



# **SOUTH ADVENTURES STAND UP PADDLE COURSES DESCRIPTIONS**

## 1. Flat Water level

This lesson is an introduction to Stand Up Paddle Board with a 4-hour duration, done in one or two days. Our goal is to provide you with the basic techniques needed to safely paddle on a stand up paddle board. You will leave the lesson with all the skills necessary to paddle with confidence and safety.

The entire lesson is conducted in calm, flat waters. Normally this level is held at our home spot, Tamariz beach in Estoril, unless the conditions are not the most perfect, which is not common at all!

It is highly important for new paddlers to begin in relaxed conditions, focusing on the important elements of board, paddle and stroke. As a beginner, you can never get enough flat-water paddle time. Remember, the more you paddle, the better you get!

1.1 - General explanation of the origin and development of the SUP

1.2 - Advantages and benefits of this sport to physical and emotional level. Respect for the environment.

1.3 - Safety (Hydration, cold and hot weather protection, warming up, weather and environment, security distances)

1.4 - Presentation of SUP equipment (Paddle, board and leash)

1.5 - Transportation and handling of equipment

1.6 - In and out of the water

- 1.7 - Prone paddling
- 1.8 - Knee paddling
- 1.9 - Standing up paddling
- 2.0 - Balances
- 2.1 - Rotations
- 2.2 - Paddling techniques and postures

## 2. WAVE level

On this lesson our goal is to acquire sufficient knowledge to catch waves and surf them. The lesson has a 4-hour duration done in one or two days. Its conducted in Lisbon area or at any near-by beach with small and mellow waves, being most of the times inside a twenty minutes radius from our center.

- 2.0 - Observation of ocean and conditions
- 2.1 - Different kind of waves
- 2.2 - Way in, way out, channels and currents
- 2.3 - Observation and selection of the wave
- 2.4 - Positioning standby
- 2.5 - Launched synchronization
- 2.6 - Initial positioning
- 2.7 - Positioning to start the wave
- 2.8 - Use of the paddle in waves
- 2.9 - Spin technique

## 3. Improvement lesson - Per/Hour

This lessons are for the ones who are already into the sport but want to improve in Flat Water or on the Waves.

#### 4. Taster - 1h

This one-hour lesson is a very simple introduction to the sport.

#### TO ALL LESSONS

- No experience necessary for the taster and flat water level.
- For the wave level, flat water is needed or show the same level.
- All students must know how to swim.
- Be in good health with no physical restriction
- Guaranteed to learn.