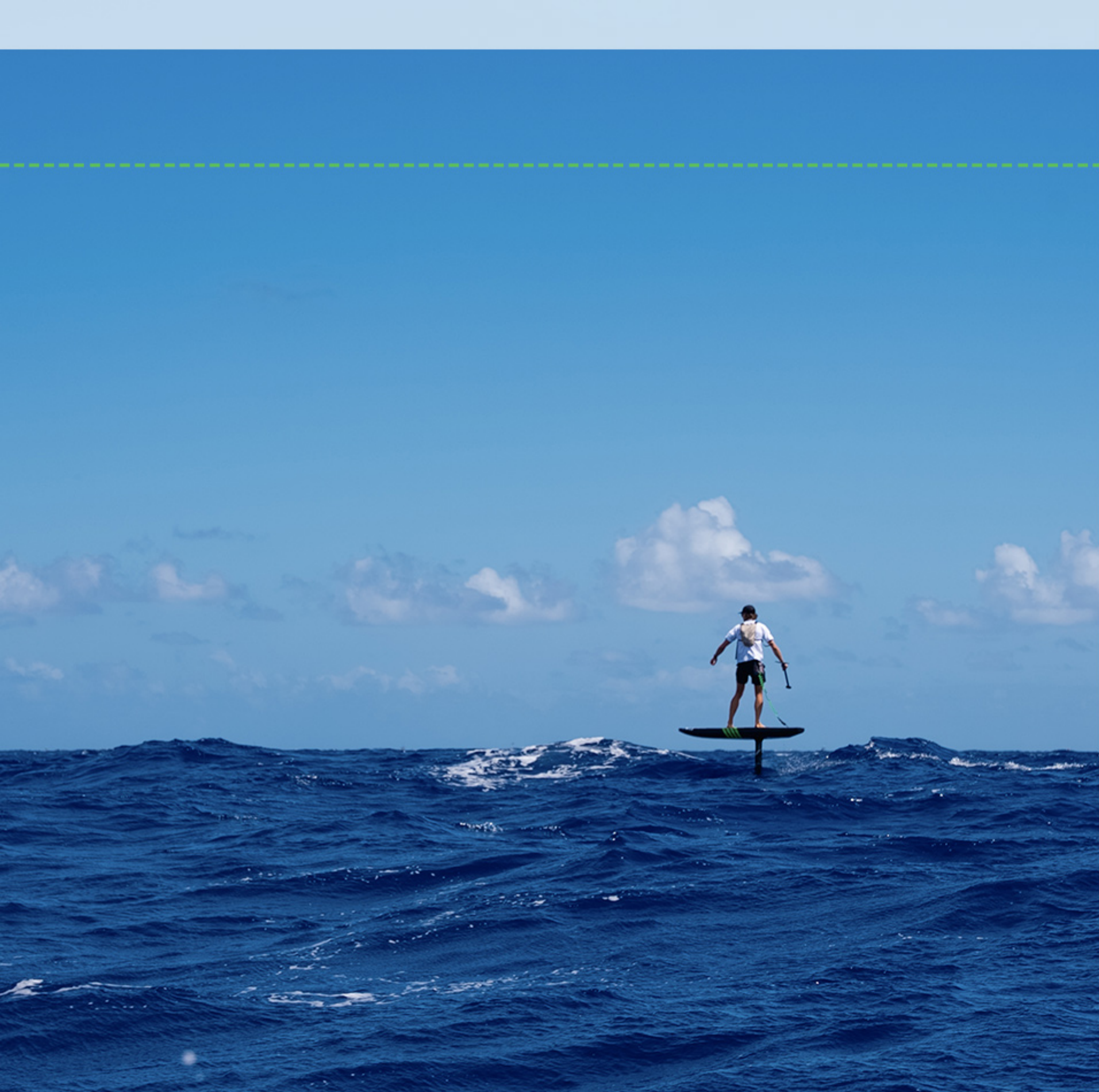


The Moloka'i 2 O'ahu is the Paddleboard World Championships and after a 4-year gap due to Covid, the race was back this summer, this time with more foilers than ever. Often classed as the world's most challenging paddleboard race, the 32-mile crossing features a flat water start and a 2-mile upwind finish. It's an incredibly difficult test for even the best downwind foil racers, Dane Wilson however was pretty new to downwind SUP races when he entered the M2O, find out how he got on here!

# MOLOKA'I 2 O'AHU







## “ I GREW UP SAILING AND LOVE TO COMPETE, BUT LONG, SLOW, DISTANCE IS A DIFFERENT BEAST. ”

When I first found out about the Molokai to Oahu race I felt like it was one of those things just not possible for me. It's intimidating, but peaks excitement at the same time. I'm not a huge fan of endurance racing. I grew up sailing and love to compete, but long, slow, distance is a different beast. M2O was a huge departure from what I was familiar with.

I played all kinds of sports as a kid, but sailing hooked me. In 2020 I qualified for the US Olympic team in the 49er class. The tragic end of that story I'll save for another time. The point being, setting goals and grinding through the steps of training, organising, and putting the hours in somehow makes me happy. And, I've done it a lot. I get the drill. The hours aren't fun necessarily, but standing at the finish line and knowing you competed and gave it a good shot is an amazing feeling.

The unexpected thing about my lifetime of sailing experience is that it translates perfectly to downwind foiling. I picked up the sport relatively quickly and then a year later I forced myself to learn to Stand Up Paddle. At first, it felt impossible, but once it clicked, I realised the SUP allows for a whole other realm of ocean experience because it unlocks access much further offshore in a really unique way. This is the draw, a completely different level of solitude and connection with the ocean, and risk if you mess up.

The feeling is more pure than sailing. It's simpler, a more rhythmic sensation. It is such an addicting feeling, endlessly flowing through the vastness of the ocean,





**“I WENT FROM NAIVE TO NOVICE TO ENTRANT PRETTY QUICKLY. BEST SOMETIMES TO JUST JUMP IN THE DEEP END.”**

---

completely dialed into the energy of the swells and waves. Just a light wind in your ear, the sound of some breaking waves, and a soft whistle of the foil. When everything is going right, it's almost effortless. It's the closest connection with the ocean I've experienced.

I signed up for M2O at the last minute. Not advised when taking on something as epic as M2O. I asked FFB if they would

support me if I entered. I pitched them on the idea it could be a cool experience for everyone without really knowing how any of it would play out. My thinking was that training for M2O would present the next level beyond what we've created in our little downwind scene in California. That was an understatement.

The barrier to entry for anyone to get into downwinding is pretty big. The sport is growing slowly, surely. The community is growing. And, the best thing about the foil community is everyone's willingness to share. So the leap from local crew to M2O meant learning a lot in a short period of time.

We set up some group chats with some racers and “coaches” to help with line choice, gear options, and helpful tidbits on technique, challenges, and conditions. This, it turns out, was hugely helpful. I went from naive to novice to entrant pretty quickly. Best sometimes to just jump in the deep end.

I ended up doing most of my on-water race prep and training in Rancho Do Peixe, a small resort in the Northern part of Brazil. I rode a tiny prototype Dagger that forced me to be perfect in my paddle technique. And the resort allowed me to do 10-mile runs with a shuttle service ferrying me back up the beach almost every day.



## “IT WAS FULL ON GETTING UP AND I WAS SO EXCITED ABOUT BEING UP AND FOILING ”

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I came away from three weeks there feeling stronger, with a bit more endurance, and some bona fide confidence in my abilities. When I got back to California I was able to get on my new board and the new Lift foils I was planning to use for the race. I stuck to the 150HAX knowing that the start and finish would be crucial. I got to Hawaii a couple weeks early and was able to put together some runs in the local conditions. These sessions, some good miles running with my dog, and a little yoga made up the lion's share of my training for the race. Not a four-year Olympic cycle, but hopefully good enough.

The lead-up of organising, getting to the islands, and final steps seemed to loom over me forever. The race itself happened in a heartbeat. The start haunted me in the lead-up. I knew it was going to be my Achilles heel. When I was able to flat water start at the beginning, which is the technique I had learned only two weeks before the actual race, I was ecstatic, stoked, really happy. It was full on getting up and I was so excited about being up and foiling I didn't realise I was completely surrounded by power boats churning up the ocean, I veered right back to the main fleet because I had drifted down to the left of the start line. Within a minute of starting, I was down again, and engulfed by boats, wakes, chop, a mess. I waited for 4 or so minutes for the boats to clear out, then basically restarted. I was able to pop back up quickly and continue on. My support team on their safety boat was behind me yelling at me to stay calm,







**“ I NOW HAVE A YEAR TO PREPARE FOR M2O 2024 AND I PROMISE I’LL BE WAY MORE FIT. ”**

that I wasn’t the only one suffering. With that, I was able to calm my breathing and settle into a good rhythm. The rest of the race was all about meticulously reading the bumps and saving energy. I got into this hyper-focused mode just looking for the next bump and the next. Lesson learned. I now have a year to prepare for M2O 2024 and I promise I’ll be way more fit. The good news is I had the speed to keep up. The bad news, more work is to be done on the endurance front.

After settling into my rhythm, I methodically made it across the channel without drama. I had a good support plan for food and water and made it to China Walls feeling okay, but approached maybe slightly higher than ideal. Nevertheless, I was happy. It was a safe line. Conditions at China Walls were way different. There was almost no wind and a lot of backwash. After a few close calls with wingtip breaches and some board touches I made it through. At this point I was super tired, getting a bit crampy in the legs and facing the dreaded final section, which was ultimately boiling down to be a long prone paddle (arm paddle). To add to the challenge, my board choice ended up being on the short side, not perfect at 6’ 10”, and, as it turns out, probably one of the shorter among all the competitors. At China Walls, my right quad was cramping. It would seize up if I kept my leg straight for more than just a couple of seconds. So nursing that kept me from being able to pump super effectively. I got around China Walls and fell off foil almost immediately. My support boat swam me a water bottle, I chugged as much as I could and started the very long paddle.





