

## Level 2 Intermediate Non-Planing Windsurfing Instructor

### Maneuvers

Other ways to carry rigged sail  
Other ways to carry board  
Carrying board and rig together  
Sailing upwind without a daggerboard with weight on front foot  
Sail 180 (duck) to clew first sailing - no board turn  
Clew first wavy s's  
Tack into backwinded sailing with no board turn-sail- then untack to normal sailing  
Back winded wavy s's  
Stop & go  
Fin first from uphaul and beach start-enhances waterline steering  
Switch stance from normal sailing and return to normal  
Switch stance wavy s's  
Pivot jibe, clew first pivot jibe, duck 180 then jibe, switch stance pivot jibe, then switch stance pivot jibe with duck  
Long board tack - over sheeted past 12 o'clock tack  
Downwind pre-jibe drills  
Long board tack and jib with centerboard down  
Beach start in light to pesky wind  
Getting into the harness 1<sup>st</sup> time in light to pesky wind  
Sail 360  
Shore launch & return  
Dock launch and return - if appropriate

### Retest Level I Maneuvers

Assemble and disassemble a rig  
The 4 hauls: inhaul, downhaul, outhaul, uphaul- inspect and adjust  
Carry sail  
Carry board  
Uphaul  
Basic position (aka Neutral or Secure)  
Getting going  
Sailing - power on and power off  
Return to Basic Position  
Tennis Save uses: overpowered, resting, uphauling, other, etc.  
180 degree mast steering upwind turn aka Simple Tack (Mast Tack)

with a 2 step finish

Jibe) with a 2 step finish

180 degree mast steering downwind turn aka Simple Jibe (Mast Tack)  
Rope tack with 2 step finish  
Upwind Steering  
Downwind Steering  
Normal Wavy S's

50/50 tack...steer up wind with sail, then finish 180 degrees turn  
with flagging (mast steering) with 2 step finish  
Short Board Tack before 12 o'clock with 2 step finish  
One handed Simple Jibe (Mast Jibe)  
Pivot jibe.  
Controlled drop  
Controlled drop to light wind self-rescue

**Land Drills**

Do all maneuvers on land using a fin-less board with sail or ghost  
rig  
3 windsurfing basics: eyes, centerline, and posture.  
3 worst habits verses 3 good habits  
Basic rigging, derigging, basic board setup.

**Water Drills**

Board only drills- on land and water - on land -use pool noodle  
Paddling board- lying on the board and using hand paddling

**Discussion topics**

Safety  
Risk Assessment  
Weather  
3 Worst Habits and 3 Best Practices  
Rules of the road  
Falling off a windsurfer

**Simulator systems**

See separate section

**Tether systems**

See separate section

**Safety/Risk**

See separate section