



# **SOUTH ADVENTURES KITEBOARDING SCHOOL COURSES DESCRIPTIONS**

## Discovery Course > 3 hours

Do you want to discover the sport and learn how to master the wind? Our level 2 Senior certified IKO instructors will introduce you to various aspects of the sport and teach you how to hone various skills on land before performing on water all the while learning the safety rules. The instructor will make you learn how to keep safe by showing you how to assess the wind and physical location; use the safety systems; manage proper equipment; set-up; and control the kite.

### Level 1A

1A.1- Know safe wind directions and conditions for kiting

1A.2- Know hazards on a spot

1A.3- Set up a trainer kite

1A.4- Know the use of safety systems

1A.5- Carry and handle the kite properly

### Level 1B

1B.1- Have basic flying skills with trainer kite

1B.2- Launch and land the trainer kite with an assistant

1B.3- Twist and untwist the lines while flying the kite

1B.4- Walk and change directions while flying the kite

1B.5- Know the wind window

#### Level 1C

1C.1- Set-up a 4/5 line kite with a full de-power system

1C.2- Pre-flight check of equipment and settings

1C.3- In flight check of equipment and settings

1C.4- Pull quick release and activate leash

1C.5- Understand and use the international communication signals

1C.6- Launch and land the kite to an assistant and as an assistant (4/5-line de power kite)

#### Level 1D

1D.1- Control the kite hooked into the harness

1D.2- Understand the de-power system and can use the safety systems

1D.3- Advanced flying skills with the de-power kite

1D.4- Show full control of de-power systems in flight

## Level 1E

1E.1- Self-land

1E.2- Recover the bar and kite

## Intermediate Course > 3 hours

Are you ready to get wet? It's time for your first water start. Get ready to explore the full potential of the wind power. You'll learn to: use the kite power to body drag in all possible directions, water relaunch your kite, self rescue, recover your board; and become proficient at the MOST VALUABLE SKILL IN KITEBOARDING ... riding on your own!

## Level 2F

2F.1- Enter and exit water independently and safely while controlling the kite

2F.2- Water re-launch the kite

2F.3- Body drag downwind

2F.4- Maintain correct kite position in the wind window

2F.5- Change direction to the left and right while body dragging

2F.6- Self-rescue and full pack-down in deep water

## Level 2G

2G.1- upwind body drag to recover board

2G.2- upwind body drag holding the board with one hand

2G.3- Enter and exit at the same point while upwind body dragging

## Level 2H

2H.1- Know the power stroke for a water start

2H.2- Know the safety rules and theory for water start

2H.3- can put the board on the feet and maintain the correct position for water start

## Level 2I

2I.1- Water starts in both directions and ride a short distance

2I.2- Come to a controlled stop

2I.3- Understand weather forecast, tidal- and wind effects

2I.4- Determine the wind strength, direction and quality

2I.5- Know the right of way rules

2I.6- Know equipment set up and choice according to the weather conditions

## Independent Course > 3 Hours

The more you learn the most pleasure you will have. It's time to become an independent rider! Our Instructor will show you how to ride upwind, toe-side, attempt your first jump, and help you focus on advanced skills like controlling your speed by edging, changing direction without stopping, self-launching and self-landing safely.

As an independent rider, you'll be able to ride on your own and rent equipment wherever you go.

### Level 3J

3J.1- Control the riding speed by edging

3J.2- Toe side edging

### Level 3K

3K.1- Consistent riding in all directions including upwind

3K.2- Ride amongst other riders and water users and respect right of way rules

### Level 3L

3L.1- Change of direction without stopping

3L.2- Make a toe side turn

### Level 3M

3M.1- Risk assessment and awareness of the riding area

3M.2- Self-launch

### Level 3N

3N.1- Know the theory and the safety rules for jumping.

3N.2- Land a basic jump

