

# Go! With Style

## Course Aim:

Progress your skills and develop the knowledge to safely windsurf in stronger wind conditions and experience different windsurf disciplines such as slalom, freestyle and wave sailing.

## This syllabus includes:

- Stance
- Waterstarts
- Planing Gybes
- Planing Tacks
- Basic Jumps
- Selecting a sailing area
- Coastal windsurfing
- Boards & Rigs
- Safety

