

SPECIALIST - Advanced Beginning Non-Planing Windsurfing Instructor (ANP)

Must do 8 maneuvers from Light Wind Freestyle (page 112) not covered in Level 1 & 2

Maneuvers	Sail 180, follow the clew into backwinded, and clew first escape to normal sailing Zig zag tacking - normal to back winded to normal without turning the feet. Heli-tack Push tack aka Hoss tack Upwind 360 normal circle Downwind 360 Clew first down wind 360 circle Sail body 360 Fin first upwind 360 Flick flack Back to Back sailing and escape Light wind clew first tack Duck tacks – new and old school Light wind backwinded jibe Flowstyle maneuvers
Simulator systems	See separate section Sail Chi- intermediate
Tether systems	See separate section
Safety/Risk	See separate section