

Fundamentals of Windsurfing

Things that are in every windsurfing maneuver. Or. Maneuvers you will need situationally, sooner or later or you will be a windsufferer!"

NO.	Fundamental – The What?	Why?
1	Eyes	Where are the eyes are looking? What are the effects on posture and timing?
2	Centerline of the board	Be on it, or off it, and be able to get back to it. Move forward and backward over the centerline, i.e. tack
3	Independent arms	One arm bends/the other arm extends. Also with straight arms and arms vertical as in a waterstart. The push/pull of windsurfing.
4	Hanging Save	Used for falling over backwards into the wind
5	Tennis Save	Used when overpowered, resting, counter balancing, etc.
6	Posture (stance and body position)	Number7, hanging C posture, or arched postures
7	Foot placement and timing	Placement and sequence
8	Hand placement and timing	Placement and sequence
9	Sail handling	Power on, off, slicing, stalling and recovery, feathering, steering, & pumping
10	Mast steering	Needed for basic position, waterstarting, jumping aerals, etc.
11	Waterline steering	Needed for basic pivot jibe, etc.
12	Normal wavy S's	Steering upwind and bearing off
13	Clewfirst wavy S's	Needed to do a basic jibe, etc.
14	Backwinded wavy S's	Needed for basic tack before 12 o'clock
15	Tacking family	Many ways to turn the nose thru 12 o'clock
16	Jibe family	Many ways to turn the tail thru 12 o'clock
17	Fin first waterline steering	Best way to learn essential waterline steering
18	Harness line hook in and unhook	Less arm work and more efficient counterbalancing
19	Uphauling	Essential and safety
20	Beach Starting	Easier than a uphauling
21	Waterstart	Safety in deep water windier conditions
22	Holding on the boom whilst falling	Safety for all
23	Carrying the gear many ways	Efficiency, safety, and gear protection
24	Rigging and trimming the gear	Safety, and ergonomic fit to specific sailor aims
25	Rules of the road- right of way	Safety and sailor duty
26	Safety	Weather, current, tide, ability, backup plan, etc.

27	Self-Rescue - light wind and high wind	Self-reliance. Getting to and from the wind or less wind. Broken gear/injury.
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