



HOW TO

Understanding Exactly How to Stand Up on Your SUP

Knowing exactly how to stand up on your [inflatable paddle board](#) is more straightforward than it looks. On top of those principles, you'll choose up several essential understandings that will certainly assist with other elements of your paddleboarding, like your stance and also stroke.

Before You Stand Up: Place

Before to learn into the specifics of what to do on your board, it's finest to start with one of the essential considerations when paddleboarding, area. Choosing your location carefully can make your first attempt to stand up quickly. If you're mastering points, look for somewhere with tranquil water (no current) and also little to no wind, like a sheltered bay, sea, or small lake. Make sure to examine your local forecast as well as water problems.

Another thing to take into consideration regarding the place is what lies underneath. In addition to safeguarding on your own from the elements, you'll wish to consider what you're practicing over. You may fall off (which can be a great deal of fun), so make sure if you do, it's out the top of anything that could trigger injuries, like rocks, coral reefs, or any other immersed obstacles. This provides you the satisfaction to focus on what you're exercising without needing to worry about if you could obtain harmed diminishing.

Before You Stand Up: Going Into the Water

Since you've examined the conditions (wind, waves, and existing) and also are heading to the water, it's time to take into consideration how to jump on your [SUP](#). Always make sure you have sufficient clearance beneath you, so you do not harm your fins. An excellent guideline to comply with is to first stroll your board out into the water. When the water is up to your knees, establish the board on top of the water. By doing this, you understand you have ample clearance in between your fins and the bottom, also after the added weight of obtaining on-board.

SUP Safety Tips



How to Stand Up: Jumping on

Step 1:

With your [paddle board](#) in the water and adequate clearance for your fins, you can currently get on-board. To hop on your [SUP](#), place your paddle perpendicular to the board just in front of the carry deal with. Place your paddle across your board, perpendicularly keeps it out of your means as well as develops much less of a possibility of it moving off the side.

Step 2:

Currently, with the paddle resting perpendicularly across the board directly before the lug takes care of, position both turn over the paddle shaft. Your hands ought to be put over the shaft approximately shoulder length apart.

Action 3:

With your hands relaxing over the paddle shaft roughly shoulder length apart, area one knee on the far side of the board as well as after that the other on the near side of the bring to deal with. Considering that your hands are already on the shaft of your paddle, you'll be able to rest back with your paddle already comfortably in hand.

Newbie Tips

If it's your very first time, it's highly recommended that you invest a long time paddling from your knees. This aids you obtain comfy with your board and paddle stroke before standing. However, knee paddling likewise has several other usages and also benefits for novice and experienced SUPers alike.

How to Stand Up: From Stooping to Standing

Up until now, so good. You inspected your local conditions and also chose a place. You introduced your board in a risk-free area on that particular body of water, with adequate clearance for your fins. As well as currently, you're conveniently resting in a kneeling position, paddle in hand, on your SUP. Exactly how do you stand up on your SUP? You're nearly there!

How to Choose a Life Jacket for Paddle Boarding

Step 1: Place Yourself



To stand up on your board from your knees, position the paddle before you, so it's laying perpendicular. Much like you were placed for 'Step 3' over. Now, with both turn over the shaft of the paddle, look toward the perspective before you and lean onward, lifting your butt off your feet. Similar to getting ready to creep on your hands and also knees.

Step 2: Crawl to Squat

Now that your hands are resting on your paddle in front of you bring each knee to your chest, so you're in a crouching placement. Attempt to maintain your feet level as this will certainly aid you in keeping your board stable.

Step 3: From Crouching to Standing

Now from a squatting placement with both feet level on the board shoulder-width apart, push you up as though you are squatting or raising a hefty box. You may generally want to obtain up on the spheres of our feet in an all set position. However, you'll obtain more security on a SUP by keeping your feet flat on the board in contact with the surface area.

CONGRATULATIONS!

You're standing! You are now on your feet, yet you'll want to make sure you're in the perfect position on your board.

Step 4: Cutting Your Board

Considering that all [inflatable paddle boards](#) and also bikers are different, your precise setting on the board will vary. You desire to locate your beautiful spot, so the length of the board is in contact with the surface of the water.

To locate it, first, take a look at your nose as well as tail when you're standing. Is one or the other visibly out of the water? If so, after that, you'll want to change.

To make moving up and also down your board easier, plant your paddle on your board before you. You are having the paddle planted on the board before you let you use it to preserve your balance, comparable to utilizing a handrail or walking cane. Currently, place your hands on the shaft, plant the blade of the paddle, pointer down, on your board in front of you.

Currently, you can shuffle your feet one at sometimes ahead and also in reverse quickly. If your nose is as well way out of the water, you require to move on. If your tail runs out the



water after that, you need to move backward. Bear in mind where your feet are on the board for the following time.

Pakaloa SUPs have formed deck pads that transition from front to back, so with a little bit of method; you can place your feet where you depend on the board without overlooking.

8 things you shouldn't do with your paddle board

Now That You Know Exactly How to Stand Up

As you can see, standing isn't that challenging, yet there is a method you can utilize to your benefit. Directly jumping on board and up on your feet is something, yet recognizing just how and why you place on your boosts your insight as well as an understanding of the sporting activity.

This consequently can move to various other abilities as well as strategies you create gradually. All of that enhancement adds up to more fun on the water! So get out there, keep practicing, as well as be sure to appreciate yourself while you're doing it.