

Virginia Power Kites Power Kiting Lesson

Lesson Plan

- a. Student has signed waiver form and declaration of fitness test
- b. Student understands how to rig basic foil kites and inflatables
- c. Can perform self-launch/self landing with foil kites
- d. Can untangles lines and bridle to set up kites
- e. Can fly smaller kites with handles
- f. Can fly medium sized and larger traction kites with handles
- g. Can fly power kites (inflatables and sheetable foils) with depower bar
- h. Can practice assisted launch and assisted landing
- i. Can fly a kite solo
- j. Can perform a pendulum jump
- k. Can park kite in neutral and sit in buggy
- l. Can kite buggy perpendicular to wind and perform basic turns
- m. Can kite buggy downwind
- n. Can kite buggy upwind
- o. Can kite buggy at slow speeds
- p. Can kite buggy at medium speeds
- q. Can kite buggy at fast speeds
- r. Can fly low aspect ratio kites
- s. Can fly medium aspect ratio kites
- t. Can fly high aspect ratio kites
- u. Can place feet in kite landboard
- v. Understands different types of power strokes
- w. Can ride one direction with landboard
- x. Can ride both directions with landboard
- y. Can ride upwind, downwind with landboard
- z. Can jump with landboard
- aa. Can ride unhooked with landboard
- bb. Can perform unhooked tricks with landboard
- cc. Can kite buggy at fast speeds with high aspect ratio kite
- dd. Understands wind consistency, speed, and direction
- ee. Can perform site assessment
- ff. Review for Virginia Power Kites test
- gg. Passes Virginia Power Kites test
- hh. Is logged in as a PASA level One Kiteboarder upon completing this lesson and can become a PASA certified member