

Waves ^{Trapes} Freestyle
RS:X ^{Action} Nielpryde
BIC293 ^{Formula} BIC ^{Goat}
Windsurfing
Freeride Slalom Ferie
Kandal Starboard

WINDSURFING KURS 1

BREVIK SEILFORENING - BRETTGRUPPEN

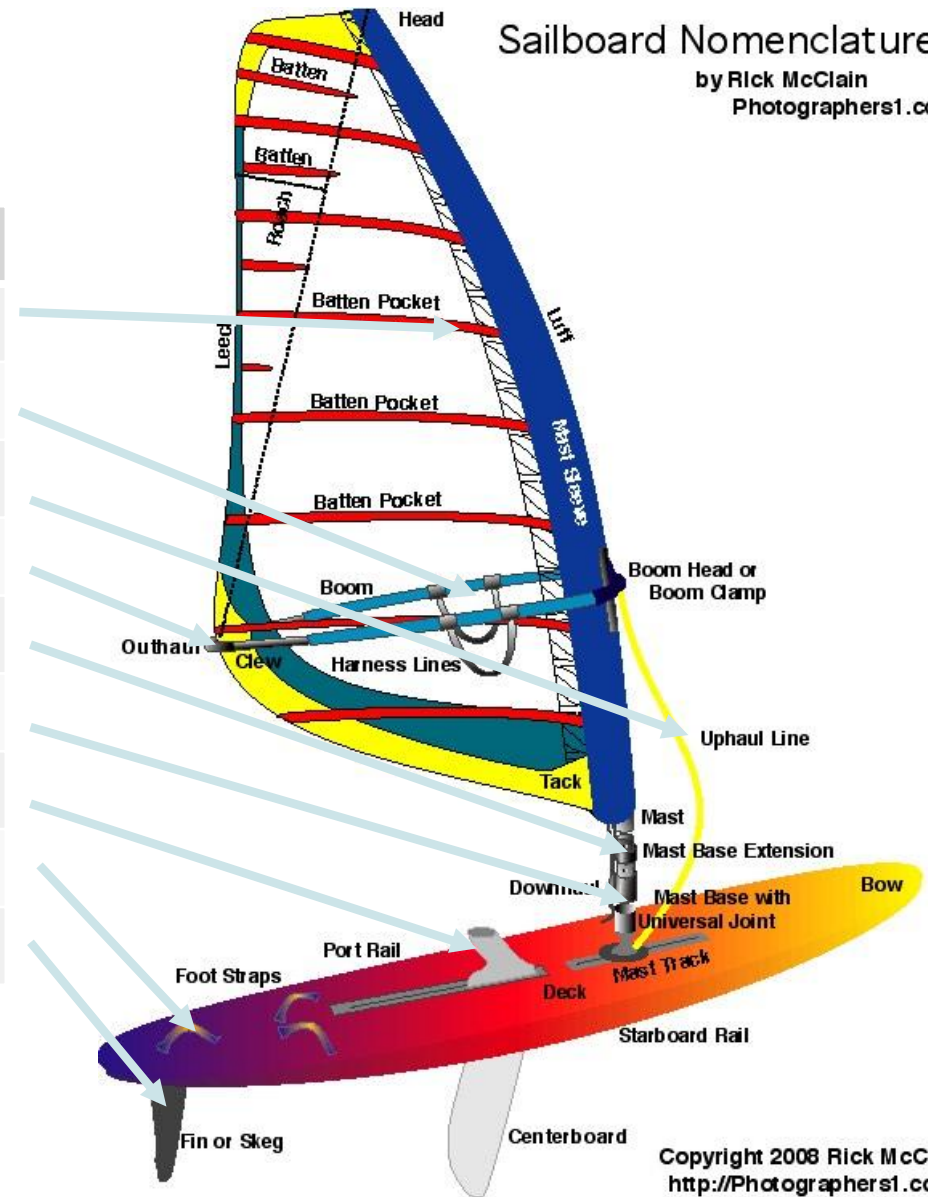
STUDENT MATERIALER



1. ORD OG UTTRYKK

Spiler
Bom
Opphal
Uthal
Mast/Maste fot/ Base Forlenger
Nedhal
Kjøl
Fotstropper
Finne

