

SASS X Okia Surfing biomechanics Retreat.

“Learn from the most powerful Surf coaching system in the world. Change your surfing forever in record time with the retreat with SASS Global travel x Okia surfing “

Using the best surf training system in the world means making surfing fun again—a completely innovative approach to the sport of surfing through Biomechanics. The OKIA system will change your perception of how to learn new skills fast in surfing and any sport.

“Knowledge is Power”

This three-day course includes three workshops taught through the learning cycle system.

A schedule through the most successful sports learning tool, the **learning cycle system**.

The learning cycle system:

The learning cycle system is the process we go through to learn a concept in any sport. Without guidance, this learning process could take years of trial and error. Instead, this tool generates a deep understanding of sports skills on a conscious and subconscious level. This three-day workshop is built around this learning system.

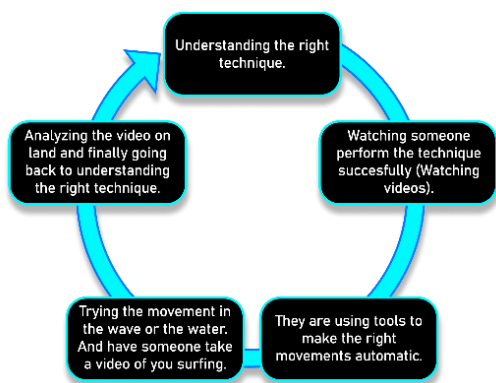
“When you understand what you must do on a wave, doing it becomes easy.”

Through the learning cycle, we make the learning period short, and we are not only able to learn a skill, but the system lets us simultaneously perfect it. The learning cycle System is the art of learning how to surf quickly. This system allows you to make movement patterns unconscious, “for example, a bottom turn.”

“The learning cycle system is also taught as a tool to learn new skills in the future, not only in surfing but any sport



3 Day Workshop outline:



This outlines every single day of the SASS X OKIA training program.

•24 hours of surf coaching over the course of 3 days.

•8 hours per day



Chapter 1: Generating a deep understanding of the right technique: 2hrs

We deliver the concept we will work on at this stage. It is about teaching, demonstrating, and learning specific key concepts of a successful surfing performance.

Also, after understanding the right technique, demonstrating means Watching “the golden standard surfers” (Mick Fanning, Kelly Slater, Andy irons): Watching the best surfers in the world using the techniques we discussed in the workshop. This enhances the belief system of the surfer, which is one of the most important aspects of the learning process.

Chapter 2: Generate muscle memory through shadow surfing: 2hrs

The term shadow surfing comes from “Shadowboxing,” which means practicing the biomechanics patterns we learned outside the sea. There are many ways to use Shadow surfing. These are some of the few we use at Okia Surfing.

- Functional training.
- Carver skating.
- Neuro-linguistic programming.
- Shadow surfing.

Chapter 3: Surf session with 4k footage: 2hrs

The next step is to go into the ocean specifically to try the new learning movement pattern. Surfing can be an overwhelming puzzle. The idea is to go to the ocean with a specific goal and focus only on this goal for the whole session. This process is the only way to make a concept click in surfing. Now there are specific tools to make you focus on the water on these tasks that make movements stick with you forever.

Chapter 4: Group video analysis and back to understanding the fundamental concepts: 2hrs

Group video analysis is better because we learn from other people's mistakes learning this concept, and it is a more powerful learning tool. At this stage, we return to the concept we are learning and compare the video of the "Golden standard athlete" (Mick Fanning, Kelly Slater, Andy irons) to ours. This results in a complete learning cycle and an experience that makes the movement click forever.

Content Index:

Day 1: Learning cycle + Foundation triangle system.

An immersive program designed to take any experienced or professional surfer to a deep level of movement awareness through surfing biomechanics, designed to improve performance drastically.

Foundation triangle system:

The foundation triangle is the most powerful tool to get a surfer aware of the building blocks of a successful performance. A deep understanding of this tool results in an enhanced flow state on the wave. A combination of fundamental key concepts + Biomechanics makes this tool the most successful training system in the world.

Day 2: Frontside Biomechanics.

Rail engagement workshop.

Through surfing and biomechanics, learn how to use your rail to apply more power and projection and generate speed through your turns. This workshop is going to change your frontside forever. Discover the key elements of powerful performance on your forehand surfing.

Day 3: Backside attack.

Backside Bottom turn biomechanics + Backside top turn biomechanics

Backside surfing biomechanics. The Bottom turn and top turn movement patterns from Okia surfing transcend into professional surfing. We are not giving students tools to improve but the critical aspects of elite-level backside surfing.

Total Hours 24 hours of training over the course of three days Price 400.00 \$