**“ I WAS THRILLED WITH FINISHING, ACCOMPLISHING THE GOAL, NO BIG MISTAKES, AND BEING PART OF SOMETHING ABSOLUTELY REMARKABLE. ”**

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It was definitely the slowest end to any race I've ever competed in of any kind. Paddling as hard as I could for 30ish minutes while other paddlers with longer boards seemed to just cruise right by. Painful.

I ended up crossing the line in just under 3 hours. I was completely spent. Arms were noodles. Legs didn't work so great.

But, I was thrilled with finishing, accomplishing the goal, no big mistakes, and being part of something absolutely remarkable.

My takeaways include a bunch of practical lessons learned. Beyond those though there is the inspiring stuff. The sport is evolving at a crazy pace. The foil and board designs are incredibly cool and advancing fast and furiously. The fitness level for downwind racing is going to become next level for certain. The froth levels of everyone involved with the sport are through the roof. And, being part of M2O, the traditions, history, the place, the support, community, and all of the magic of Hawaii were emotionally

uplifting, reaffirming, and beyond words.

I want to thank all of the individuals that made this race possible and possible for me. The people behind the scenes contributing to the gargantuan organising effort. The race officials. My support boat crew. My mini support team of Marcela and my brother and partner Quinn for everything leading up, feeding me, coaching me, cheering me on, filming and documenting the race, and making all of the little details fall into place. FFB for sponsoring me and helping with the race and designing a sick board. And, to countless others for helping me get into the sport and to learn and for keeping the stoke alive. Thank you all. I'm deeply grateful.





**“ IT BREAKS OUR HEARTS TO SEE A PLACE SO STEEPED IN WATERSPORTS HISTORY SUFFER SO MUCH. ”**

**A word from Tonic:**

Since the M2O took place, Maui has seen complete devastation due to severe wildfires. It breaks our hearts to see a place so steeped in watersports history suffer so much. Foilers, surfers, kitesurfers, and windsurfers have lost their businesses, homes & loved ones. If you'd like to support the families of Lahaina, please follow this GoFundMe link:

[https://www.gofundme.com/f/aid-to-lahaina-families-affected-by-the-wildfire?utm\\_campaign=p\\_cp+share-sheet&utm\\_medium=copy\\_link\\_all&utm\\_source=customer](https://www.gofundme.com/f/aid-to-lahaina-families-affected-by-the-wildfire?utm_campaign=p_cp+share-sheet&utm_medium=copy_link_all&utm_source=customer)

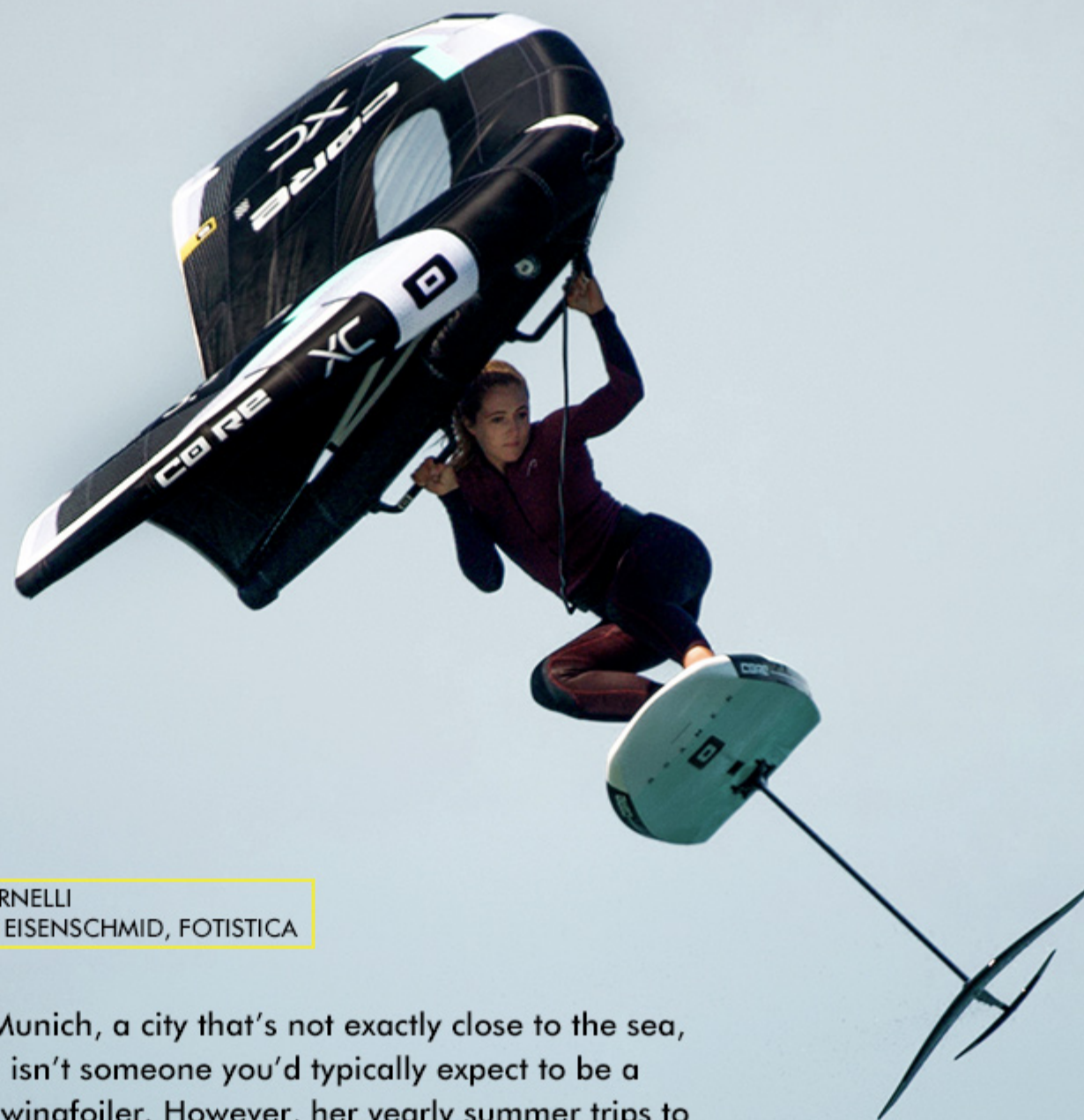


# DÉNIA

## A WINGFOIL STORY

WORDS ALINA KORNELLI  
PHOTOS MARKUS EISENSCHMID, FOTISTICA

Hailing from Munich, a city that's not exactly close to the sea, Alina Kornelli isn't someone you'd typically expect to be a professional wingfoiler. However, her yearly summer trips to Dénia, Spain, led to a love of watersports and the ocean. Read on to find out all about Alina & her 'home spot' Dénia.







“ WE FOUND OUT THAT DÉNIA, THE CITY WHERE THE HOUSE IS LOCATED, CAN ACTUALLY BE QUITE WINDY ”

As the daughter of a former windsurf world champion it was just a matter of time until I got on the board. At the age of ten, I was finally strong enough to hold onto a sail and I experienced windsurfing myself after having watched my dad from the beach since I was a baby. Two years later I jumped on a kiteboard, from which I explored some

of the most famous kite spots in the world over the past few years. Ever since the sport of wingfoiling was invented, I couldn't wait to try it out and now I can't think of travelling without my wingfoil equipment anymore. It opens up a new possibility to surf new spots because you can jump in the water more easily than with a kite.

I was born in Munich, a city that is not surrounded by any hotspot for wind sports. My family's choice of holiday destinations was rather based on wind than anything else to compensate the not-so-ideal conditions in my

German hometown. It just so happened that my grandma had bought a house in Spain years before my dad even started windsurfing. We found out that Dénia, the city where the house is located, can actually be quite windy - that was like a home run for us.

The area on the shores of Alicante is called Costa Blanca and covers beaches, coves, and cliffs of 18 towns, starting with Dénia in the North and finishing with Pilar de la Horadada in the South. It's divided between Costa Blanca North and Costa Blanca South. Costa Blanca North goes from Dénia to Alicante with its big resorts like Altea, Calpe, or Benidorm, which attract millions of tourists annually.



