

IKO - Training Overview



www.kitesurfers.co.za

Kiteboarding is a sport that can be enjoyed in many locations around the world and in many ways.

By simply choosing the adapted equipment, you can kiteboard in waves or flat water, with light or stronger wind, granted you have the essential skill level and knowledge.

The three following programs will help you select the one that is best adapted to your goals. Remember that all courses supplied in an IKO Kiteboarding center certify your achievements with the Kiteboarder card.

DISCOVERY KITEBOARDER PROGRAM - kiteboarder level 1

Description: The best way to discover kiteboarding! By the end of this program, you will be ready to move to the next step: getting up on the board! The first part of this program will take you through the steps of piloting a 2 or 4 lines kite, and body dragging in the water. You will also learn about safety and how important it is to the sport. Furthermore, you will be taken through the steps of equipment set up and launching and landing.

Entry level:

- No experience needed.
- But, are able to swim.

Achievement:

- Get your level certified up to level 1 with the Kiteboarder card
- You have been initiated and are now ready to continue learning safely.

INTERMEDIATE KITEBOARDER PROGRAM - kiteboarder level 2

Description: By the end of the intermediate program, you will get up on the board for your first ride. During the course, you will improve kite piloting with power, one hand kite piloting, body dragging unhooked and hooked in to your harness. Perfect for those who wish to practice a few times per year and rent equipment during holidays.

Entry level:

- Kiteboarder level 1 - equivalent skill level.

Achievement:

- Get your level certified up to level 2 with the Kiteboarder card
- Ability to rent equipment and practice under supervision

INDEPENDENT KITEBOARDER PROGRAM - kiteboarder level 3

Description: You will be able to ride upwind and do your first jump! During this program, you will learn how to manage your practice area and to choose your equipment. Your kite flying skills will be improved and you will learn how to control your direction and power, and come back to your starting point. You will be able to fly more powerful kites. You will be use a twin tip, mutant or a smaller directional board.

Entry level:

- Kiteboarder level 2 - equivalent skill level.

Achievement:

- Get your level certified up to level 3 with the Kiteboarder card
- Become an independent kiteboarder.
- Buy your own equipment
- Access to the advanced clinic program
- Become an assistant instructor.

