

Adding The Tantrum To Your Repertoire

Written by Gordy Bubolz

A Tantrum, or heel side back flip, is generally the first or second invert we will teach people at wakeboard camp. In the picture, notice how Tim Keeper squares up his shoulders off the wake, keeps the handle close, and looks back to spot the water for his landing. The key to this trick is initiating it correctly off the wake. When that's done right, the rest of the move comes easy.

Prerequisites

One of the hardest parts of learning a new basic invert is taking the exact same approach to the wake on every attempt. I think it helps to have heel side wake-to-wake 180s dialed in before attempting inverts because they help teach edge control toward the wake. Also, if you can try the tantrum on a trampoline first, it will make it much easier on the water.

For the Driver

Slow the boat down 2 to 3 mph from normal boat speed. A big mushy wake will force the rider to edge all the way to the top of the wake before throwing the trick, and the slower speed will take away some of the fear of trying something new.

The Approach

Approach the wake with a normal wake-to-wake cut. Make sure to edge all the way up to the top of the wake before squaring up your shoulders and throwing your head back. I have heard a lot of different theories on how to edge toward the wake on this trick, but the way that always works best for me is just a solid edge all the way to the top of the wake.

In The Air

Square up your shoulders, or make them parallel to the wake, and look up and over



as if you were doing a normal back flip on a trampoline. Try not to let the handle get away from you, keep your elbow bent and the handle at shoulder level.

The Landing

The nice part about this trick is that you can see the water the whole way through the rotation, which makes landing relatively easy.

Troubleshooting

These are the areas that most people have difficulties when trying Tantrums.

I am under-rotating on this trick – This is typically a sign that you are throwing the trick too early. The hardest part of this move is learning to wait, and edge all the way to the top of the wake before flipping.

Slow the boat down a little more to get the feeling of edging all the way up the wake, and throwing the flip harder.

I'm rotating a tantrum to revert – The best way to cure this is to throw the trick more over your back shoulder off the top of the wake. Also, when you are coming out of the rotation, don't let the handle pull across to your back hip, keep it near your front hip.

The handle pops out when I land – Start a little wider on your approach, and take more of a drifting cut toward the wake. In the air, keep the handle in closer and concentrate on pulling it in more to reduce the line tension on landing.

Gordy operates the Gordy Bubolz Wakeboard Camps, which are sponsored by Correct Craft, Fort Fremont Marine, Ronix, Smith, Ten 80 and Blifly High.