



KITEBOARDER'S HANDBOOK

Intermediate

Preview



7th edition



IMPORTANT: This is a preview of the first few pages. To read the whole handbook, become a member of IKO.



International Kiteboarding Organization

Kiteboarder's Handbook

DISCOVERY
INTERMEDIATE
INDEPENDENT
ADVANCED
EVOLUTION

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Disclaimer

Your use of the Kiteboarder's Handbook is at your sole risk. Kiteboarding is as fun and enjoyable as it can be an extreme sport. Do not alter kiteboarding equipment and always follow the manufacturer's instructions. Learn under the direction of a properly trained and certified IKO Instructor. Always do a preflight check of all your equipment before each practice time and assess the weather and local wind quality. If you do not know, ask for the help of an experienced professional. Wear flotation assistance, helmet and use kiteboarding equipment with safety systems (learn to use safety equipment and train often to apply the safety procedures). Practice kite flying as far away as possible from obstacles of any type.

The information in this handbook is a guideline only. It is your responsibility to make decisions in accordance with your equipment, the conditions and your level. IKO holds no liability or responsibility for any accidents or injuries arising from activities in association with the Handbook or with any other related information such as videos or content links provided in the kiteboarder's handbook series.

Why the IKO Kiteboarder's Handbook Series?

When you want to learn, getting input from different sources is the best thing. Watching, doing, reading, and talking regularly about what you have learned (or want to learn) allows you to retain information. As important as practice can be, improving your knowledge about kiteboarding leads to a better and faster progress.

The IKO Handbook series helps you define your needs and select

the appropriate skill you want to work on.

You can find other aspects in the Kiteboarder's Handbook series from the Discovery level to the Evolution one (including an appendix per categories: freeride, freestyle, wave riding, hydrofoil), along with all the safety procedures.

With that in mind the Kiteboarder's Handbook series are the perfect complementary tools, to increase the benefit of your kiteboarding lesson along a properly trained and certified Instructor.

Wishing you to get as many enjoyable hours kiteboarding as we do since 2001.

Frédéric Béné and Eric Beaudonnat
IKO co-founders



Before you start

Make sure you master the skills of the Kiteboarder Discovery Course, take time to practice those skills again if you do not take the Intermediate Course directly following your Discovery Course, this is in order to refresh your understanding and memory.

Wishing you the best fun learning and practicing Kiteboarding!

Getting Ready for Water Practice

The next step of your progression will be to drop the kite on the water and to relaunch it. This is one of the most important step in your progression, as it provides you with the possibility to experiment in the water and become more independent.

Before entering the water with a kite:

- Check the wind direction: only go with side-shore or side-on-shore winds

Make sure that:

- There are no hazards; rocks, current, fishing net, etc.
- You wear a helmet and a buoyancy aid.
- All safety systems are connected and functional

Do the theory, simulation and practice with an Instructor:

- The kite water relaunching
- The self-rescue.

Entering the Water While Flying a Kite



1. Fly the kite on the water side around 11 or 1 o'clock and keep the kite stable.



- 2.** Keep the kite stable and avoid unintentional piloting: keep your piloting hand close to the center of the bar.
- 3.** Alternately, look at your kite, to the water and around you. Make sure no one is close downwind to you.



- 4.** Go into the water until waist deep at least or more and lay on your belly side.
- 5.** Stretch and spread your legs to keep your balance.



6. Fly the kite slowly toward the land side to avoid being pulled away from shore.

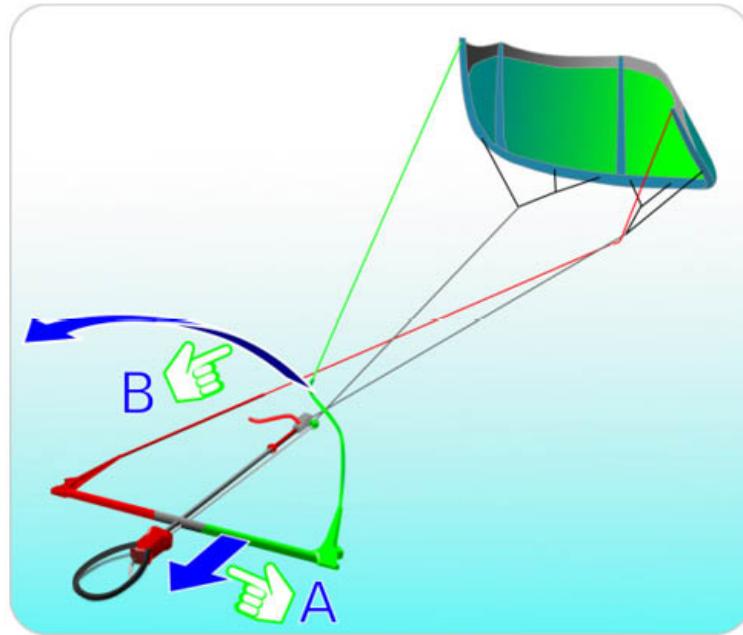
Take time to experiment the feeling and keep the kite stable.

