

SECOND KITEBOARDING LESSON PLAN

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LECTURE SEGMENT (approx 20 minutes)

OUTLINE

Today's goals (see below)

REVIEW first lesson, questioning student

INITIAL POWER STROKES (both directions):

Low kite power for high wind situations - always try first

Medium kite power for medium wind situations

High kite power for low wind situations

GETTING YOUR SPEED - what to do after you're up on the board (see PASA booklet)

With the kite -"S" or park

With your board - edge

With your body - hips; look where you want to go

SIMULATOR SEGMENT (approx 20 minutes)

MULTITASKING with control of the kite, the board and your body

Bobber exercise, two hands; stepping the kite on the rainbow

Bobber exercise one handed w the board in the other hand

Putting on the board

Bobber exercise w the board on; stepping the kite on the rainbow

SIMULATED WATER START: as you dive the kite,

Point the board downwind or toward the kite

Deliberately stand up letting your harness pull you up

APPLICATION SEGMENT (approx 2:00 of demonstration and practice)

BODY SURF on the out to the instruction area

PUTTING ON THE BOARD

MULTITASKING with control of the kite, the board and your body

Bobber exercise

Bobber exercise adding the board

Power stroke with counter steering to bring the kite back up to 12:00 neutral position

Without the board

With the board, leading to the Water Start

SELF EXIT/SELF RESCUE demonstration by the student

WRAP UP

(approx 20 minutes)

QUESTIONS from student

ACCOMPLISHMENTS, review

RECOMMENDATIONS for future goals and progression

PAPERWORK: Instructor evaluation, student information