Sailboard Nomenclature
by Rick McClain
Photographers1.cc

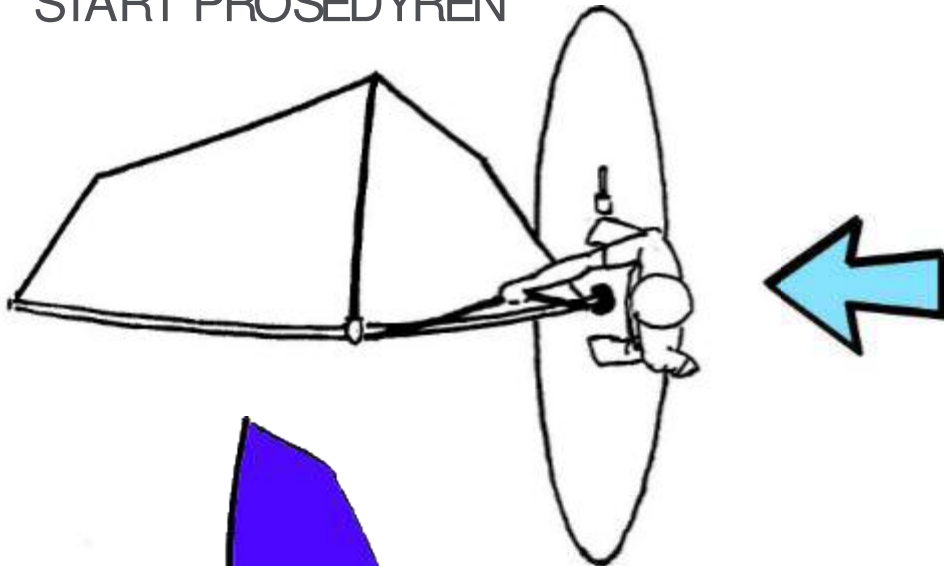


Copyright 2008 Rick McClain
<http://Photographers1.cc>

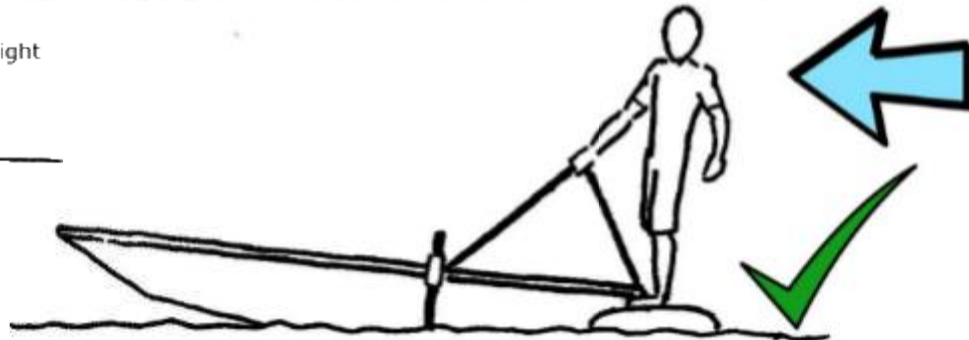
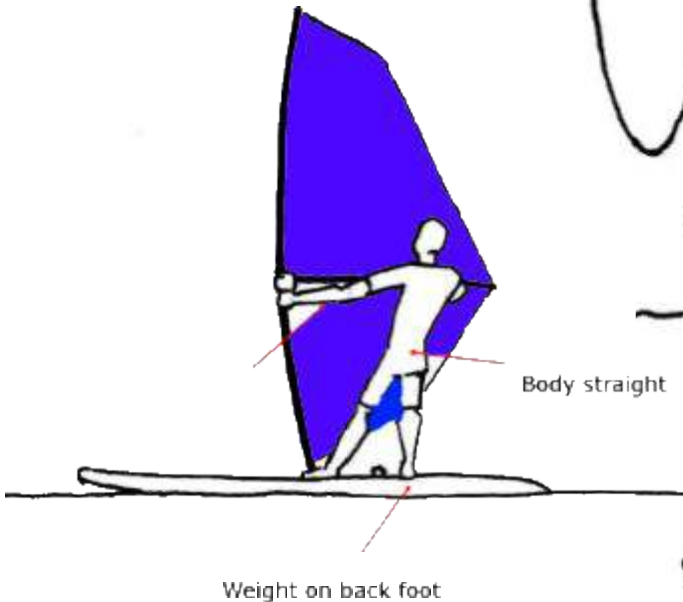


