

# Basic tips on how to enjoy standup paddle surfing

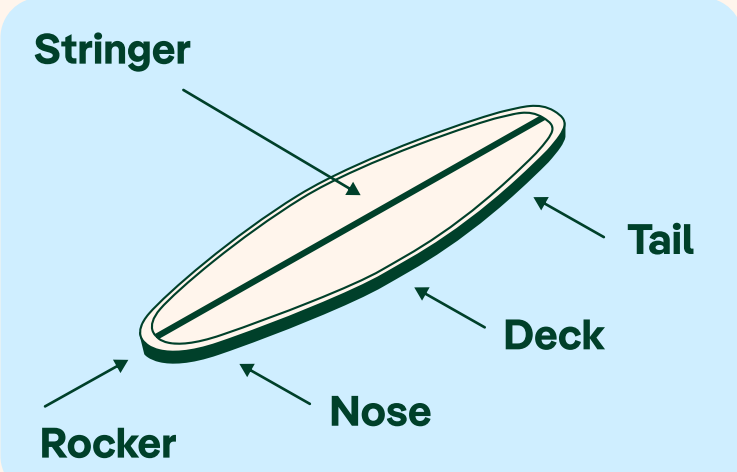
Standup Paddle Surfing, also known as SUP, is a water sport that is gaining a worldwide following thanks to its numerous health benefits. Here we'll show you everything you need to know to get off to a good start.

- 1 Paddle length**  
With your arm raised, the handle of the paddle should be at wrist level.
- 2 Leash**  
Always make sure that the leash is attached to one of your ankles.
- 3 First steps**  
If you are just starting, practice by kneeling on the board before standing up.
- 4 How to hold the paddle**  
Hold your arms up in a U-shape and this will guide you as to where to place your hands
- 5 How to position the paddle**  
The angle of the paddle should be placed forward to maximise the power.
- 6 How to paddle**  
Put the paddle into the water by positioning the arm holding the handle of the paddle next to your body and extending your other arm forward.
- 7 End of the stroke**  
Take the paddle out of the water when it is parallel to your feet.
- 8 Changing hands**  
To avoid mistakes when changing hands, first place the hand in the middle of the paddle and then grasp the handle with the other hand.

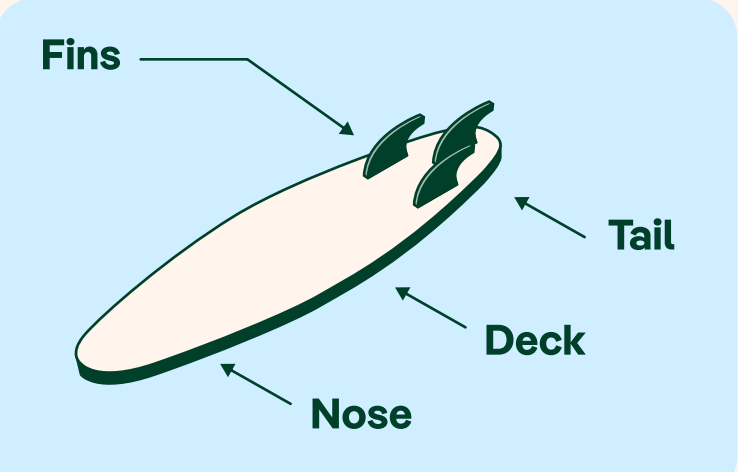
## The board

The key element needed to practice this sport: its shape and volume condition stability and performance.

**Deck**



**Bottom**



Stringer, Tail, Deck, Rocker, Nose, Paddle, Fins, Tail, Deck, Nose

## Body and stance

The perfect stance is with your feet slightly apart, in a straight line with your shoulders. Use the rest of the body to keep your balance.

