

## Virginia Power Kites Kiteboarding Lesson Plan

Please indicate your waist size, weight, and physical fitness condition before the lesson. Send this information to [customersupport@virginiapowerkites.com](mailto:customersupport@virginiapowerkites.com).

We typically supply all gear for lessons, but if you use your own gear, please tell us what gear you will bring.

### INTRODUCTORY LESSON: INTRO TO POWER KITING

- a. Introduction
- b. Describe PASA and explain 3 levels of PASA certification
- c. Discuss benefits of PASA certification
- d. History and background of kiteboarding
- e. Equipment Options: Foils versus inflatables, trainer kites
- f. Wind direction/wind speed/wind consistency
- g. Site assessment
- h. Basic meteorology
- i. Wind window
- j. Kite rigging and pumping up the kite
- k. Untangling flying lines
- l. Kite safety systems
- m. Assisted launch, assisted landing
- n. Self-rescue, safety, depower
- o. Figure 8s
- p. Neutral position
- q. Edge of the wind window
- r. Staircase method for launching kite w/inflatable
- s. Foil kite self-launch, self-landing
- t. Flying a trainer kite or land kite
- u. Hooked in versus unhooked (practice only in deeper water away from obstacles)
- v. Simulated water launch
- w. Body dragging with trainer kite
- x. Body dragging with board downwind
- y. Body dragging with board upwind
- z. Hold kite with one hand and put feet into the board straps with trainer kite
- aa. Simulated water launch with trainer kite (Hydra)
- bb. Kite buggy downwind
- cc. Kite buggy upwind
- dd. Review for Virginia Power Kites test
- ee. Passes Virginia Power Kites test
- ff. Becomes a level one kiteboarder according to PASA
- gg. Has signed a declaration of fitness form and a waiver form

**LESSON 2:** after all techniques are mastered in first lesson

- a. Analyze different power strokes: high wind, medium wind, low wind
- b. Understands dangers of cold fronts and risks associated with kiteboarding
- c. Understands ideal wind conditions 15-20 knots side onshore with consistent winds (no gusts)
- d. Stabilizes kite in gusty conditions overhead (optional)
- e. Site assessment (where to launch and when to launch): review
- f. Review of Virginia Power kites test
- g. Importance of getting to know kiteboarding community in local area
- h. How to sheet in and sheet out
- i. Can control large, medium, and small kites
- j. Can body drag; review body dragging with a larger kite for kitesurfing
- k. Practice landing kite with safety leash
- l. Simulated water start
- m. Can perform water start
- n. Understands trim strap
- o. Can retrieve board in waves or when board is lost
- p. Can perform self-rescue and self-landing and has good swimming ability
- q. Self-launch and assisted launch
- r. Self-rescue and self-landing, foil and inflatable
- s. Practice rolling lines up in water and self-rescue in deep water
- t. Kite positioning, pointing the board downwind, water start
- u. Can park the kite
- v. Kiteboarding in flatter water versus kitesurfing
- w. Understands edging and upwind riding
- x. Can perform simple transitions
- y. Can perform simple jumps (popping off a wave or higher jumps—intermediate-advanced students only)
- z. Can kitesurf with directional board (intermediate-advanced students only)
- aa. Can ride unhooked and can begin learning unhooked tricks (intermediate-advanced students only)
- bb. Student is logged in as a PASA level one kiteboarder upon completing lesson and has signed waiver form and declaration of fitness form