4A. SEILE TEORI & UTTRYKK

START PROSEDYREN



1. Finn ut hvor vinden blåser
2. Plasser Brett nese i seileretning
3. Seil ligger i vann **fra** vinden
4. En fot på hver side midt på brettet når du drar opphal





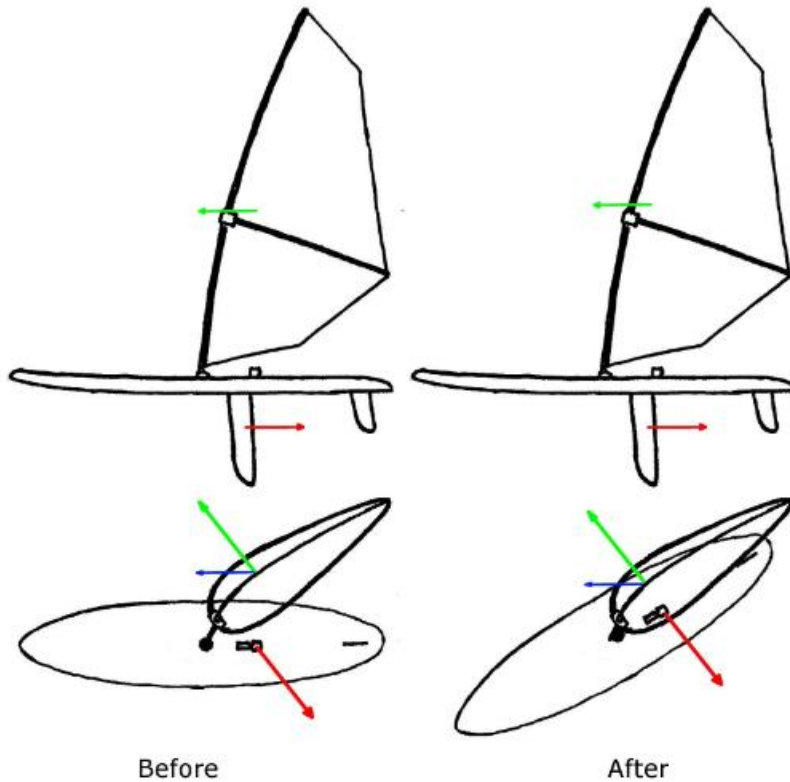
SIKKER T-POSISJON



4A. SEILE TEORI & UTTRYKK

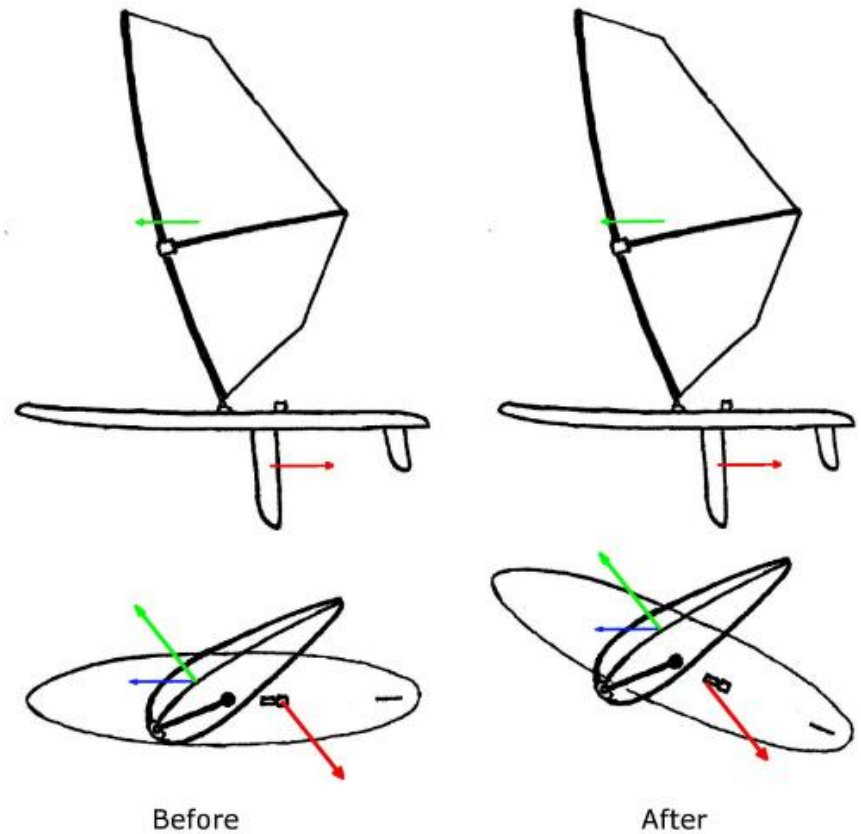
STYRE MED SEIL

Styre opp mot vinden



STYRE MED SEIL

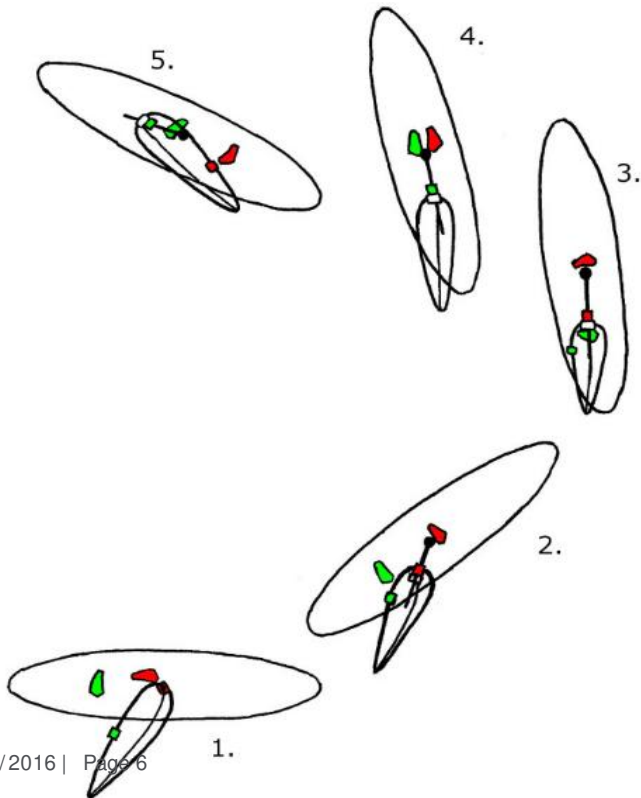