## “ FOR TEN YEARS IN A ROW I’VE ONLY BEEN TO THE SAME BEACH OVER AND OVER AGAIN ”

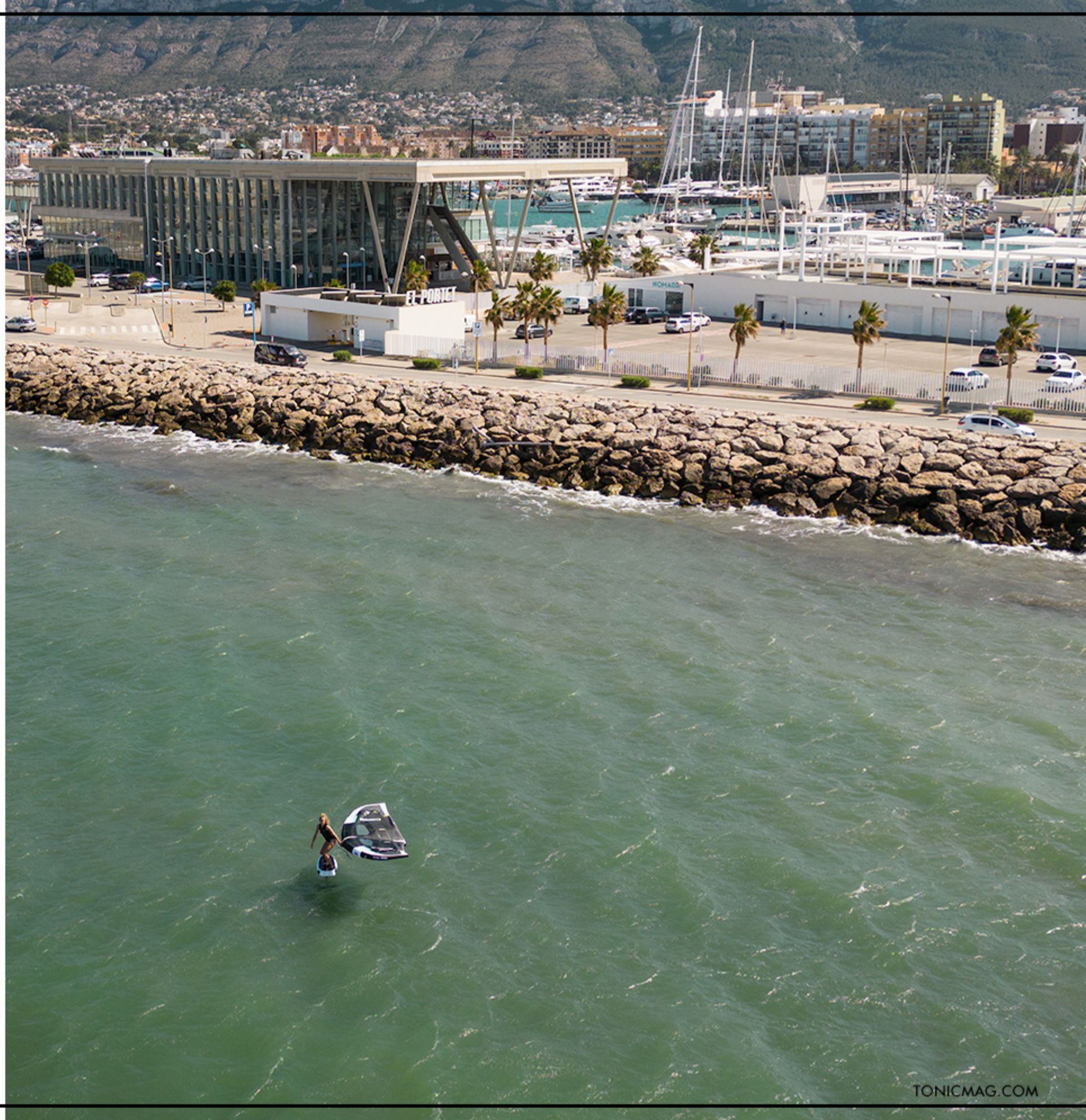
As my grandma’s house is located in Dénia, this city became my second home and I spent four weeks every summer on my windsurf and kite surf equipment as a young girl. After not having been in Spain for two years, I’m coming back now with my new wingfoil equipment to see what the region of Costa Blanca North has to offer for not only tourists but especially for watersport lovers, especially wingfoilers!

For ten years in a row I’ve only been to the same beach over and over again:

### „Playa Escollera Norte en Dénia“

This kitespot is located in a port area in front of the urban centre of Dénia which makes it super unique. The small bay is protected by stone piers which calms the rough sea right behind it down to a nice flat water spot that is fun for every beginner, freestyler, and free rider. You will find thermal winds from April to September with a strength of 12 to 20 knots, starting in the afternoon and lasting till sunset, mostly blowing from the South-East. In the winter season, the Northwest wind kicks in and the wind blows with a strength from 18 to 25 knots. I usually prefer waves for my wingfoil sessions, but here I have a great time improving my tricks in the flat water.

After ten years this harbour spot has become a little too monotonous, don’t get me wrong I still love this spot, but I talked to some locals on the beach who know the area well and I wanted to find some new challenging spots.







They talk about more beautiful spots along the coastline of Costa Blanca, that I've never seen before even though I had spent so much time there. The big advantage is, those wind directions that don't show up in Dénia because they're covered by the land, work just fine at the spots called Altea or Calpe, which are a 30-minute drive each.

I am lucky and the wind forecast shows South-West, which is perfect for Calpe. Calpe or „Calp“ to the locals is instantly recognizable for the huge limestone rock sat on its beach. The rock is called the „Penon de Fach“ and measures over 600 m in height. It can be seen for miles along the coast. There is a long sand beach on both sides leading away from the rock, which makes this area so magnificent.

“ THE WIND  
FORECAST SHOWS  
SOUTH-WEST,  
WHICH IS PERFECT  
FOR CALPE. ”

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“ THE WIND DIRECTION HAS TO BE RIGHT FOR THIS SPOT TO WORK AND I AM BEYOND HAPPY ”

The wingfoil beach is called Arenal-Bol and the water conditions vary from chop to small waves, which is perfect for advanced wingfoil tricks and wave riding. The water is

crystal clear and the view from my wingfoil board is special with the large rocks and the waterfront in front of me. The wind direction has to be right for this spot to work and I am beyond happy, that I can soak up the energy Calpe gave me that day.

One more wingfoil spot to experience during my stay on the East coast of Spain located South of Calpe is called: Altea. The name

Altea comes from the Greek: Altahia (I heal) and from the river Algar (the river of health). Altea is a big bay surrounded by small rocky mountains with an over 5 km long white stone beach. The mountains in the back with the combination of the white stones, the blue water, and the old little white town in the middle of the bay create a special traditional Spanish atmosphere. The wingfoil beach is called Rio Altea, the water is choppy, but it gets deep super fast, which makes it a perfect spot, especially for foil boards.





“EACH BAY IS UNIQUE IN ITS OWN WAY AND THE NATURE WITH THE MOUNTAINS, ROCKS, AND SAND OR STONE BEACHES IS AMAZING.”

I feel very fortunate in what the region Costa Blanca North has to offer. Each bay is unique in its own way and the nature with the mountains, rocks, and sand or stone beaches is amazing. You always look for nice sceneries and backgrounds for your wingfoil action pictures in combination with a constant breeze at a spot to have fun on the water. This region offers all of that.

If you're thinking of Spain and wing foiling, the famous spots which come to your mind are Tarifa or the Canary Islands. But Spain has a coastline of 7268 kilometers, so my advice for you is: go and check it out!

Everyone always asks me how windsports became my profession as I live in Bavaria. Since I took my first and biggest improvements down in Dénia my answer nowadays would definitely be: Dénia is my home spot, even though I don't live there all year round.



# ARCHIVES

WORDS JACK GALLOWAY & LOGAN NEWMAN PHOTOS LOGAN NEWMAN

In this new mini-feature, we want to highlight an edit we enjoyed each issue.  
We're starting with a banger!

## FIN DEL PUNTO: A FOIL SURF MOVIE



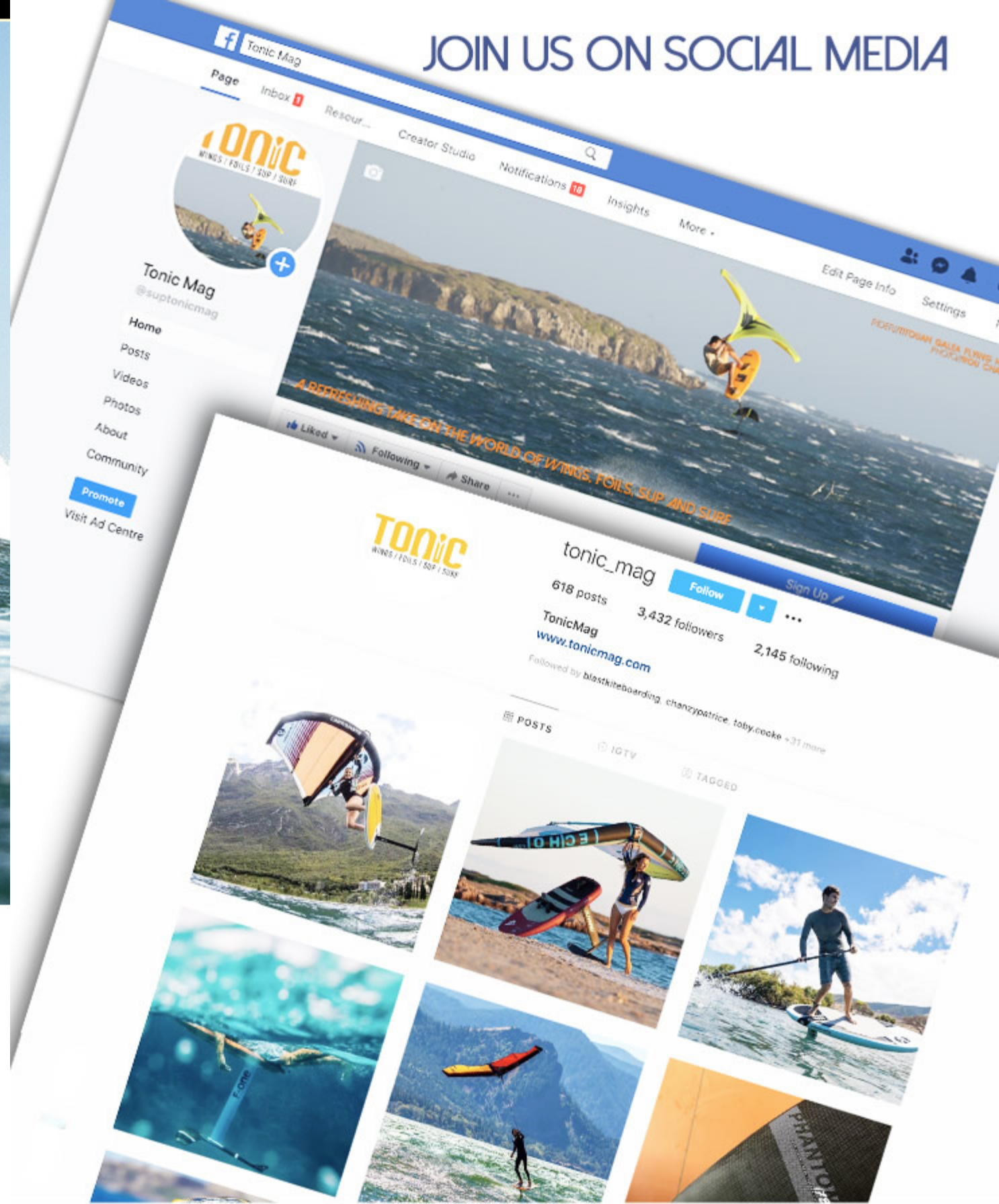




So what are we looking for? A story of adventure, a smooth edit, a sick soundtrack, and, of course, exceptional foiling! This short film by Logan Newman hits the nail on the head, here's a few words from the man himself:

"Austin & Kirk Tovey invited me as well as Will Diffenderfer (North) and Rob Carney (UniFoil) down to the Baja Peninsula of Mexico this past July to search for some lesser-known foil waves.

