

Throughout this test you have access to the [Aerial Kiteboarding Instructional Video](#) only.

What should you focus most on when kiteboarding? _____

Draw the wind window on the drawings below.



On the images below, looking at the trees on the right, tell me where upwind and downwind are.



When assessing a new location, what do you need to look for upwind and why?

What are some common downwind obstacles you might find on an urban beach?

What is the approximate minimum amount of wind required to kiteboarding? _____

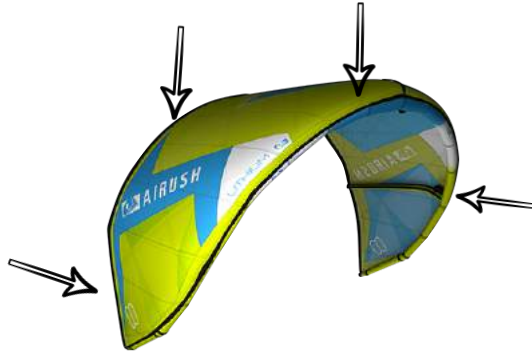
What are the 3 different kinds of winds mentioned in the video? Describe 1 of these winds and how they are created.

On the image below label each arrow with the proper wind direction (on-shore, off-shore and side-shore). Which of these directions are safe for kiteboarding?



What is the minimum equipment required in order to kiteboard?

Name the parts of the kite:



Describe how you effectively steer a 4-line kite.

The following semi circle represents the edge of the wind window. Label the following possible kite positions using the clock terminology: 9, 11, 12, 1 and 3 o'clock



If you feel uncomfortable when flying the kite, what are the 3 things you can do to manage the power safely:

First, _____

Second, _____

Finally, _____

If you were to fly the kite with only 1 hand, which hand would you use and why?

Scenario 1: Your kite is sitting on your right around 45 degrees from the water:

Scenario 2: Your kite is sitting at 12 o'clock, directly above your head:

Where does the kite have the most power in the wind window?

How do you get the kite to cross the power zone?

Describe the essential steps to completing a proper power stroke:

In the following images, label each person appropriately with either upwind body drag or down wind body drag



Kiteboarding Test

Name: _____

When the kite is leading edge facing down on the water, what do you need to do in order to relaunch the kite?



1st: _____

2nd: _____

3rd: _____

4th: _____

When the kite is trailing edge facing down on the water, what do you need to do in order to flip it over?



List 2-3 reasons why you might want to complete a self rescue on the water:

List the steps to a proper self rescue:

1st _____

2nd _____

3rd _____

4th _____

On June 16th you will be heading out to Squamish for your 2nd kiteboarding experience. Throughout this experience your main goal will be to get up on the board and get a few short rides. In order to do so, you will need to be familiar with some essential information:

1. If you have done any other board sports, which direction do you feel most comfortable riding?
Left foot forward (regular) or right foot forward (goofy) or I don't know

2. Once you have the board on your feet and you are sitting in the water, what angle should the board always be in reference to the lines of your kite?

3. If your body begins to twist around, what can you do to ensure that your body stays square to the kite?

4. What are the 5 steps to getting up on the board?

5. Once up on the board, if you do not feel you have enough power to continue riding, what can you do to increase/maintain your power?

Throughout this entire experience, what should continuously be your main focus?
