

THE FIVE WIND ZONES & SAIL CHI IN WINDSURFING

There are 5 Wind Zones below and Sail Chi on land.

1. Super light winds 1-5 mph.
2. Light winds 6-10 mph.
3. Pesky winds 11-15 mph.
4. Planing Winds 16-28 mph.
5. Super Planing Winds 29-40+ mph.

Sail Chi- live sail on a finless board in all winds. Best in steady 8-12 mph wind.

Some questions for you:

- Are you worthy and practiced in all 5 wind Zones and Sail Chi?
- Do you have great reasons to practice windsurfing in the 5 Zones?
- Are you the windsurfer type who says, "I'm either planing or complaining?"
- Are you sure that your habits are accurate and automatic in all 5 Wind Zones and Sail Chi?
- Do you know what you can gain from practicing in all 5 Wind Zones and Sail Chi?
- Do your homework especially in the Super Light, Light, and Pesky Zones plus Sail Chi!
- Then go forth and race, wave ride, shred, jump, foil, free ride, and share the stoke!
- Return often to the fundamentals in the light wind zones and pesky winds to enjoy and prepare for the harvesting of bigger winds.
- Our windsurfing idols are solid normal, clew first, and lee-sided sailors in every wind zone!

WIND ZONE NAME	WIND RANGE	THINGS TO WORK ON IN THIS ZONE AND SOME EXAMPLES.	WHY? REASONS. TECHNIQUE WINS!
SUPER LIGHT	1-5 MPH	Keep the rig leeward to have some rig weight to balance against. Stalling the sail is your enemy. Standing on the "sweet spot" is key. Patience, balance, and technique is sensitive and paramount. Learn the downwind circle family. Learn to slog upwind with no centerboard.	Stalling the sail is loudest, so do not do it. Get on a larger board for a change. Tiny sail + short bigger board first. Patience is paramount.

LIGHT	6-10 MPH	Get on a medium board and go crazy doing normal, leeward, clew first sailing upwind and downwind. Add in fin first, switch stance, throws basics and learn the upwind circle family. Let's lean back against the sail's power. Can you do both the short board and long board tacks with 2 steps? How are your demos? Are you doing all 4 types of steering: mast, sail, waterline, rail?	The better you are in light winds the more you will want to be good in planing winds. Is your posture, handiwork, and footwork spot on? Are you turning off the sail's power before moving it. Make your smaller board feel larger for every hour you spend on it. Can you uphaul your shortest board.
PESKY	11-15 MPH	A pivot jibe is different here than in light wind. Are you adjusting timing, sail handling, and angles here? Are you getting picked off due to posture, sail handling, and/or footwork? Foil it up here.	Ever fall off plane? Now what? Can you pivot jibe in 8 mph but not in 14 mph? Can you schlog a short board upwind?
PLANING	16-27 MPH	Heaven for most of us. Planing and going scary fast. But can you tack and jibe? Did you take lessons and get coaching? Do you only waterstart, hook in and strap in, then go far because your turns are suspect? Do you need a bigger sail to waterstart? Do you go from muscling the rig to muscling the rig with an athletic recovery in between or is it smooth and repeatable?	You have not tacked in years? Tired arms? "Windsufferer" or windsurfer?

SUPER PLANING	28-40 MPH	Great challenges with the right gear and ability here. You can take a ass-whipping or at least make peace with technique!	A real exciting adventure. Are you muscling the gear or windsurfer with skill here? Safety concerns.
SAIL CHI	DRAG BOARD WITH LIVE SAIL	Practice some type of sail chi in all winds on land drag board. Proper sail chi will make you super on the water. Simulation on land with a live sail really sets up improvement on the water.	Super sensitivity, improved footwork and handiwork via sail handling and timing. Luff, Power, Stall at its finest! And you stay dry! Be careful and spectators should stay out of 15' circle

Windsurfing is a lifetime of learning and adapting. Take lessons and be better in all five zones and sail chi.