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While we were there we were hit with what the local surfers would call a "flat-spell". Coming from where we live in Florida, we weren't a bit concerned about what flat would entail in a place like Baja, and sure enough, we were blessed with perfect foil conditions for the entire trip.

We ended up prone & tow foiling our brains out every single day. Walking through the airport on the journey home had my quads remaining on fire, a gentle reminder of all the glides that were had. Can't wait to go back."





WORDS JACK GALLOWAY RIDER TOM CARROLL  
PHOTOS FFB

# TECH FOCUS

## FFB TC PRO

### Unveiling the FFB TC Pro: Tom Carroll's Legendary Interpretation of Foiling

Tom Carroll, a true surfing icon, has etched his name into the annals of surfing history with his remarkable accomplishments. Now, Freedom Foil Boards (FFB) proudly pays homage to his unparalleled legacy by introducing the TC Pro surf foil board to their 2023 lineup. Crafted in collaboration with Carroll himself, the TC Pro is more than a board; it's a testament to innovation, excellence, and the boundless possibilities of foiling. With two size offerings; a tow model at 4'0 x 23L and a prone model at 4'4 x 30.5L the TC Pro offers advanced riders the ultimate surf weapon.







**"RIDERS EXPERIENCE A SMOOTH AND AGILE RIDE THAT RESPONDS INTUITIVELY TO THEIR COMMANDS."**

#### **Innovative Design Features**

The TC Pro features a range of innovative design elements that set it apart in the world of foiling. A concave deck maximises board control and feel, ensuring that riders maintain a strong connection with the board during every manoeuvre. Paired with the deep soft chined rails, which significantly reduce drag on connection, riders experience a smooth and agile ride that responds intuitively to their commands. The slight double concave bottom is a carefully integrated feature that not only

minimises drag but also assists with take-offs, making it easier than ever to catch the wave and get airborne. The enhanced nose rocker is another pivotal design element that enhances the board's versatility. It excels in handling steep, high-speed pockets when downwinding or tackling tight sections, offering riders the freedom to explore a wide spectrum of wave conditions.

#### **Unrivalled Construction Excellence**

- **E Glass:** A protective layer over paint and carbon ensures the board's longevity and aesthetics.
- **Carbon Double Bias:** High-grade woven carbon with additional fibers running longitudinally enhances the board's structural integrity and responsiveness.

- **S Glass:** An impact-resistant layer of fibreglass evenly distributes loading, safeguarding the board against the rigours of intense manoeuvres.
- **EPS Core:** The lightweight stringer-less foam core strikes a balance between weight and strength, contributing to the board's nimble handling.
- **High-Density Foam Block:** Reinforcing the foil tracks, the high-density foam block keeps the mounting tracks secure and stable during rides.
- **Carbon Uni Directional:** A uni-directional strip of carbon enhances stiffness and responsiveness while fortifying the foil track.
- **Carbon Double Bias and E Glass:** These additional layers bolster the board's structural integrity and aesthetics, showcasing the intricate layering that goes into every TC Pro.





"WHETHER YOU'RE A SEASONED PRO OR AN ASPIRING ENTHUSIAST, THE TC PRO PROMISES AN EXHILARATING RIDE"

### The Future of Foiling Beckons

The FFB TC Pro emerges from over a year of relentless testing, retesting, and refinement – a labour of love that embodies Tom Carroll's dedication to pushing the boundaries of foiling. With its proprietary FFB 10.75" mounting tracks, pressure relief air vent, leash plug, and foot strap inserts, the TC Pro is poised to redefine the foiling landscape. Riders can pair the board with FFB's Ultra-light FREEDOM EVA Foot Strap Set, completing the synergy between rider and board.

The TC Pro isn't just a board; it's a tribute to the sport's heritage, a reflection of Tom Carroll's enduring influence, and a glimpse into the limitless possibilities of progressive paddle and tow foiling. Whether you're a seasoned pro or an aspiring enthusiast, the TC Pro promises an exhilarating ride that transcends the waves and embraces the future of foiling.





# THE BEACH START

**WORDS** JACK SALMON **PHOTOS** HOWARD SHEPHERD

Foiling has seen massive progression in a very short space of time. Something I don't think anyone would have predicted 5 years ago is the beach start. The thought back then of running down a beach with your foil, jumping on it and flying to link a wave would have been baffling to say the least. Needless to say, it's not easy, it is however incredibly satisfying to master. Here, Jack Salmon breaks down his learning process of the beach start over a couple of sessions with our editor Jack Galloway.



The idea of trying beach starts had been bouncing around in my mind for quite some time. A concept toyed with but never acted on, obsolete since the use of the ladder for pump foiling.

Then one afternoon, out of the blue, Jack Galloway sent me a video of Nathan van Vuuren beach starting with effortless steeze out to the lineup of some pumping swell. The appeal was not necessarily in the beach start itself, but the possible application. Suddenly it became a tool, a key to greater challenges, rather than just a party trick.

I found myself driving into the carpark at Branksome Dene Chine that overcast afternoon unsure what to expect.

Jack is a bit of a legend around here at pump foiling and I have been heading out with him with the ladder recently whenever there is a calm day to mess around. In other words we're both confident pump foilers, but the beach start presented a new, altogether more athletic challenge.

I assemble my Cabrinha 1650 X Series Mark II with a 75cm mast. Though the mast was on the long side (especially considering Jack's was 65cm), I was convinced the foil was the tool for the job. It's crazily low stall speed coupled with a fair amount of glide allowed for so much room for error whilst dock starting, and I was to need every inch I could get for this new challenge.

"SUDDENLY IT BECAME A TOOL, A KEY TO GREATER CHALLENGES, RATHER THAN JUST A PARTY TRICK."





A person with blonde hair, wearing a black wetsuit, is captured in a dynamic pose while performing a beach start on a hydrofoil surfboard. The surfboard is white with blue trim and has "LINK43" printed on its side. The person is leaning forward, with their arms extended and legs bent, as they glide across the blue water. The background shows a clear blue sky and a distant coastline with hills and buildings.

**"WE IMMEDIATELY REALISED BEACH STARTING IS A WILDLY DIFFERENT KETTLE OF FISH TO THE LADDER GAME WE'RE SO USED TO."**

My confidence quickly wears off. We plod down the beach towards the sea feeling like a fish out of water, naked without the trusty ladder that has become an integral part of our pump foiling, remarking what a strange sight we must look to the few onlookers on this gloomy evening.

We rigorously check the depth to stall things further. The beach here is by no means perfect. It drops off moderately steeply until around the length of my mast (75cm) where it flattens off considerably. This didn't give much room for error – technique would have to be excellent in order for the foil not to run aground.

Jack takes the first turn with little success aside from a spectacular flop of a wipeout.

Once the runway is clear I waddle unsteadily through the water before making a half-hearted attempt at hopping onto the board. My back foot misses by a mile and I explode into a messy tangle of foil and limbs.

We immediately realised beach starting is a wildly different kettle of fish to the ladder game we're so used to. While with the ladder both hands are further back on the board, approximately where the feet end up, for the beach start we felt the need to bring both hands further toward the nose to hold the foil down when running through the water.



A full-page photograph of a surfer with blonde hair, wearing a black wetsuit, performing a maneuver on a wave. The surfer is crouched on a white surfboard with blue trim, riding a small, white-capped wave. The ocean is a deep blue-green, and the sky is a clear, pale blue. The surfer's arms are outstretched for balance.

"AS ONE OF US WAS DOING BETTER THAN THE OTHER,  
THERE WAS LITTLE CHANCE OF GIVING UP."

Clumsily charging into the sea, we take it in turns to throw ourselves at the board with very little initial success, and excellent wipeouts all round. I ask when we are going to assemble the ladder, convinced the beach start is a foolish pursuit and we set ourselves a 30 minute time limit to nail it.

Then without warning Jack bounces up and lands with both feet planted on the board. Gliding for a split second before veering off balance, the manoeuvre looks reminiscent of a beach start. From then on it was a given. We were going to crack it.

Both Jack and I are fiercely competitive and (though I'm not sure either of us are readily willing to admit it) as long as one of us was doing better than the other, there was little chance of giving up. Suddenly I'm flying. Succeeding to stay high on the mast I manage a strong two footed pop well timed with incoming swell to keep me elevated, and through nothing more than lucky timing I'm up and away. There is an extremely satisfying flow to a successful beach start, with the rhythmic steps of the run weaving seamlessly into the cadence of the pump, so I'm buzzing once I return to the beach.

In no time Jack also follows and pumps in towards the beach beaming, similarly frothing to have nailed the unexpected.

It's not long before the novelty wears off and we are back at it. With the mental barrier demolished, more follow, this time on camera.

Soon the tide drops enough that my board is becoming a monumental leap to keep the foil high enough to not run aground. This compounded with tiredness was a killer combo and my successes slowly waned.



Jack on the other hand was improving with every attempt, first 3 in a row, then 5, he was consistently landing feet centred and mast high, and incredibly ended the session having gone from zero to hero in the course of just over an hour.

A few nights later we spot a windless evening coupled with a high tide and rush down to the beach after work, itching to get back out and nail the beach starts consistently.

This time we saunter down with confidence, but are dismayed to find the beach plateaus at lower than waist (and mast) height. I almost immediately give up and bitterly wander off to set up the ladder, but watching Jack persevere on the beach starts proved too much for me, and I hesitantly, somewhat reluctantly resume.

It became strikingly apparent in these marginal conditions that the mind game is half the battle. Commitment is key. I pause before the run up as if readying myself for a race, waiting for a set wave to start ... three, two, one, go! ... max acceleration in four rhythmic steps leads into a two footed pop to jump up onto the board a split second before feeling the small wave satisfyingly lift the mast high.

