

## How to Pick Your UHA Size

The UHA Front Foil is all about glide, efficiency, and staying connected for longer. The key to picking the right size comes down to what kind of riding you want to do, how much efficiency you're chasing, and how locked in you want the foil to feel.

To put it simply, think of the UHA range as a sliding scale between early lift and maximum glide at the bigger sizes, and higher speed efficiency as you size down.

### Bigger UHA Sizes: 1270 / 1070

These are your early lift, light wind, and glide focused options. They get you up incredibly early, stay efficient through long pump flights, and feel very pitch-stable once flying.

Best for:

- Learning to Downwind SUP, as well as pushing the low end of what you can ride in
- Dock starts and pump sessions
- Light wind winging

Expect a more locked in feel with less roll, but huge efficiency and range.

### Mid-Range UHA Sizes: 970 / 870 / 770

This is the sweet spot for many riders. You still get excellent low-end lift, but with more speed and control as conditions build.

Best for:

- Powered downwind runs
- Dockstart racing and faster pump sessions
- Riders who want efficiency without going full max span
- Light wind winging
- Maximising your FoilDrive run time

These sizes balance glide and speed while staying predictable underfoot.

### Smaller UHA Sizes: 670 / 570

These are all about speed and efficiency once you're already flying. still have great low end for their size, more top and best suited to experienced riders.

Best for:

- High wind downwind
- Advanced pump and dock start sessions
- Winging in gusty locations
- Gaining efficiency while having a small foil for FoilDriving

You'll give up some early lift but gain speed and control at the top end.

### Overall

If you're coming from an HA and want similar turning with more efficiency, you'll likely want to size down when moving into the UHA.

If your main goal is simply more glide and a wider speed range, you can often stay on a similar size, just with the understanding that the feel will be more locked in and less turn focused.

The UHA Front Foil sits right between efficiency and usability. It rewards smooth riding, gets you up early, and keeps you gliding longer without needing aggressive inputs. If your sessions are about downwind flow, efficient pumping, and covering more ground with less effort, this is the next step. Pick your size based on how you want your sessions to feel, not just the number printed on the foil.

**Turn. Connect. Flow.**