

Lukas Irmler

PICKING UP THE SLACK

Before you set foot on a slackline, read and digest these tips from Germany's world-record breaker.



THE RED BULL BULLETIN

Slacklining is very simple and, at the same time, immensely hard. The sport may merely involve walking from one end of a length of flat webbing to the other, but only a small percentage of people have mastered it. One of these is Lukas Irmler.

"In the beginning, slacklining didn't feel at all possible to me," says the 31-year-old German. "But I kept practicing and practicing and I started to make progress. After crossing my first little slackline and looking back at it, I was amazed at how I'd been able to make something that seemed impossible possible."

Irmler has now walked some of the world's most impressive and intimidating slacklines and highlines, most notably this August when he set the record for the longest highline walk ever: 6,561 feet at Ville d'Asbestos in Quebec, Canada.

"It was a long-standing dream of mine to have that pure record," Irmler explains. "If you keep pushing yourself to the outer limits of the sport, you start pushing the sport with you."

Here, Irmler shares five of his top slacklining tips. "I think [success] comes down to a tolerance of frustration," he observes. "You will fail a lot before you succeed. You just have to be passionate and persistent enough to keep on going and continue to believe."



1. TAKE IT EASY

"Start on a short, low slackline and practice until you can get across without falling."

2. DITCH THE SHOES

"Going barefoot will mean you get a much better feeling for the line itself."

3. FACE FORWARD

"Place your feet forward in the direction of the line, facing outward. This way you'll be facing the line, not the anchor."

4. CHECK YOUR POSTURE

"Maintain a little bit of a bend in your knees and ensure that you keep your arms up high throughout. People often forget to do this for balance."

5. KEEP YOUR FOCUS

"Remain focused on a single point at the very end of the slackline. Many people make the mistake of looking down at their feet."

Irmler walked his first slackline in 2006 and has gone on to break two Guinness World Records and set various highline standards.

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