The half foot swell saves the day. When the jump onto the board is well timed with an oncoming wave it provides the necessary lift to stay high on the mast in the split second of gliding into deeper water before pumping starts.



**"IT BECAME STRIKINGLY APPARENT IN THESE MARGINAL CONDITIONS THAT THE MIND GAME IS HALF THE BATTLE."**





"THE SATISFACTION AND ENJOYMENT COMES FROM SURPASSING BOTH A PHYSICAL AND MENTAL BENCHMARK"

We kept it up until light became the major issue. For both Jack and I, consistency was still not a given, but I drive home satisfied that I could at least comfortably claim to be able to beach start, and ready to build some new challenges upon this skill.

Interestingly, we have retained quite different techniques. I use a longer run up and more of a front footed bound, landing back foot first,

whereas Jack has a short run up with a strong two footed hop landing both feet with equal timing. Both seem to work similarly well, so proving experimentation and variation is key in the early stages.

A few people have remarked to me that beach starting seems boring and whether it's a joke or not I know there is an element of truth behind what they say. However, it seems to me that we

appreciate it for a different reason to winging or surf foiling. The satisfaction and enjoyment comes from surpassing both a physical and mental benchmark, a challenge much like nailing a technical trick on the skateboard, or learning a new tack on a kite foil, rather than the speed and adrenaline that characterises most other foiling disciplines, but the flow so synonymous with foiling is felt nonetheless.





"THE IDEA OF A BEACH START DOWNWINDER OR DOCK-STARTING A RIVER WAVE CERTAINLY IS AN ATTRACTIVE ONE."

Though the novelty arguably wears off quicker, it provides a foundation for greater challenges. Who knows where this might lead for us? The idea of a beach start downwinder or dock-starting a river wave certainly is an attractive one.

So if you like a challenge, then I urge you to get down to the beach on a flat day, pop on your largest wing and give it a go!

Key tips from a (very) amateur beach starter:

1. Hold the board further forward to keep the foil down when running into the water.
2. Try a two footed pop, looking to plant back foot on the board first.
3. A small shorebreak wave helps when the spot is shallow.
4. Commitment is key.
5. Persevere!! Go with someone else, there's nothing like a bit of healthy competition.





# UP & COMING

## KOA FABBIO

WORDS KOA FABBIO  
PHOTOS NAISH

At just 11 years old, Koa Fabbio is a force to be reckoned with already. We're excited to watch him progress. We caught up with him for a few quick fire questions.



**"MY TEACHER WOULD GIVE ME THE WORK TO DO SO I COULD CATCH UP WITH WHAT I MISSED IN CLASS."**

**What motivated you to pursue it at such a young age?**

My family spends a lot of time in the water doing many different sports and I shared the same passion since I was very little.

I was motivated and still are motivated by watching Kai Lenny do what he does, he inspires me to follow in his footsteps.

**Maui is known for its incredible wind and wave conditions. Can you tell us how growing up there has influenced your wing-foiling journey?**

I feel very lucky to be raised here because I have all the great conditions for each sport that I do.

**What is your "go-to" gear set up? Is there any new gear you are stoked on?**

My go-to gear is the Hover Wing foil 30L, ADX 2.5 and 75 carbon mast & HA 720.

**What kind of training and practice routine do you follow to continually improve your skills in wing foiling?**

I try to go as much as possible after school. I spent some time testing with the Naish team, Michi Schewiger and Robby Naish.

**How do you balance school and training to excel in both areas?**

I have a deal with my parents. If I am good at school then in special occasions they let me skip it to go to photoshoots or training if there are really good conditions. Then my teacher would give me the work to do so I could catch up with what I missed in Class.









**"I SEE FREESTYLE IS SHOWING A LOT OF IMPROVEMENT IN A SHORT TIME."**

Wing foiling has been evolving rapidly as a sport. In your opinion, what areas of wing foiling show the most promise for further development, and how do you see yourself contributing to the growth of the sport in the future?

I hope I can contribute in all the disciplines, I see freestyle is showing a lot of improvement in a short time.

Looking ahead, what are your goals and aspirations as a wing foiler, and how do you plan to achieve them?

My dream is to be one of the best young waterman and to archive them I will work hard in each sport that I do.

Sponsors? Naish, Hurley, Insta360, MFC, Raw Elements.

**Age: 11**











# STRENGTH & SPIRIT

WORDS CYNTHIA BROWN

The Paddle IMUA event is an 8-mile downwind race from Maliko Gulch to Kanaha Beach Park. The event is currently a 12-year Maui tradition that raises funds to send kids with special needs to a week-long recreational camp. IMUA is a Hawaiian word meaning "to move forward with strength and spirit".

Cynthia Brown fills us in on what went down!



This year's race was their largest to date with 68 wing foilers, 52 SUP foilers, and 22 kites/windsurfers, all on the start line together. The 92 other entrants in SUP, OC1, 2, 6, prone paddle, and Surf Ski started a half hour later. The format was very professional, with trackers on athlete's ankles that recorded their time. Because of the amount of trackers available, several last-minute athletes who wanted to enter were denied.

At the start, the seas outside Maliko were big and felt even bigger with all the athletes, watercraft, and turbulence. 3 minutes before the horn, a large Hammerhead cruised straight by me. I quickly adjusted course so we wouldn't get to know each other better.

The 8-mile run was beautiful, with moderate breeze, and magical wind swell. There was a bit of excitement at the finish as several of the foils got snagged by the buoy line. I placed 8th overall in the wingfoil fleet, and was the first woman of the event to finish, even after I too caught the buoy line and fell! The festival setting at Kanaha was kicking with live music, lunch plates, beer, a raffle, and free massages. Lots of fun for the whole community that even included an athletic, skills area for the kids.

Jesse Richman smoked the fleet with a time of 18:05, on his kite/twintip combo. A minute behind Jesse, Bobo Gallagher took 1st in the wingfoil. James Casey grabbed the SUP foil crown. On a side note, Edo Tanas, who was one of the athletes that was too late to enter, raced unofficially and was the first SUP foil to finish, but without a tracker, he didn't count.



“THE 8-MILE RUN WAS BEAUTIFUL,  
WITH MODERATE BREEZE, AND  
MAGICAL WIND SWELL.”



"CONGRATULATIONS TO ALL THE ATHLETES  
AND TO CAMP IMUA FOR A AN AMAZING DAY  
AND A MEMORABLE EVENT."



#### TOP 3 FINISHERS IN THE THREE DISCIPLINES:

##### Wing Foil Men

1. Bobo Gallagher
2. Jon McCabe
3. Alan Cadiz

##### SUP Foil Men

1. James Casey
2. Andrew Gibbons
3. Kai Lenny

##### Kite Men

1. Jesse Richman
2. Cyris Laury-Schaefer
3. Desmond Walsh

##### Wing Foil Women (pictured)

1. Cynthia Brown
2. Carolina Dickenson
3. Sloane Jucker

##### SUP Foil Women

1. Olivia Piana
2. Annie Reickert
3. Devin Blish

##### Kite Women

1. Liang Hua Richards
2. Lauren Lipcon
3. Maggie Stacy

Congratulations to all the athletes and to Camp IMUA for an amazing day and a memorable event. We hope they raised tons of funds to send many special kids to camp.

If you love Maui and can afford to send something to aid, in the recent wild fire tragedies, here are a few credible organisations accepting donations:

[mauifoodbank.org](http://mauifoodbank.org) [mauiunitedway.org](http://mauiunitedway.org)  
[mauihumanesociety.org](http://mauihumanesociety.org)





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CKPerformance  
Clinics



# TECHNIQUE

Happily sponsored by Cabrinha,  
ambassadors for Surfeers

KARINE AND CHRISTIAN







## HOW TO WING FOIL #9 – FIRST FOILING FOOT SWITCH, HEEL TO TOE

As the title suggests, this is intended as your very first foiling foot change. We say this as there are a myriad of methods and possibilities, both simple and more advanced. However, we rate this technique and order as one of the simplest and most useful which will stand you in good stead. We're assuming that you have already changed your feet woffing, are happily foiling, and have the beginnings of a toe side before giving this a go.

### So why the heel to toe first?

Firstly, it allows you to practice your toe side without having to gybe.

Secondly, as we've discussed in past articles, we all have a favoured side. This means

that even if you've nailed the toe to heel gybe on your strong side, you still may not have a method to turn on the other side. Nail this foot change and you'll be able to go into your toe to heel gybe, and therefore gybe both sides!

### And why this double step method?

The double step is a little bit easier, you're trying to fool the foil that nothing is happening. It's like walking in squeaky floorboards, little steps and you're less likely to wake anyone.

You don't need to be lightning quick, there's no rush they're baby steps. In fact, you have time to be balanced and in control each step of the way.

This method will teach you so much about the balance point of your foil, where you can stand and quite literally have a little boogie without upsetting your foil.

It works in a wide range of conditions and will serve you well in light wind as well as strong.

It's likely to be the same or very similar to the method that you've used when woffing, whether deliberately or by chance.

And although double the number of steps of the more advanced version, it does lead towards this, should you fancy giving it a go sometime in the future.

### Which way? [Sequence](#)

If we use Karine as an example, she is regular footed, so her left foot is stronger leading. Hence in the Toe Side technique she rides toe side left foot forward. She is stronger gybing left foot forward from her heels onto her strong toe side. By using this foot switch heading to the right, she changes from heel side to her strong toe side. If you prefer heel to toe gybing right foot forward, you'll use this foot change when riding heel side to your left, so that you can change to your strong right foot forward toe side. This then enables you to go for a toe to heel gybe:) Of course, in time you can learn this both sides.



## The Mechanics

Simply put, your aim is to ride in a straight line and change your feet from a heel side stance to your toe side stance, whilst keeping balanced and flying. Realistically only your lower body is moving, rotating as you step your feet, whilst you try and keep your upper body and wing still, and your foil trimmed. You'll start the process by moving your back foot, a very small step forwards, before moving your front foot back and so on. Imagine a tyre lying flat on the ground and you're standing on it. You're going to step or shuffle your feet through 90 degrees (open stance to open stance) whilst following the curve of the tyre.

