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The Kiteboarding Manual: The essential guide for beginners and improvers

By Andy Gratwick



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A complete practical guide to kiteboarding for beginners and improvers, *The Kiteboarding Manual* will get you started with the kite and take you through to flying it on the water, jumping, and racing.

Contents include:

How a kite flies and basic weather principles Background on tides and currents, waves, wind vs. tide Getting started on land--LEI rigging, assembly, launching and flying, body dragging Board skills--turns, stopping, rules of the road Going upwind, riding toeside, turning and transitions Going fast, riding waves Tacking and gybing Self and dual launching and landing Selecting the right kit and tuning it Kiteboarding disciplines, improving performance, and competitions Becoming an instructor

With photos and diagrams illustrating the theory and how it works in practice, this is an invaluable manual for all kiteboarders, whether starting out or looking to improve their skills, and maybe competing.

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Editorial Review

About the Author

Andy Gratwick is the ISAF technical expert for kiteboarding and director of the ISAF training scheme. He's a BKSA kitesurf, landboard, powerkite, and snowkite examiner; RYA Yachtmaster; and powerboat instructor.

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