

# Go 4 It!

## Course Aim:

Develop all the fundamental skill required to progress from windsurfing in lighter wind conditions to experience the thrill of planing as the wind increases.

## This syllabus includes:

- Stance
- Steering
- Tacking
- Gybing
- Beach Start
- Harness
- Footstraps
- Deep Beach Start
- Kit & Rigging
- Weather
- Tide
- B4 U Go
- Self Rescue