Styre ned fra vinden



4A. SEILE TEORI & UTTRYKK

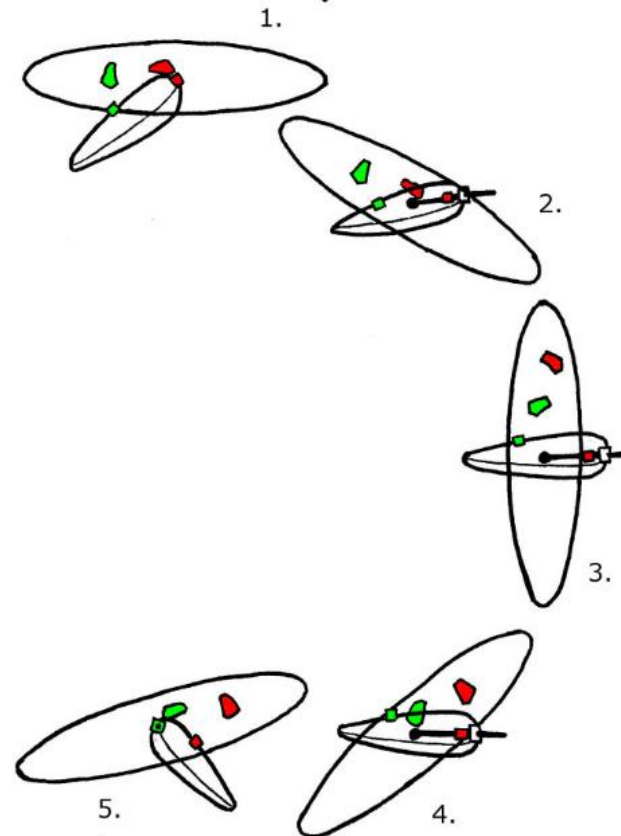
SLÅ

Så opp mot vinden



JIB

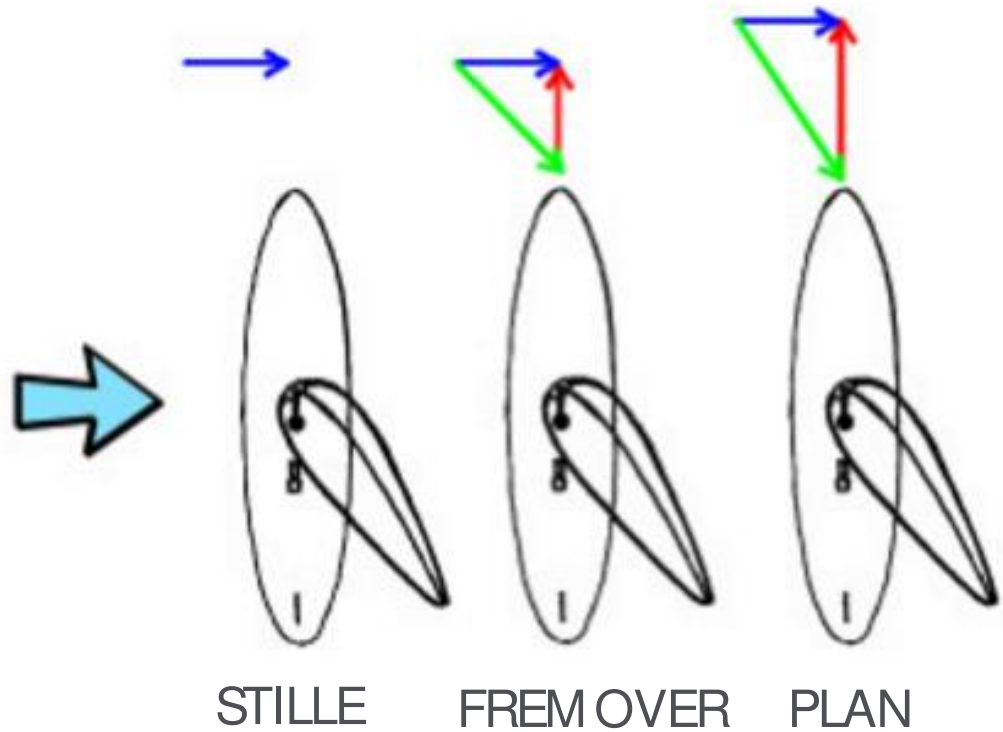
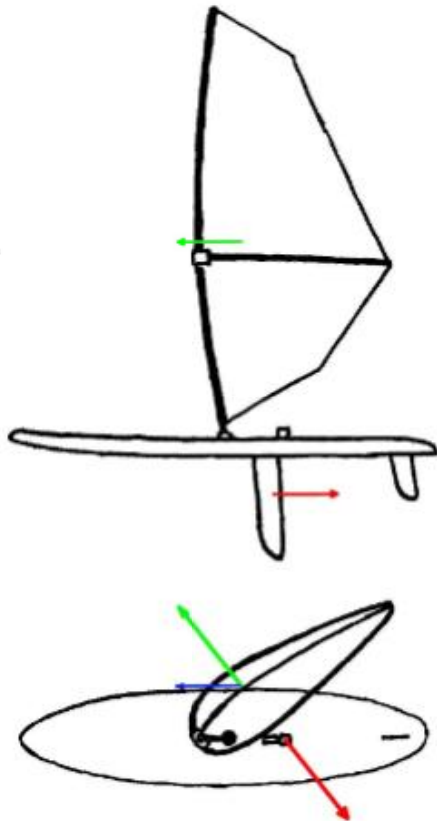
Så ned Mot vinden