When learning and improving, the kite often falls on the water, no problem the equipment is designed for it.

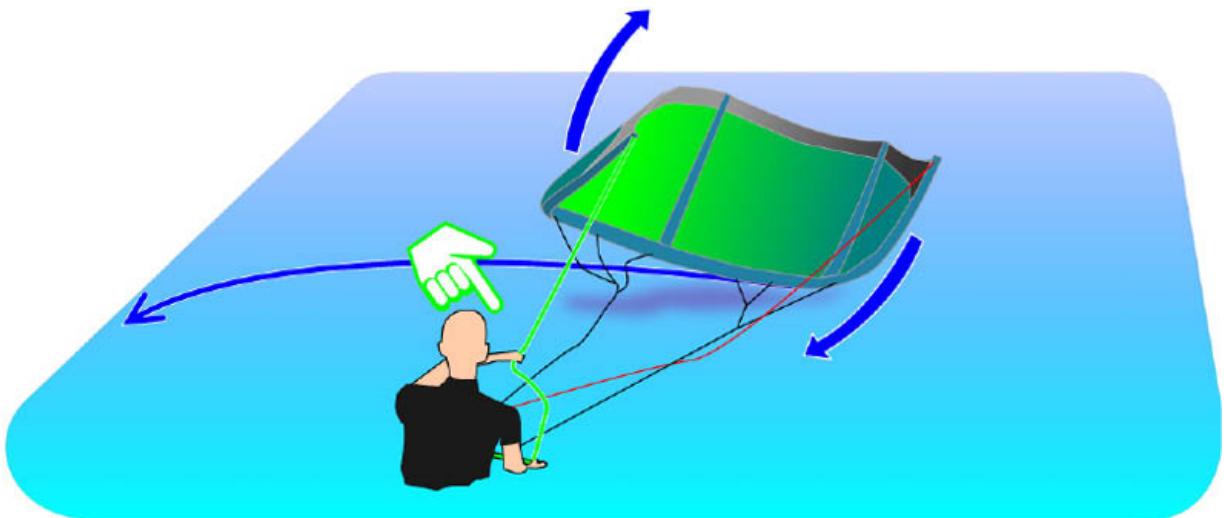
Kite Water Re-launch

Bow and Hybrid kites water re-launch.

There will be times that your kite will fall down on the water. Remember these basic steps to re-launch easily:



1. When the kite is on the water, with its leading edge facing down, do not swim towards the kite. Swim upwind instead, to tension the lines. Keep the bar in the normal position (red to the left, green to the right as in drawing below).



2. You should now prepare for re-launching. Pull the bar towards you as much as possible (A in the drawing above); this will make

the next step easier. If needed pull the trim strap (you will know when by practicing).

3. Lean forward and grab one of the back floater (if more tension is required you can grab a leader line – the thicker line part) as far up as possible and pull up above you.

Note: If you want the kite to re-launch to the left side, you will have to pull the right leader line, and vice versa (B on drawing above), pull with the opposite hand.

4. When the kite rotates on its side, start to push the bar away and control the kite displacement with the leader line that you have in your hand, so the kite glides on the water.

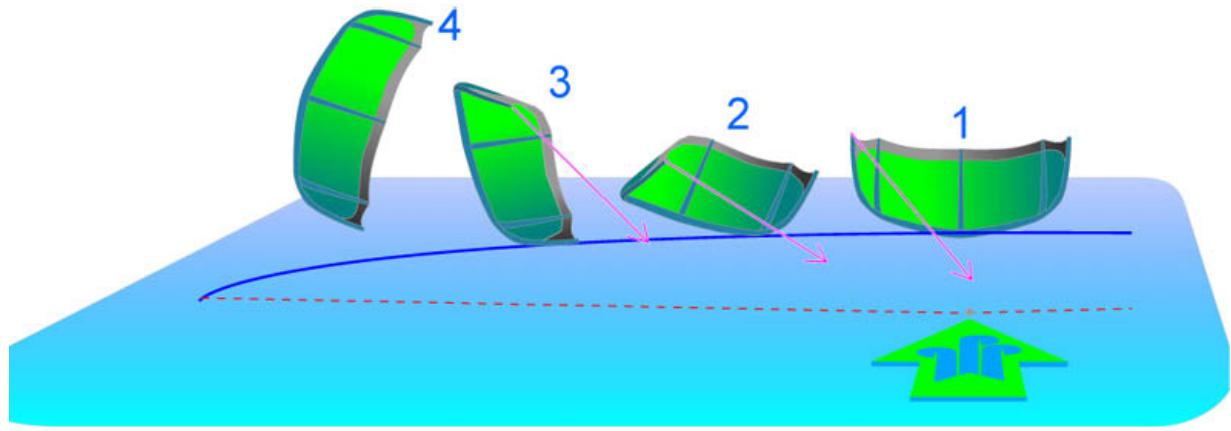
- » If the kite rotates backward (the kite falling on its trailing edge) pull less on the leader line
- » If the kite rotates forward (the kite falling on its leading edge) pull more on the leader line