There are a few things that will make this more achievable:

1. A narrower stance. With your feet closer together you will over your foil's balance point, which can be surprisingly large. If you inch your front foot back, you must inch your back foot forward to stay up and vice versa. With practice you can get your feet close together. It's like two people at either end of a see-saw. Once you're on the balance point, you can move your feet without upsetting your foil.

2. Open offset stance. If your feet are offset, your hips are already facing forwards. This way it will feel more natural to move your feet. If you have a closed stance, you might feel glued to the spot.

You can exaggerate your open stance by pointing your front foot forward.

3. Direction of travel. Finding your most balanced and controlled point of sail. The most comfortable is sailing gently upwind.

4. Wing position. You want to be standing on your feet, balanced over the board, not leaning against the wing. If you move your wing up a tad, it can support and help you balance without you leaning away from it.

Let's have a look at the pieces of the puzzle as they will play out, in chronological order.

### Approach Pic A

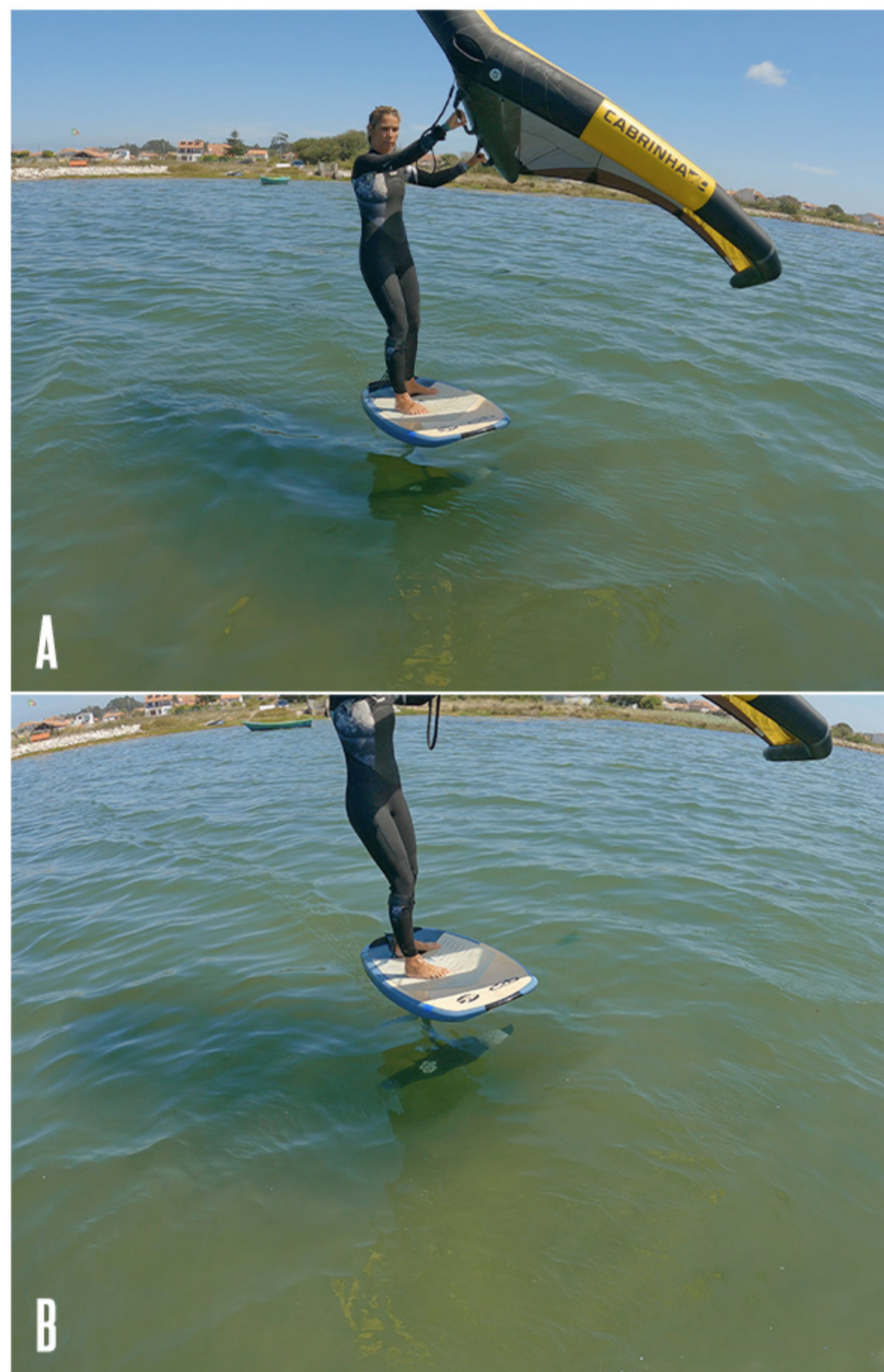
In preparation for the foot change you need to narrow your stance to around shoulder width. Turn so that you're heading gently upwind. Make sure your feet are offset, so rear foot across the centre line and front foot upwind of the centre line. Gently move the wing up a bit so that you're standing over the board. You're ready.

### Hips Open Pic B

Open your hips so that they are facing forwards, whilst keeping weight on both feet. This is easier if you point your front foot forwards.

### Step 1. Both Feet Open - Back foot forward Pic C

Your first baby step. With your weight on your front foot, step your back foot a tiny bit forward and across. This can be a deliberate step or a slidey shuffle.







You want it angled forwards and further across the centre line. This will open your stance further, makes room for the next step, the incoming front foot, and it balances your board and foil rail to rail. With your back foot away from the centre line you'll feel less likely to fold on the foil.

**Step 2. Charlie Chaplin - Front foot back**  
**Pic D**

Now with your weight on your rear foot you



can step or shuffle your front foot back next to your rear foot. This may look precarious but because your feet are either side of the centre line, you'll be surprisingly balanced. And because you have already moved the other foot forward, you are effectively standing in the middle of the see-saw. There's no need to, but you could carry on riding like this. It's important that your shoulders and wing don't join in, they stay fixed where they were.

**Step 3. Toe Side – Forward Again. Pic E**

It's all about rotating into some sort of toe side



position. Shift your weight onto the foot you just moved back and step or shuffle what was your back foot forward again, to where it would roughly be in a narrow toe side position. It wants to end up on the downwind side of the centreline. This will keep you balanced, and it'll keep your hips open, preventing you from turning your upper body upwind. Don't go for a big step, you're aiming to stay within reach of the balance point. If you do step a tad too far forward it won't be the end of the world, but you'll likely touch down.



#### Step 4. Toe Side – Back & Across Pic F

To make sure that you stay up on the foil you will need to get weight onto your back foot and further back on the board. This can mean stepping further back, or just twisting your back foot so that it points across the board. This has the same effect, as it means the ball of your back foot moves further back, bringing your weight and pressure with it. If you touched down, you will need to move your foot further back to fly again. Once you've done this you can power up the wing by extending your front arm, pointing it forward and sheeting in a tad if needed.

#### TOP TIPS

It doesn't have to be pretty. When you first try this, you shouldn't expect it to be super smooth and ultra-stable. If it is, bravo, but don't beat yourself up if it isn't. You need to get used to the movement. Practice on land, waiting at the bar, on the train, any given opportunity will help.

Conditions. We know, we say it in every video, but choose conditions which suit learning. If you're hanging on for dear life and in big chop it may not be the session to give this a go. Lighter wind and flatter water so that you can fly lower will give you more confidence to start dancing and it won't matter if you tread on anybody's toes.

As alluded to, you may end up touching down whilst trying this, which isn't a problem.



However, we recommend that you don't deliberately touch down first to change your feet, the aim is to do it whilst flying.

With practice, you'll find that your movements will become smoother, quicker, and more comfortable, and as a result the whole thing will feel even better.

Have another look at the sequence and check out the video for a real time foot change experience.

We'll be back to cover the toe to heel foot change in an upcoming issue, but for the moment work on getting this one nailed :)





WORDS & PHOTOS JEN TYLER

# LITTLEHAMPTON DEMO WEEKENDER 2023

Once again, Littlehampton delivered - and this time, we got all four seasons. From blazing sunshine to torrential rain, it's safe to say that everyone who attended won't forget it anytime soon.







“ THE SUN BEAT DOWN RELENTLESSLY, BUT THERE WAS NOT A BREATH OF WIND TO BE FELT ”

On Friday afternoon, the IKSURFMAG & Tonic Mag crew arrived, including Rou Chater, Jen Tyler, Jack Galloway & Anastasia Pankina, in preparation for an early Saturday start. Several other brand representatives arrived as well, including Nik Green from Watersports World UK, Tom Beaton from Maxtrack Limited, and Karl Cadwallader

from NeilPryde, to name a few, and a few other big names in the industry, including Mark Shinn and Lewis Crathern.

Come Saturday morning, it was go-time! All the major kite, wing, foil and accessory brands, including North, Mystic, Duotone, ION, Airush, Shinn, F-ONE, Slingshot, Cabrinha, Armstrong Foil, Freedom Foil Boards, Fanatic, Naish, Prolimit, Flysurfer, Manera, AK Durable Supply, AFS Foils, Lieuwe Boards, Eleveight, Ride Engine, Reedin were there and other independent brands including FacePlant, Sewn Again and SheFlies.

The weather, however, had other plans! The sun beat down relentlessly, but there was not a breath of wind to be felt, making it ideal for Tonic Mag editor Jack Galloway to run a ladder start foiling workshop, which proved to be a hit! Meanwhile, Rou Chater kept everyone's spirits high on the mic with his infectious energy and enthusiasm, and a DJ played great tunes.

The Kiteloop lagers rehydrated us perfectly on Saturday evening after a long day of soaking up the sun! The Cow Brothers played great tunes inside while most enjoyed sitting outside during a warm sunset and funky beats.