4A. SEILE TEORI & UTTRYKK

FREM DRIFT

RELATIV VIND



4B. RIGGING



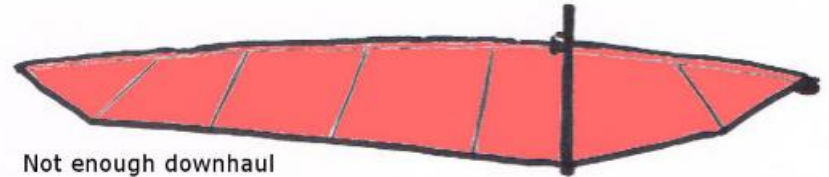
Too much outhaul



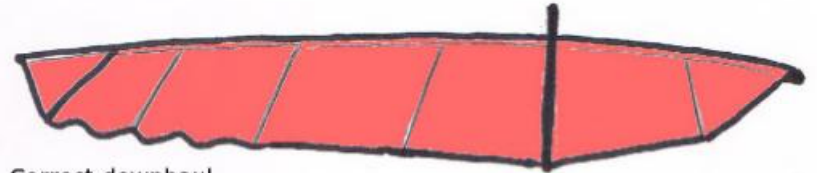
Correct outhaul



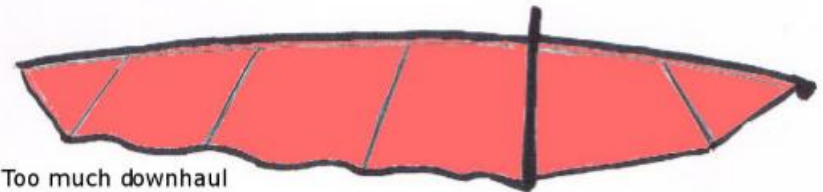
Not enough outhaul



Not enough downhaul



Correct downhaul



Too much downhaul



Too much tension



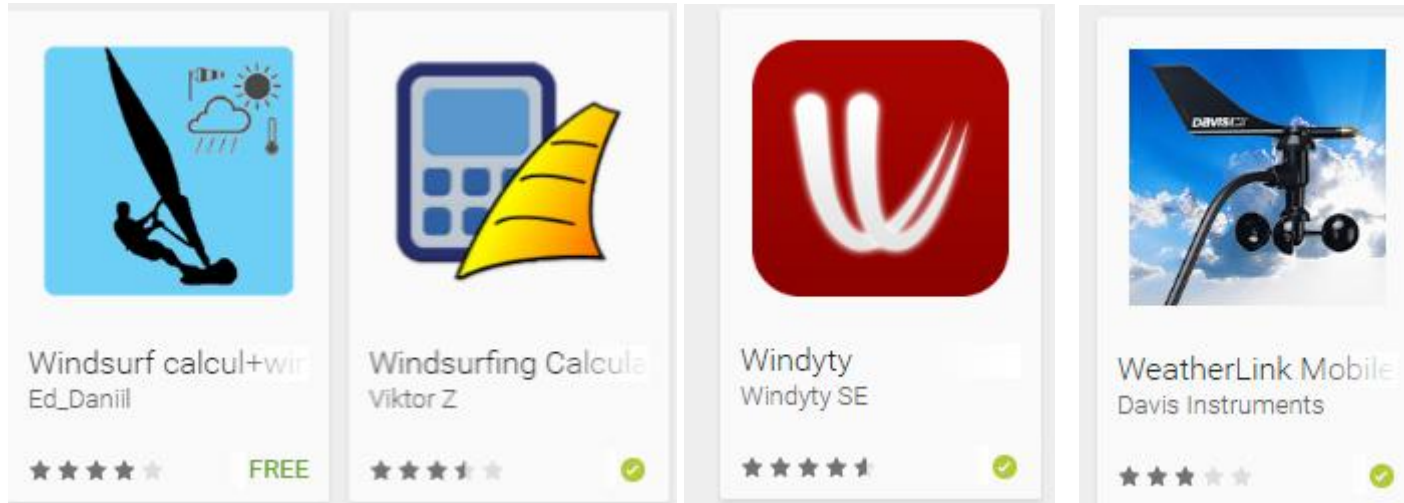
Correct tension



Not enough tension



5A. LENKER OG PRAKTISK INFO



1. Youtube Kanaler
2. Nettbutikk
3. Regler/regatta

1. Medlemsfordeler
2. Mailing Gruppe
3. Nettside med info/ aktiviteter
4. Nybegynner 2 – Sølv eller viderekommende - Gull



