

Windsurfing Simulators and Aids to Teaching

- Wind clock on 3'x3'x1/4" plywood or some other material. Add a Baby windsurfer...ABK style.
- Finless drag board with rig or ghost rig attached with towline on bow or footstrap (on carpet, grass, sand, etc.) Best to use old beater boards.
- 4'x2'x1/2" plywood with UJ hole drilled in center with rig or ghost rig attached
- Board only for footwork.
- Draw a center line on board.
- Trace uphaul and underway foot positions on drag boards and plywood bases with indelible marker.
- Use pool noodles for rocking the board on land. Use noodle to simulate fore/aft balancing
- Finless drag board with UJ attached (on carpet, grass, sand, etc.)
- Sail chi and pre-sail chi.
- Ball bearing/golf ball/dolly types of swivel simulators used on the sand, carpet, etc. with board and rig strapped on.
- A simple line in the sand, a center line drawn on a board, a crack between two deck boards, etc. that simulates the "centerline of the board."
- Imagination and visualization
- Tethered board and rig on the water
- Tethered board only for board only drill on water
- Dig a hole. Place the fin into the hole and you have a complete windsurfer to simulate on. Taking the fin off is the better option.
- Baby windsurfer. A small windsurfing board and rig attached about 9-12 inches high.
- Pushing straight down a quarter with the index finger...ABK simulator... pushing down on angle with index finger equals quarter slide. Just like a mast pushing down thru mast foot...in each quadrant...turns the board.
- White board or chalk board for chalk talk and drawing windsurfing
- Sail Chi - land sailing. Point the board at 10 or 2. Boom boxing, etc.
- The art form of coaching someone on a simulator.
- Easy Uphaul use = use legs vs. back
- Easy Waterstart = more buoyancy in water starting entry
- Person to person simulation - ABK's unhooking using the abs, ABK's tennis save lifting of person holding the clew end of the rig. Instructor applying pressure to the rig simulating water on the uphaul, or wind or increase rig weight more similar to real conditions.
- Plantar flexing feet in super 7 whilst counterbalancing another person (holding wrist to wrist with another person in staggered stance).

Windsurfing Tether Systems

- Voice tether - student is within voice range
- Whistle tether- attached to instructor's PFD.
- Stand in water between knee and waist deep water with student on board w/sail rig. Hold the board at the tail with both hands as student gets to the sailing position and is sailing with pressure in the sail, the release the board. This tether can be combined with next 100' tether.
- 50' to 100' line with 3' bungee shock cord tether attached to windsurfing board either thru centerboard well, nose handle or loop, or foot strap. The other end is attached to windsurfing instructor wrist, PFD, or something else.
- Anchored board - tether parts are anchor, line, bungee, attached to windsurfing board either thru centerboard well, nose handle or loop, or foot strap.
- Anchored board with sail rig attached - tether parts are anchor, line, bungee, buoy, attached to windsurfing board either thru centerboard well, nose handle or loop, or foot strap.
- Towing a windsurfer....15' line with 3' bungee shock cord. Using a bowline, one end of the line is tied to instructor's UJ. Other end goes to boards, nose, UJ, or windsurfer lying down.
- Catch line/fence