

# Surfing Takeoff & Pop-up

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## 1 Gerr's method

<https://www.youtube.com/watch?v=vOUvoZL208I>

<https://www.youtube.com/watch?v=l7Rq6S0FC4c>

## 2 Exercises

<https://www.youtube.com/watch?v=dFXyisjYnZw>

<https://www.youtube.com/watch?v=9IFVJd0ngUY>

Gerr recommends 100 pop ups a day broken up into 50 FS, 50 BS. In addition, he advises doing the pop-up eyes open (EO) and eyes closed (EC).