5. Control the kite with the leader line until the kite starts to rise off the water. Ensure that the bar is still pushed away during take-off and put both hands back on the bar to regain full control.





The drawing below, shows the kite relaunching, the kite starts downwind to the rider(1), rotates (2) and goes toward the wind window's edge (toward the wind) as it sits side on the water and get speed to relaunch (3 and 4).



Notes:

- Make sure that you do not twist the line around your fingers or hand at any time.
- Having the kite inflated with maximum pressure makes re-launching faster and easier.
- Do not lay on your stomach while relaunching, instead “stand like an anchor” to create more tension on the lines and make the relaunch easier.
- With a bow kite, do not swim towards the kite when it lands on the water; this will make re-launching much more difficult and may cause the bridles to catch on the wing tip.
- Never take a chance to re-launch a kite when you are close to any points of danger



C-kite water re-launch specificities

1. Reduce the power of the kite by using the trim strap, and push the bar away from your body.
2. Do not untwist the lines when the kite is upside down on the water, and check that your bar is in correct position (red on the left).
 - » If your kite has a 5th line, pull on this line until the kite flips on itself (extrados on the water) then maintain this tension on the 5th line at the same time as you pull on one of the back lines using the same technique than to relaunch a BOW kite.
 - » If your kite does not have a 5th line, you will need to use the same technique than for the BOW kite but it will be much harder to relaunch due to the squared shape of the Leading Edge. To make it easier, you can swim backward to create more tension on the lines at the same time as you pull on the back line.



Specifics cases and their solutions:

- If the kite suddenly re-launches by itself, de-power the kite by pushing the bar away (sheeting out).
- If the lines become and stay tangled, let go of the bar immediately and activate the chicken loop quick release system.
- In case your kite lands with the leading edge facing toward you, you will need to rotate the kite 180 degrees on the surface of the water before you are able to follow the above-mentioned procedure. This is done by:
 1. Pulling on one back line and swimming to the opposite side of the kite.
 2. Once the wingtip you are pulling on is totally up-wind to the other one, let go the back line you are holding, grab the other one and pull on it.
 3. Swim again to the other side of the kite until the it is ready



If the kite is on the water, with its leading edge facing the sky (training edge on the water), push the bar away and swim backwards until the kite flips and comes back in its “normal” position (leading edge facing the water).





Self-rescue and Pack-down Procedures

What is it for?

The self-rescue procedure is used whenever you need to reach shore by yourself and that you cannot do it by riding or body-dragging (usually after a line, bridle or part of the kite breaks or lack of wind).

At all time:

Do NOT go further away from the shore than you can easily swim back (remember swimming in the ocean is not as easy as in a pool).

Make sure someone knows you are kiteboarding and where you will be and at what time you plan to come back.



The pack down procedure is used whenever you need to deflate your kite in the water, for example before being recovered by a boat (kite damaged, no wind, too much wind...) or after a self-rescue: right before reaching the shore, if you must pass breaking

waves. The principle is to avoid lines and bridles tangling and to facilitate the equipment recovery.

If you are not about to be recovered by a boat or to reach shore:

NEVER deflate your kite in the water. It is useful as life raft and helps to spot you.

Stay connected to your kite leash at all time, exception made of when reaching the shore: before passing the shore break let your kite go and trigger the kite leash release. Reach shore separately to your kite and recover it once you are on land.