5B. LENKER OG PRAKTISK INFO

TRENINGSPLAN – NB1 2-3 Timer

Rigging, Utstysjekk & Sikkerhetsbrief 20 min

Start Prosedyren 20 min

Heise seil, ben plassering, Seile slør 20 min

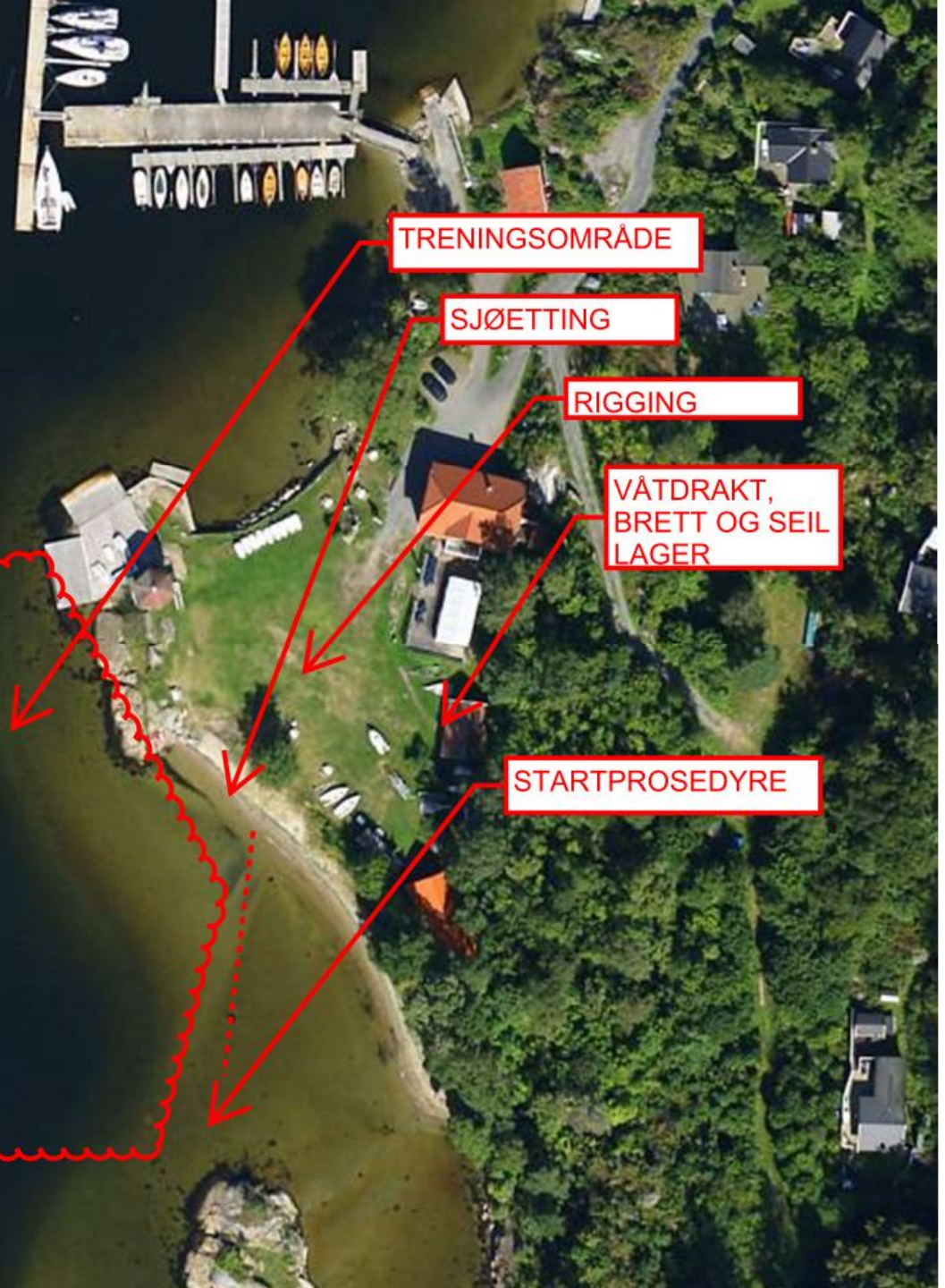
Pause/ Drikke/ Mat

Taue Prosedyre / Selvhjelp 20 min

Styring ned/ opp mot vind 20 min

Slå mot vind 20 min





TRENINGSSOMRÅDE

SJØETTING

RIGGING

VÅTDRAKT,
BRETT OG SEIL
LAGER

STARTPROSEDYRE

