

## Assembling and Rigging



- A) Each footstrap is mounted with two screws and two washers. The straps are centered and moved forward for entry level sailors and light wind conditions, aiding stability and easier maneuvering. Adjust the straps to fit your individual size.  
B) Tighten the vent screw, and keep it closed when sailing.



- C) Insert the fin into the fin box. Place the fin bolts and metal washers inside the rubber safety washers and insert the fin bolts into the board through the fin bolt holes. Tighten the screws.  
D) The daggerfin is retractable. When sailing in non planning conditions, slide the fin knob back with your foot, moving the fin into a vertical position.



- E) Avoid sand from entering the fin slot, and wash your board before use, if necessary.  
F) Insert the mast base. Position it in the middle and tighten it.



- G) Assemble the two piece mast and insert it into the mast sleeve. Insert the mast extension and tighten the down haul. Position the boom in the correct "shoulder high" position and clamp it to the mast. Mount the outhaul line and tension it until you have a nice even sail curve.



H) Tie your uphaul line to the boom, and pull the rubber band over the mast extension.



I) Mount the rig to the mast base. J) Always wear a certified life vest.

### Wind direction



Check where the wind is blowing from.

## Training on the water



Launch your board by walking with your back and mast facing the wind Direction.



### Uphaul the rig

A) Uphaul your rig with your back to the wind. Let your board rotate to a 90 degree angle to the wind direction, as soon as the rig is partly out of the water. Continue to slowly uphaul while using your legs, - not your back.



### Rotate the board a full 360 degrees

B) Rotate your board 360 degrees. Hold the rig with your uphaul line while walking around the mast with short steps. Always with your back to the wind. Tilt the rig in the opposite direction you want your board to turn.



### Sail

C) Start sailing by holding the uphaul line, while rotating your board to a 90 degree angle. Step into the front footstrap. Grab the boom with your "masthand" which is your hand closest to the mast. This is called a cross over grip. Grab the boom with your other hand and sheet in. You will start sailing. The

definition of the sailing position is when you are sailing straight forward with your boom horizontal. Place your back foot into the rear strap, as soon as in full balance.



### Rig steering

D) Adjust your course by rig steering. Tilt your rig backwards to steer into the wind (luffing) and tilt it forward to steer away from the wind. (bear off)



### Tacking

E) When you want to turn your board against the wind, tilt the rig backwards while you are pulling the boom in with your back hand. It is called tacking. Get out of the footstraps as soon as the sail is depowered, and grab the uphaul line. Rotate the board into the new sailing position. Do a cross over grip, and start sailing.



### Jibing

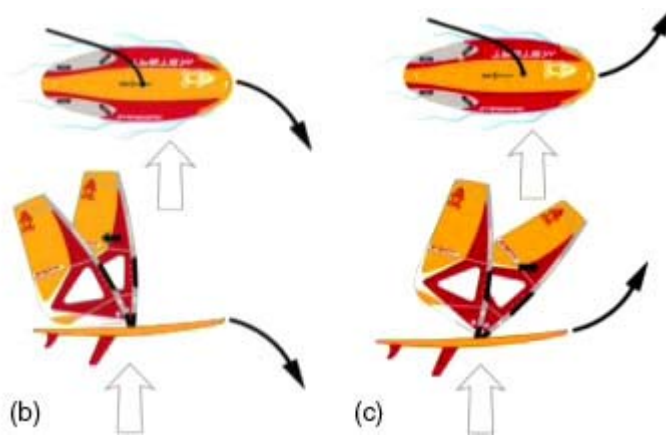
F) Tilt the rig forward if you want to turn your board away from the wind. Grab the uphaul line, and let go your back hand when the board starts turning. Let your rig swing around in the front of your board, and rotate it into a new sailing position. Do a cross over grip and continue sailing.

## Terminology

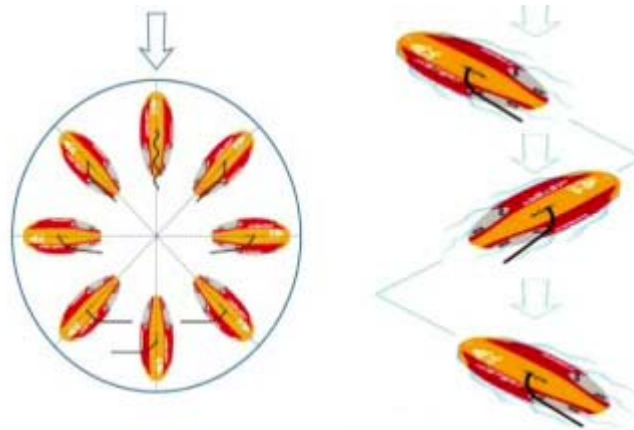


### Windward and Leeward

A) Windward is the side facing the wind.  
Leeward is the side away from the wind.



B) Luffing; To steer closer to the wind by tilting the rig backwards.  
C) Bearing off; To steer away from the wind by tilting the mast forward.



### Sailable courses

D) Sailing upwind; It is impossible to sail directly against the wind direction. The closest angle on a sailboat is approx. 45 degrees. Consequently you will have to work your way to windward by tacking. It is called sailing a beat, or upwind.



E) Sailing downwind; You are sailing with the wind in from behind.



F) Reaching; You are sailing with the wind in from the side.

## Advanced techniques



### Footstraps

A) Intermediate foot strap position; To accommodate for more wind, the footstraps are moved back. You are in good balance, and the board is still stable in relation to wind pressure.

B) Advanced footstrap position; The straps are moved further back and closer to the side of the board. This provides perfect balance and speed in high wind conditions.



### Mastfoot position

C) The mast base is initially placed in the center position, but may be moved Forward when using bigger sails, and backwards when using smaller sails.



### Operating the daggerboard

D) Push the daggerfin knob forward to move the fin into the board when sailing in high wind conditions.



### Harness

E) In stronger wind the harness becomes an important part of your equipment. Mount your harness ropes on both sides of your boom, and adjust them forward to accompany entry level sailors and light wind conditions. Move them backwards for more advanced sailors and stronger wind conditions. Use longer ropes as novice sailor, which allows you to adjust mistakes and to hook in and out easier. As you feel more comfortable, you may gradually shorten your ropes to your desired length.



**Beach start**

F) Beach start; It is important that your board and sail is angled in a reaching position. Hold the boom with both hands and let the wind pressure help you to climb on.



**Water start**

G) Water start; It is again important to angle your board into a reaching position. Let the wind pressure lift you from the water onto the board while bending your knees.



**Tacking by gripping the mast**

A) A tack can be executed by shifting your grip from the boom, via the mast -and to the boom on the opposite side.



**Tacking from boom to boom**

B) With some experience you may tack more efficiently by shifting grip directly from boom to boom.



### Jibing by gripping the mast

A) The jibe can be executed the same way as a tack, by shifting your grip from the Boom, via the mast, and to the boom on the opposite side.



### Jibing from boom to boom

B) Likewise, a fast jibe can be carried out the same way, - directly from boom to Boom.



### Duck jibe

C) A duck jibe is more advanced. It is done by ducking under your boom, while Shifting grip from boom to boom.