“ WITHIN MINUTES, EVERYONE WAS ON THE WATER TESTING OUT THE GEAR THEY'D HAD THEIR EYES ON. BUT IT DIDN'T STOP THERE! ”

Sunday morning, the forecast still didn't look too promising; we couldn't help but feel a tinge of disappointment; was it going to be another sunbathing demo day? But the optimist (you have to be at these events) Rou called the infamous sea breeze as arriving at 1 pm. While they waited for wind, Jen and Rou decided this would be the perfect opportunity to have a tech talk with some of the brands and find out more about the latest technology and gear on the market. They managed to interview Paul Wakelin from AFS Foils, Tris Best from Armstrong Foils, Dom Yule from F-ONE, Tom Beaton from Ozone and Flysurfer, as well as Mike Birt from Airush, Shinn, and AK Durable Supply Co. (keep an eye out on our YouTube channel) and then, just as everyone except Rou had all given up hope, it happened!

At first, it was enough for the smaller riders and bigger kites on foils, then it built and built, and by 2 pm, it was a solid 20 knots gusting even high. Within minutes, everyone was on the water testing out the gear they'd had their eyes on. But it didn't stop there! After a solid two hours of breeze with everyone smiling from some fun sessions, the looming black stormcloud delivered a healthy dousing of rain to make the pack up particularly unpleasant. That's the way it goes sometimes, but we'll take wind, sunshine and a spot of rain any day of the week; this demo now gets to chalk up its third windy event, bucking the trend of the endless northerlies that have plagued the south coast for weeks.





"WE CAN'T WAIT TO SEE YOU AT THE  
NEXT STOP OF OUR IKSURFMAG &  
TONIC MAG DEMO WEEKEND."

It was one to remember, and we can't wait to see you at the next stop of our IKSURFMAG & Tonic Mag Demo Weekend. So, if a weekend of camping checking out the latest gear, DJs & live bands sound good, meet us at West Kiteboarding, Woolacombe, from the 11th – the 13th of August.

Rou, Jen and the team at IKSURFMAG and Tonic Mag would like to thank all the brands for coming down to Littlehampton and The Beach for putting on the entertainment and food and everyone who came down to say hello!





WORDS GEMMA SOLOMAN  
PHOTOS HOWARD SHEPHERD

WingFest 2023 was Easyriders' inaugural wingfoil racing and fun demo event at their centre in Poole, Dorset, UK. With superb winds on both days, the event managed to complete a full 12 rounds of racing, 7 slalom, and 5 course racing, with over 25 happy competitors.

# WINGFEST '23





“ SHORE ROAD WAS A FANTASTIC VENUE FOR RACING AND THE COMPETITION WAS FIERCE. ”

Alongside the racing Easyriders' delivered over 70 free wing tasters to local people and all the leading brands were in attendance bringing their fantastic toys along for people to test and try in the flat breezy waters of shore road. With plenty of safety cover courtesy of Easyriders and Ballistic Ribs, the cross offshore breeze made it perfect for all levels.

Shore Road was a fantastic venue for racing and the competition was fierce. The women's division saw some tight racing, with Anna Colonette taking a well-deserved win in both the women's & youth girls categories. Lucy Davison & Gemma Soloman, both from the Easyriders team, took a close 2nd & 3rd place.

Local hero and championship windsurfer Guy Cribb came 2nd in the men's, sandwiched in-between the visiting Wigglesworth brothers Hugo, 15, taking the convincing win, and Toby, 13, on Guy's heels in 3rd.

A word from Andy Gratwick, owner of Easyriders & Head of the BKSA, - 'I'm really stoked with this event, it's always a bit of a stress running events, but we got great conditions and I'm lucky to have a fantastic team, and industry support which made it all come together. The racing was fabulous with wingers hitting the line at speed on time and producing some of the most competitive racing I have seen in the UK to date.'

It's all about having fun on the water and wingfoiling truly lends itself to being safe, easy to learn, and versatile as a watersport, it works inland,







on the coast, on bumpy and flat water, and through light to strong winds. Local events like this create a brilliant community buzz and Easyriders hope to build on the event for 2024 and get more people into the sport between then and now.

This event wouldn't have been possible without the support and help from the Easyriders team and all the brands that came along, supported, helped out, and donated prizes; BKSA, BPKC, Easyriders, Ballistic

North & Mystic, Cabrinha, Naish, AFS, F-One & Manera, Buccaneer, Lifejacket, Red Bull Spect, Neil Pryde & JP, Funky Peach, & hydration from Liquid Death.

Race Director Arky & his crew Ash and Hannah, and of course the brilliant photographer Howard Shep.

#### OFFICIAL RESULTS:

##### Junior Women

1st Anna Collenette

##### Junior Men

1st Hugo Wigglesworth

2nd Toby Wigglesworth

3rd Ollie Evans

##### Womens Overall

1st Anna Collenette

2nd Lucy Davison

3rd Gemma Soloman

##### Mens Overall

1st Hugo Wigglesworth

2nd Guy Cribb

3rd Toby Wigglesworth



# TRIED & TESTED



The summer conditions have treated the Tonic Mag test team well, resulting in plenty of gear on test this issue! See the full list of kit below!

## WING

Ozone Flux 5m

Cabrinha Mantis 5m

Armstrong A-Wing XPS 4.6m & 6.1m

Cabrinha Vision 4m

## FOILS

Armstrong MA 1750, 1475 & High Performance Mast 655cm

Armstrong APF 1880 & Pump 202

CORE Spectrum 1250

WORDS AND PHOTOS THE TONIC MAG TEST TEAM -  
JACK GALLOWAY, LIAM PROCTOR & ROU CHATER



"I CAN'T THINK  
OF ANY  
CATEGORY OF  
RIDER TO WHOM  
I WOULDN'T  
RECOMMEND  
HAVING A RIDE  
ON THE FLUX"

TO VISIT THEIR  
WEBSITE, CLICK HERE



#### AT A GLANCE

When many people think of the Flux (the long awaited high-performance wing from Ozone), they think of insane clips of Johnny Heineken blasting around San Francisco Bay. For some time prior to their release, I'd get sent videos of the unmistakably smooth riding of the double kite racing world champion on sleek white wings. Prior to commercial release, he was already on the podium of race events, having absolutely dominated the competition with production Fluxes. The race influence is prominent in the brand's marketing material too. So, what characteristics will this bring to the table?

Before we get stuck into the details of the Flux on the water, a rundown on the Flux's design and construction details. The Flux leading edge and strut are manufactured using a 125g performance Dacron (20% lighter and stiffer according to Ozone). This has a noticeably different look from the black Dacron used on the WASP and Fly. It looks dark grey, with a slight shine, and in combination with the white canopy material, it is a smart looking wing.

CLICK OR TAP TO READ MORE





BRAND CABRINHA

MODEL MANTIS

SIZE 5M

YEAR 2023

"THE MANTIS HAS THE POTENTIAL TO BE A LOT OF WINGS FOR A LOT OF DIFFERENT RIDERS."

TO VISIT THEIR WEBSITE, CLICK HERE



#### AT A GLANCE

The Mantis is the wing most synonymous with Cabrinha, and the previous two versions have acquired many loyal fans over the years. It has always been an easy to use wing that aims to provide high levels of accessible performance for all disciplines. Having spent a good amount of time on the second version, I was looking forward to seeing the improvements that come with the '03' collection Mantis.

#### AT A GLANCE

The new Mantis comes with quite a few changes this year. It has a mid aspect ratio outline with squared off wing tips and a lower dihedral than Cabrinha's Vision, for example. The attention to detail in an effort to further increase the Mantis' power delivery is obvious. To optimise the central section of the leading edge, there is a very high panel count around the depower handle, which smooths both the leading edge arc/outline and smooths the dihedral transition. Leading edge seam protectors are only placed where they are needed, near the wing tips, to keep the profile as smooth as possible and reduce weight.

[CLICK OR TAP TO READ MORE](#)



BRAND ARMSTRONG

MODEL A-WING XPS

SIZE 4.6M & 6.1M

YEAR 2023

"IT HAS AN  
INCREDIBLY HIGH  
PERFORMANCE  
FEEL THAT  
GIVES YOU  
CONFIDENCE NO  
MATTER WHAT  
DISCIPLINE  
YOU ARE DOING."

---

TO VISIT THEIR  
WEBSITE, CLICK HERE



#### AT A GLANCE

Armstrong spent a long time developing the A-Wing XPS, so you won't be surprised to hear that I was super excited to have not one, but two, arrive in the post. The 4.6m & the 6.1m. Before I discuss my sessions on the water, I just want to take a bit of time to talk through the features of this new wing.

XPS refers to the wings 'cross panel sail' material, designed to revolutionise connection and control during rides. This futuristic panel layout has been created to reduce sail distortion by improving load distribution and frame rigidity. The other thing that Armstrong has included to reduce sail flutter are removable carbon fibre battens.

In the development of the XPS, Armstrong discovered that you needed pre-twist tip geometry built in, so that only when loaded by the wind does the wing move to become the perfect shape. Rather than starting at the right shape and then flexing out of shape when being put under load. This seems super simple but something I hadn't ever really considered, such a good idea.

[CLICK OR TAP TO READ MORE](#)





BRAND CABRINHA

MODEL VISION

SIZE 4M

YEAR 2023

"THIS ALL ADDS UP TO A WING THAT IS ENJOYABLE TO USE BUT ALLOWS YOU TO RELAX AND ENJOY YOUR RIDING"

TO VISIT THEIR WEBSITE, CLICK HERE



#### AT A GLANCE

As the sport of winging develops, the disciplines are becoming more clearly defined, and there is a divergence in terms of approach between the big players in the industry. Some are choosing to expand and diverge their product offerings to try and tailor each wing and optimise certain characteristics. Others, including Cabrinha, are keeping their range smaller (for now at least) and aiming to improve all characteristics of their products with each release. Time will tell which approach will be better received by the market, but for now, let's get stuck into the Vision.

