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# It's not where you are. It's where you're going ...

by Faith Attaguile



*Hello again ... I'm back for my August guest post in the series "Where in the World is our Water."*

*This time, let's dive right into one of my favorite things to do. I have a question for you ...*

Photo Source: <http://thescuttlefish.files.wordpress.com/2010/06/page181.jpeg>)

## Have you ever body surfed?

I have. Learned how years ago off a southern California beach in the beautiful waves of the Pacific Ocean.

I'm no pro and don't pretend to be. But oh, how I love to let those waves give me the ride of my life!

Still, watching the pros body surf like the one in the photo above leaves me breathless.

Looking at the photo, you know that body surfing isn't just a sport. It's a dazzling art!

Want proof? Check out body surfing "king" Mark Cunningham's dance in the waves in this video:

**VIDEO: [Mark Cunningham Body Surfing Pipeline](#)**

## "Just pretend you're a dolphin!"

That's what a friend told me when I first started body surfing.

And Mark Cunningham sure looks like he's a dolphin, don't you think?

But he wasn't like that at first. He had to start at the beginning before he became the artist he is today. He'd probably be the first to tell you that.

So you can discover the fun of it, too. All you need are a few tips on how to hold your body and your arms ... and you'll be set to go. The rest will come naturally as you skim the waves and your body learns what to do.

But remember, safety first:

- ✓ Don't go out alone into the ocean. As a beginner, make sure you body surf near lifeguards. And go with a friend.
- ✓ If there's coral around, make sure you know where it is. That goes for sandbars, too.
- ✓ To have the best experience, you'll need good waves to surf. But as a beginner, don't go out into waves over four feet.

So let's look at a short video that tells you how to get started in a few easy steps:

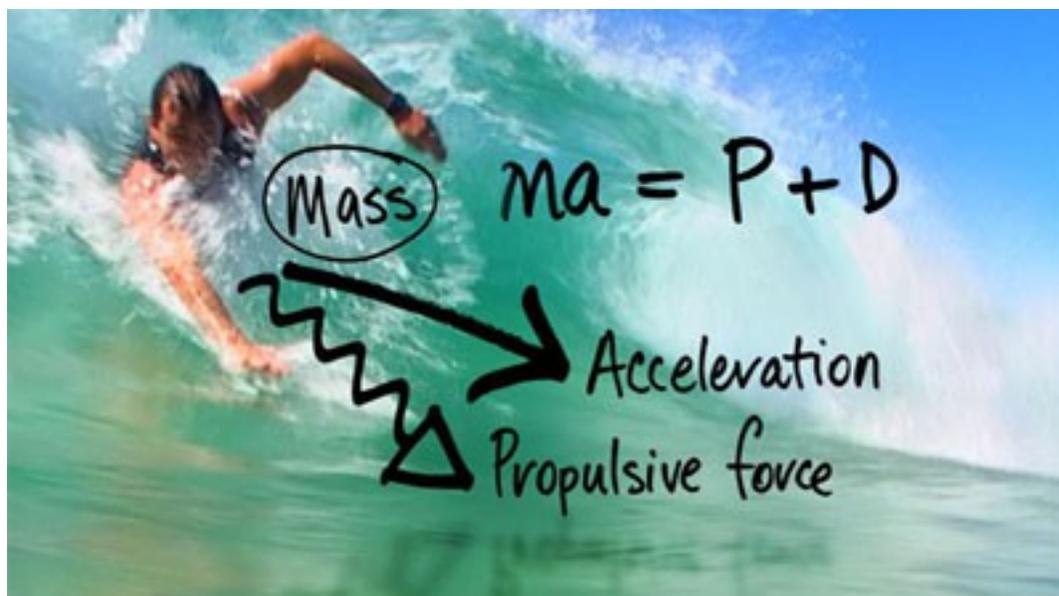
VIDEO: [How to body surf](#)

## The "math" of body surfing

If you're like me, you're always wondering how things happen. Remember the photo at the beginning of this post? How does he propel himself like that, anyway?

Well, it turns out there's a fascinating science to it all. And a man from Australia named Nevelle de Mestre figured it out back in 2004.

Beginning when he was only eight years old, Nevelle became a champion body surfer (and mathematician). He later developed a formula for the [physics of riding a wave](#) and it looks like this:



**VIDEO: [The Maths of Body Surfing](#)****What are you waiting for?**

Try body surfing, you'll like it! Pretty soon you'll be riding the waves like the body surfers in the video below. And as you're learning how to body surf, don't forget ... it's not how you start. It's where you finish!

How about a little body surfing over the fantastic ocean waves?

You can find Faith talking about sustainable issues and helping green companies sing their message over at [Frontline Copy](#). Connect with her on [Facebook](#), [Twitter](#) and [Google+](#)!