

From on-line videos, friends and lessons at La Ventana Bay Resort Baja Dec 2014

### **Kiteboarding Skills checklist:**

(Before starting lessons understand these skills:

Wind window and trainer kite on land  
Kite size selection, Rigging Inflatable kite and bar, equipment  
Safety, Hand-signs, Self rescue  
Launching and landing the kite, Kite control  
Body drag upwind (board recovery)  
Waterstart, Planning, Edging Upwind, Gybing

### **Kiteboard Youtube videos**

Watching, understanding and knowing ALL the skills you need to learn before you go out will save you \$100s in lessons!:

Trainer Kite: [https://www.youtube.com/watch?v=s8Pevl\\_BNxQ](https://www.youtube.com/watch?v=s8Pevl_BNxQ)

Beginner Intro 1: <https://www.youtube.com/watch?v=AaGZUFelwIw&feature=related> 6 min

- Things to know before you start, Dangers, Safety, and theory

Beginner Intro 2 (trainer kite): <https://www.youtube.com/watch?v=5ExJ-jfcwrs> 4 min

- Flying the kite, the wind window, pumping the kite

Beginner Intro 3 (inflatable kite): <https://www.youtube.com/watch?v=TqrU33ex4aI> 10 min

- Equipment, Rigging, Launching, Tandem Body Drag

Beginner Intro 4 (In the water): [https://www.youtube.com/watch?v=ptx\\_4Gd40iQ](https://www.youtube.com/watch?v=ptx_4Gd40iQ) 11 min

- Hand signs, Solo Body Drag, landing the kite, Solo Drag with board, Water re-launch, Water start, Plaining

More videos:

Re-launching Downwind kite: <https://www.youtube.com/watch?v=CjG8pGoh-NQ>

Self Rescue: <https://www.youtube.com/watch?v=-iEbcl9-lks&app=desktop>

Just some redonkulous stuff on kites, must see!

[https://www.youtube.com/watch?v=AyeWJYT\\_AYI](https://www.youtube.com/watch?v=AyeWJYT_AYI)

## Kiteboard Notes

The Kite

Leading edge

Trailing edge

Wingtip

Struts

Bridle

Lines (red = left)

Setup

Unfold with wind at your back

Place leaning edge perpendicular to wind

Close deflate valve

Pump struts first

Inflate leaning edge

Turn over and put sand on leading edge so Kite won't blow away (only put sand on topside of kite)

Lay out bridle down wind

Walk Upwind of kite, unwind and lay out lines (red=left)

Attach lines to bridle (use lark head knots)

Wind window (wind from behind you)

12=ahead, above you

9=far left, 3=far right

Neutral zone

Intermediate zone

Power zone

Launch trainer from extreme left (9) or right (3)

Kite control

Stabilize at 12

Long arms

Pushing bar up = less power

Pulling bar down = more power

Pull one side to turn Kite that direction

Strong pull to one side = fast turn

Diving the kite, moves Kite into power zones

To relaunch, strongly pull one side

If light wind, more Kite movement is required

kite to right, hold more with left hand

Kite to left, hold more with right hand

### Body drag

Walk to water with Kite at neutral

Hold board in one hand and let the Kite drag you, then switch hands and return to beach

Let go of board and then drag back to it

### Waterstart

Body drag out into deeper water

Hold Kite with back hand

Use front hand between legs to put board on using handle

Dive the Kite little at a time into the power zone until you feel enough lift

Weight on back leg, straighten front leg, point slightly downwind

Bend knees, lean hips forward

### Upwind

Gain speed before edging Upwind

Heels idea edging = push weight on heels

Lean back, power up

Hips forward

Arms slightly bent

Load should be on harness

### Putting Kite away

Deflate leading edge first

Untie knots, wind line in figure 8

### Notes from La Ventana lesson with Marty

(at Ventana Bay Resort) \$ 72 per hour with equipment

4 hours.

### Additional notes... add to above

Use ears to determine wind direction

### Kite:

Open strut valve clips

Pump kite to 6 psi – (can't bend leading edge)

### Lines

Shorter lines have less power (19m vs 24m)

Less power, more control

Red line always left

Walk lines... in hands and gray between legs

### Kite control:

Bent arms

Hands together to start – fingers on top  
Steer kite = “Finesse punching motion”  
Don’t pull in  
When in doubt, let it out  
Lean back when you feel power, let harness do the work  
Relax arms / loose hands

#### Harness

Attack release to safety line below chicken loop  
Chicken loop  
Donky dick below chicken loop  
Transfer kite with new person up wind

#### Dragging to recover board

Legs relaxed. Don’t kick  
Body on side, arm pointed at direct of travel 60 degrees off wind  
Kite at 10:30  
Move to 12 to tack  
Go slight windward of board before grabbing it.  
Back to 12 and put board back on, relax rest and bend knees

#### Sheet out as much as possible, and still be able to steer

Sheet in slightly until rear lines are tight and sail is not flagging (use like a spinnaker/sail)  
#1 problem is people sheet in when they should be steering

#### De-power line:

Cam cleat – works like venetian blinds (down and to side to let out)  
Reef to set based on wind, set and leave it  
Little bit has big effect

#### Safety

##### When out of control or a problem happens

##### First – Let go of the bar!

Most power will come out of the kite  
You can then try to regain control if still in the air, by slowly sheeting in and steering to 12  
This works if in normal wind range

##### Second – Emergency release “Eject!”

Pull Eject forward and let go  
90 % of power will be gone – start ‘self rescue’  
Use if above wind range

##### Third -

Eject completely from safety lesh  
Life in danger – you may loss the kite in this case

## Self rescue

If you can't launch kite (low wind, gear failure or tangle)

Step 1: Eject the kite and pull 5<sup>th</sup> line all the way to the stopper – full slack in 5<sup>th</sup> line  
(very important) If you pull the 5<sup>th</sup> line kite will re-launch

Make sure so have all the line off you, sweep arms to check

Step 2: 4 wraps around the end of the bar, then figure 8s

Wrap on hand hold side of bar

When you get to the kite, do two half hitches

Step 3:

Flip kite over by leaning on the corner in the direction you want to travel  
(leaning edge is now down in water facing wind)

Step 4:

Lay on edge in middle, grab front line 'hand over hand'

**DON'T WRAP FINGERS AROUND LINE!!!**

Use windward leg as rudder

Use half kite as sail to shore

## Launching:

If in water pull front wingtip line, bounce gently until kite is in the air

Easy in heavier breeze

Light:

In light breeze you can aid relaunch by pulling 5<sup>th</sup> line (if you have one) as to pull line to re-launch .

## Water start:

Board on (front foot first, then lay back and get second on)

Bend knees

From 12, (from 11 or 1 in light air)

Dive kite into intermediate zone then back up in direction you want to travel

Steer down, then immediately up.

Feel how far in the zone is required to get enough lift

(2-3 pumps needed in light air)

Point board slightly downwind

Once up, slowly lean back and stat to edge!

++ My problem was I was not going deep enough into the intermediate/power zone.

Steer almost straight down then back up, and adjust if needed