Bar recovery and line winding

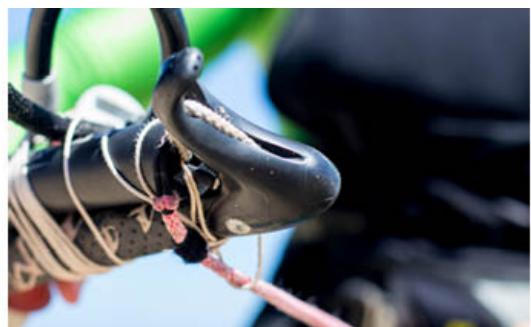
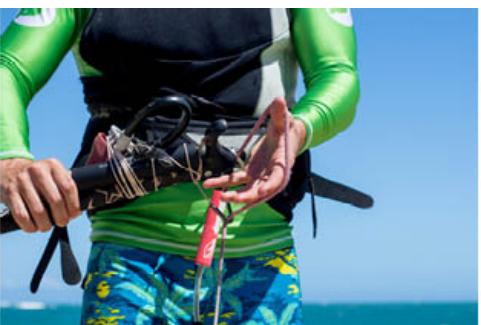
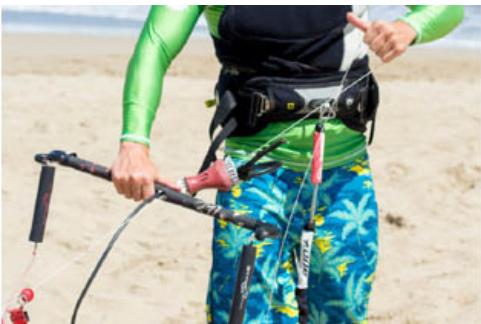
Exercise on land

Train with the control bar only: connect yourself to the bar as if you were going to fly a kite.

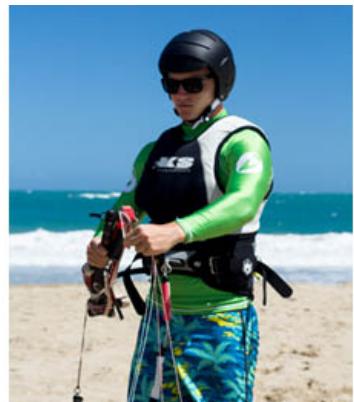
This is the same procedure for self-rescue and pack down. The difference happens after winding the lines: you can either use the kite to sail back to shore or pack it down to be rescued or make it pass a shore break.



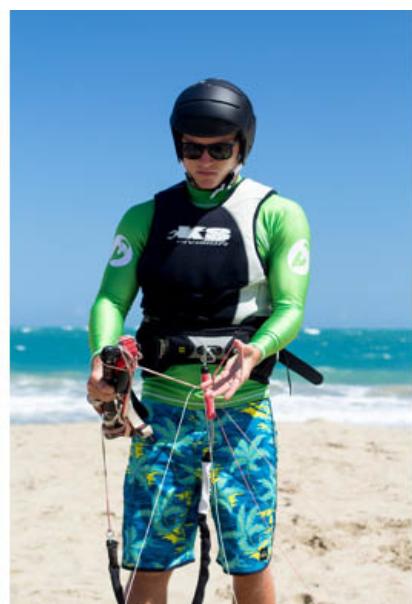
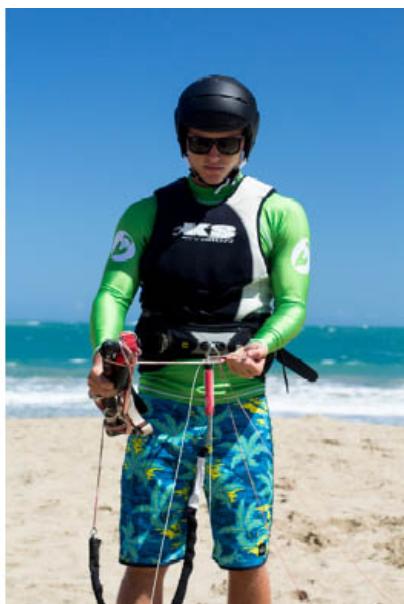
1. Activate your chicken loop quick release. Your Instructor will pull at the end of the lines (without kite) to make it more real.
2. Climb the safety line up to the bar and secure it with 2 half hitches knots around the bar. This will maintain the leash's safety action.

