

Level 4 Planing Fast Tack, Carving Step Jibe Instructor

Must do both planing fast tack and carving step jibe (step then sail flip)

Maneuvers	Planing into short board fast tack - exchanging sides before 12 o'clock Carving step jibe Jibe variations Posture for speed and 6 th gear Rigging adjustments for speed Posture for speed
Simulator systems	See separate section
Tether systems	See separate section
Safety/Risk	See separate section