

# **Surf Evaluation Report - Julia Becea**

Date: 2025-11-01

## **Category: Moving in the white water**

Day 1: Grab the board with both hands on the tail - Rating: 3

Day 1: Keep the tail turned to the waves when walking outside - Rating: 3

Day 1: Keep the tail turned to the waves when waiting for a wave - Rating: 3

Day 1: Lift the board over the small waves - Rating: 2

Day 1: Sink the tail of the board - Rating: 5

Day 1: Wait 5-10 meters before the impact zone - Rating: 5

Day 1: Choose the wave with enough time/distance before laying down on the board - Rating: 5

## **Category: Catching the wave**

Day 1: Lay down in the correct position on the board - Rating: 5

Day 1: Keep the nose pointing to the beach - Rating: 5

Day 1: Paddle with long and deep strokes - Rating: 5

Day 1: Keep the body and board stable while paddling - Rating: 5

Day 1: Keep the chin up and look over the shoulders to check the wave behind - Rating: 5

Day 1: Start to paddle at least 5m before the wave hits the board - Rating: 5

Day 1: Paddle 3 stronger and faster strokes - Rating: 5

Day 1: Put the hands next to the chest - Rating: 5

Day 1: Pause and breathe before initiating the steps - Rating: 5

## **Category: Standing up (3 steps)**

Day 1: Look straight in front during all the steps - Rating: 5

Day 1: Stretch and lock the arms - Rating: 5

Day 1: Keep the lower part of the body down and relaxed - Rating: 5

Day 1: Unlock the arms - Rating: 5

Day 1: Twist the shoulders and roll the hip - Rating: 5

Day 1: Keep the feet relaxed - Rating: 5

Day 1: Touch with the heel of the back foot on the upper part of the knee of the other leg - Rating: 5

Day 1: Keep the heel of the back foot on the board - Rating: 5

Day 1: Put the back foot at an angle of 90° to the board - Rating: 5

Day 1: Don't lift the back foot heel and keep the front knee straight - Rating: 5

Day 1: Pass the front foot below the body - Rating: 5

Day 1: Put the front foot in the middle of the board - Rating: 5

Day 1: Push the lower body down to the centre and rise with the legs - Rating: 5

Day 1: Keep the back knee inside - Rating: 5

Day 1: Knees - Rating: 5

Day 1: Legs and upper body slightly bent - Rating: 5

Day 1: Front arm pointing forward - Rating: 5

Day 1: Back arm high - Rating: 5

Day 1: The body is relaxed when standing on the board - Rating: 5

### **Category: Safety**

Day 1: Hold the board next to the body - Rating: 5

Day 1: Never grab the leash - Rating: 5

Day 1: Never stay behind anyone - Rating: 5

Day 1: Never let go the board - Rating: 5

Day 1: When falling - Rating: 5

Day 1: Never dive head first - Rating: 5

Day 1: Protect the head after falling - Rating: 5

Day 1: Never turn the back to the waves - Rating: 5