

# Go Foiling!

## Course Aim:

An introduction to all the basic techniques and knowledge required to get you flying safely on a Windsurf Foil. Windfoiling replaces the fin with a hydrofoil, which reduces drag and increases speed, allowing windsurfers to glide above the water's surface.

## This syllabus includes:

- Equipment
- Safety
- Launch & Recovery
- First flights
- Maintaining flight
- Steering
- Harness
- Tacking
- Flying Gybes

