

# Fundamentals of Windsurfing

Things that are in every windsurfing maneuver. Or maneuvers you will need situationally, sooner or later. Are you a skilled windsurfer or are you a windsuffer...er?"

NO.	Fundamental – The What?	The Why? Reasons?
1	Eyes	Where are the eyes are looking? What are the eyes effects on posture and timing?
2	Centerline of the board	Be on it, or off it, and be able to get back to it. Move forward and backward over the centerline, i.e. tack steps on the centerline
3	Independent arms	One arm bends/the other arm extends. Also can be done with straight arms and arms overhead as in a waterstart. The push/pull of windsurfing.
4	Hanging Save	Used for falling over backwards windward with sail falling on top of you.
5	Tennis Save	Used when starting to fall forward on top of the sail, overpowered, resting, counter balancing, etc.
6	Posture (stance and body position)	Number7 (big person), hanging C posture, or arched postures, hanging posture (little person).
7	Foot placement and timing	Exact placement and sequence = balance and efficiency
8	Hand placement and timing	Exact placement and sequence = balance and efficiency
9	Sail handling	Power on, off, stalling, slicing, and recovery, feathering, steering, & pumping, and throws.
10	Mast steering	Needed for basic position, waterstarting, jumping aerials, etc.
11	Waterline steering	Needed for basic pivot jibe, fin first, planing, etc.
12	Normal wavy S's	Steering upwind and bearing off
13	Clewfirst wavy S's	Needed to do a basic jibe, etc.
14	Backwinded wavy S's	Needed to finish a basic tack before 12 o'clock
15	Tacking family	Many ways to turn the nose thru 12 o'clock
16	Jibe family	Many ways to turn the tail thru 12 o'clock
17	Fin first waterline steering	Best way to learn essential waterline steering
18	Harness line hook in and unhook	Less arm work and more efficient counterbalancing
19	Uphauling	Essential and safety
20	Beach Starting	Easier and faster than a uphauling
21	Waterstart	Safety in deep water windier conditions verses uphauling
22	Holding on the boom whilst falling	Safety for all falls as a beginner, catapult, and foiling.
23	Carrying the gear many ways	Efficiency, safety, and gear protection in various winds
24	Rigging and trimming the gear	Safety and ergonomic fit to specific sailor aims
25	Rules of the road- right of way	Safety and sailor duty to others
26	Safety	Weather, current, tide, ability, backup plan, etc.
27	Self-Rescue - light wind and high wind	Self-reliance. Getting to and from the wind or less wind. Broken gear/injury.

