

# IKO - Kiteboarder Workbook 2006



[www.kitesurfers.co.za](http://www.kitesurfers.co.za)

The Kiteboarder Workbook 2006 is an important update in the Kiteboarder Workbook series.

As well as containing the latest safety information and techniques for C-Shape kites, this essential guide has been fully updated to include important information for the new generation of BOW kites - including sections on self-launching and water-relaunching with Bow Kites.

The book includes vital information and interactive content that will easily guide students through the core knowledge of the sport including: weather fundamentals, safety techniques and riding practice techniques - right up to first jumps.

The book is suitable for complete beginners through to advanced riders who are jumping and riding upwind. It is divided into 4 major sections.

The first 3 correspond to the IKO training programs and student standards, which show the achievements the students accomplish during their training.

The 3 Standard Kiteboarding programs are:

1. Discovery Kiteboarder Program (Level 1)
2. Intermediate Kiteboarder Program (Level 2)
3. Independent Kiteboarder Program (Level 3)

The 4th section is a supplement, with practical and technical information such as:

- kiteboard terminology,
- line length,
- beach access,
- first time alone,
- useful knots,
- international kiteboarding signs,
- dictionary of kiteboarding terms and more.