The Vision is a medium aspect wing with a relatively consistent chord length across its wingspan resulting in a relatively even distribution of canopy material over the whole wing. It features very generous windows, approximately in line with the front handle, which are manufactured from a low stretch, weather resistant TPU material. Without getting too scientific, the window material definitely feels lightweight and pliable (I wouldn't be worried about taking this wing in extreme temperatures or packing it away without much care).

[CLICK OR TAP TO READ MORE](#)



BRAND ARMSTRONG

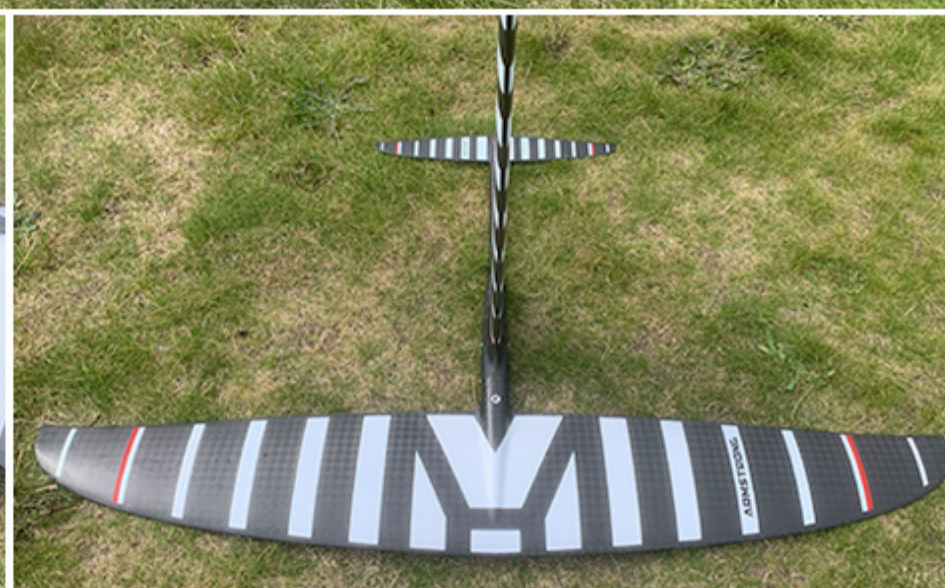
MODEL MA1750, 1475 & 655 PERFORMANCE MAST

YEAR 2023



"I HAD AN  
ABSOLUTE BLAST  
RIDING THESE  
FOILS OVER THE  
SUMMER "

TO VISIT THEIR  
WEBSITE, CLICK HERE



#### AT A GLANCE

In this test, I'm going to review both these MA wings along with the High Performance 655 mast. I'll also go into a fair bit of detail as to the different on the different tails that I paired with the two wings. This summer, I've spent possibly the most amount of time on the MA1750 than I have any other bit of test gear ever. I'll explain why once I've chatted through technical details of the foils.

So what are they for? Armstrong has added these two MA foils to the existing MA range. They're designed to be light wind session savers and excellent tools for downwind. The foils have a high camber foil section, which Armstrong claims to broaden the speed range of the foils, meaning good low-end speed and control at faster speeds.

The foils also feature a fine leading edge section and tuned wingtip inflection, allowing for quick flow reattachment after a breach.

The 655 Performance mast that features in this test has been created by Armstrong for extra stiffness, maximum efficiency & optimal carbon layup for strength.

[CLICK OR TAP TO READ MORE](#)





BRAND ARMSTRONG

MODEL APF 1880 & PUMP 202

YEAR 2023

"IF YOU KNOW  
WHAT YOU'RE  
DOING AND ARE  
LOOKING FOR  
ONE OF THE  
MOST EFFICIENT  
PUMP FOILS ON  
THE MARKET,  
THIS IS IT."

TO VISIT THEIR  
WEBSITE, CLICK HERE



#### AT A GLANCE

This is Armstrong's first pump-specific foil. Designed specifically for ultimate efficiency and distance covered. They were clearly committed to making the best possible foil, going out of their way to hire Chris Porter, an aerospace engineer. The APF foil shares its DNA with his reputed Crisp 333 and 381 stabilisers. This foil is clearly specific for the task.

Armstrong knows about my obsession with dock starting and pumping as far as I possibly can, for this reason, they sent me the 1880cm & the Pump 202 tail. Perhaps not the first choice for most 70kg riders, it was exactly what I wanted though. I want to increase my pump time as much as possible. The smaller 1675cm APF is an easier-to-use foil for lighter riders (under 90kg).

Not only is the foil clearly massive, with a very wide wingspan. It also has a very unique and specific foil section, as you'll see in the photos. The wingtips are also swept forward slightly.

CLICK OR TAP TO READ MORE





BRAND CORE

MODEL SPECTRUM

SIZE 1250

YEAR 2023

"THE SPECTRUM  
FOIL PERFECTLY  
BALANCES LIFT,  
POWER, AND  
PERFORMANCE."

TO VISIT THEIR  
WEBSITE, CLICK HERE



#### AT A GLANCE

The Spectrum is the first foil set up for the brand in the wing domain; they aimed to create a design that would be easy to use for a wide range of riders while providing the performance needed to excite you no matter your level. It's a medium-aspect design with five sizes in the range.

The 950 kicks off with the 1250 we have reviewed here, and these are followed by a 1550, 1750 and massive 2150 for the beginners. Regardless of size, each front wing in the Spectrum range has a medium aspect ratio, striking the perfect balance between performance and control.

The wings are constructed using a multi-layer carbon laminate, making them lightweight and highly durable. The unique design of the wings narrows in thickness from the middle to the tip, creating a negative angle of attack towards the end of the tip. This design technique, borrowed from aviation, reduces drag and improves speed.

The foil's construction utilizes a high-quality lightweight carbon and PU foam,

[CLICK OR TAP TO READ MORE](#)





LIGHTROOM

IT'S HARD TO THINK OF A BETTER BACKDROP THAN THE GOLDEN GATE BRIDGE FOR AN EPIC WING FOIL SHOT! LET'S JUST HOPE JONNY MANAGED TO DODGE THE TANKER SHIPS & SEA LIFE WHILE HE WAS OUT THERE.  
RIDER JONNY HEINEKEN PHOTO ABNER KINGSMAN

*Lightroom*

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



LIGHTROOM

A SECRET TAHITIAN SPOT ON THE SOUTH SIDE OF THE ISLAND, IT LOOKS LIKE PARADISE!  
RIDER JEREMY WILMOTTE PHOTO MICHAEL WILLIAMS

*Lightroom*



LIGHTROOM

JEREMY HAS ONLY BEEN ON THE ARMSTRONG TEAM FOR A SHORT AMOUNT  
OF TIME AND IS ALREADY SENDING IN BANGING SHOTS LIKE THIS ONE!  
RIDER JEREMY WILMOTTE PHOTO MICHAEL WILLIAMS

*Lightroom*



LIGHTROOM

OLLY BRUNTON SCORES WHAT LOOKS LIKE A SUPER FUN, WEDGY WAVE IN BALI, INDONESIA.  
PHOTO AYL A BRUNTON

*Lightroom*



LIGHTROOM

JUST LOOK AT THAT WAVE, OUTSTANDING! MAURITIUS PROVIDING THE GOODS AT SUNSET.  
RIDER SIMON BURNER PHOTO LOUIS ARNAUD

*Lightroom*



LIGHTROOM



*Lightroom*

RAIPOE IS AFS FOIL'S YOUNGEST AMBASSADOR (13 YEARS OLD), SHE LIVES IN TAHITI. THIS WAS HER LAST TRAINING SESSION JUST BEFORE THE SECOND EDITION OF THE TAHITIAN FOIL CONTEST, WHERE SHE WON 1ST PLACE IN FREESTYLE WITH THE PURE 900 AND 3RD PLACE IN THE PUMP FOIL RACE!  
RIDER RAIPOE CHAPELIER PHOTO AFS



In this special edition of Movie Night, we're featuring the best of the best videos released in 2022, as voted on by YOU in the Tonic Mag Readers Awards!

The competition was fierce, no doubt! It is a credit to all creators and riders for providing top-notch content for the winging and foiling community, but the creative geniuses and talented athletes behind these top four videos stood out—so grab a beer; this is the ultimate movie night!

# MOVIE NIGHT

#1

## HOW LONG DOES IT TAKE TO LEARN SUP DOWNWIND FOILING?

Snagging top spot this issue on our Movie Night list is Maxime Chabloz's 'Learning to SUP downwind foil' vlog! If you've been struggling to learn a new discipline lately, this video should give you a little motivation!

141 votes


[CLICK HERE FOR VIDEO](#)

#2

## WING FOILING IS FOR ALL AGES FROM 10+ TO 80+

The Maui wingsurfing crew are always pumping out exciting followcam videos, but our readers seemed to love this one! Wingsurfers of all ages are sharing the stoke and claiming #2 on our Movie Night list in this issue!

128 votes


[CLICK HERE FOR VIDEO](#)

#3

## THE AMBITIOUS BUT ULTIMATELY DISAPPOINTED WAKE THIEF

Tonic Mag Editor Jack Galloway makes it to #3 on our Movie Night list with his 'The ambitious, but ultimately disappointed, wake thief' video chasing the Barfleur wake! Not the outcome he was hoping for, but stay tuned for more attempts!

99 votes


[CLICK HERE FOR VIDEO](#)

#4

## BACK TO THE SCENE OF THE (FOIL) CRIME!

When Kai Lenny hit the rocks of Uluwatu, his trusty foil board met its untimely end. But, thanks to some gear from Phantom Foiling, Kai was back in action and better than ever. Brace yourself for the epic footage of this thrilling ride!

78 votes


[CLICK HERE FOR VIDEO](#)





# 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 Adam Humphrey!** Here's what he had to say about the session:

"This session was at Lancing at the beginning of the summer, we had weeks of cross offshore North Easterlies and flat water, perfect for cruising up the coast and freestyle on the inside."

**CLICK HERE FOR A CHANCE  
TO WIN NEXT ISSUE!**





RIDER JEREMY WILMOTTE  
PHOTO MICHAEL WILLIAMS

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