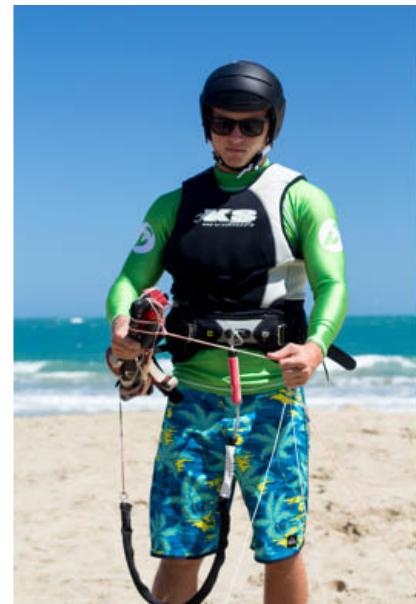
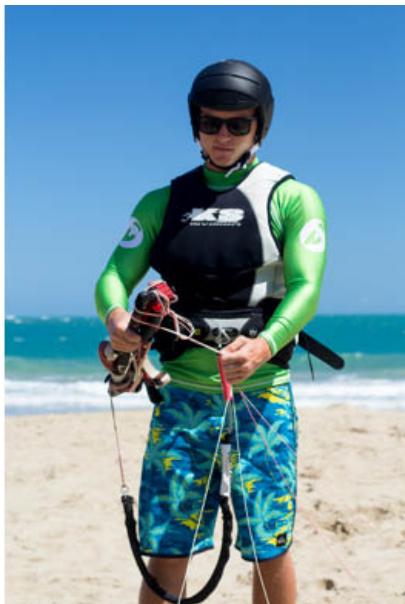
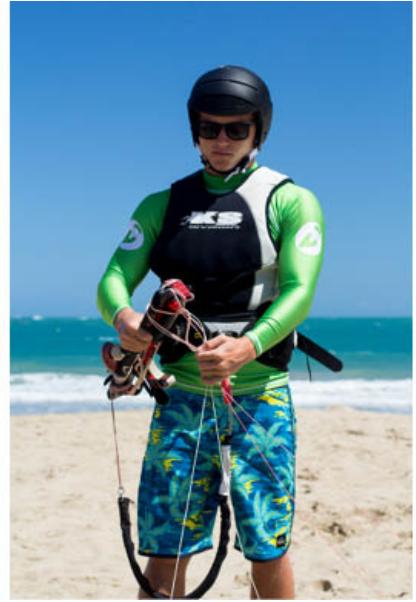


3. Continue by winding all the lines until reaching the end of the line



4. Secure the lines around the bar by doing 2 half hitches knots





2nd time, train with a bar and kite: launch a trainer kite with an assistant (your Instructor or another student under supervision of your Instructor).

1. practice the 4 steps mentioned here above: safety release, climbing and securing safety line, winding lines on the bar, secure lines when reaching the kite



Self-rescue practice

We also call it kite sailing exercise, using our body and the board as dagger board and the kite as sail.

1st time:
practice with a kite only and on land or in shallow water.

Take an inflated kite with no lines connected to it, as first training. Remember to connect your kite leash to the pump leash attachment or to a bridle (you may need an extended leash; your Instructor will set it up for you).

1. Prepare for kite sailing:

- » Flip the, leading edge upwind, kite tips in the air (U position)





2. Then practice the position to take in order to sail.

- » Go along the leading edge to grab the tip that will be in the air (depending on if you want to go to the right or to the left)
- » Keep holding the kite tip and move along and until the other side end of the leading edge (wing tip).
- » Lay on the kite leading edge and raise the upper arm (the one that holds the kite tip that is in the air), and start sailing.
- » Adjust the kite power and prevent the drift with your free arm and hand (putting it in the water)
 - o With a C kite you might hold the front of the kite tips or slightly behind.
 - o On a Bow, SLE, or Delta, you may have to hold the bridle at the line attachment point and the back-line attachment point together (this will permit to adjust the kite power)



2nd time:

Practice with a kite only and in the water.

Train to sail with the kite on both sides (going to the right and to the left), to be comfortable.

Do NOT disconnect the kite from your leash as it could go away.

Do NOT attempt to pass shore break while kite sailing on the way out or way back.

Go in the water and practice. First, go away from the shore and come back. Do this a couple of times. It is advantageous and safer for you to master this practice.



Tips:

- When doing the transition, going from one side to the other, keep the extrados in the water (smiling position) so the kite will be easier to handle.
- Try to find the most efficient position to get pulled by the kite: experiment and adjust by grabbing the tip in the air at different

places between the leading edge and the trailing edge.

- Use your front arm (like for the upwind body-drag) as a rudder to go more upwind.
- In the water, do not rush. Take it easy!

3nd time:

Practice with a kite only and in the water.

You have succeeded to the previous steps, it is now time to train with a kite flying and in the water:

Wear helmet, buoyancy aid, harness and line cutter.

Take off your kite slowly and up to 11 or 1 (not above),

Walk toward the water and enter it until waist deep at least

Depending on the wind direction your Instructor will ask you to pilot the kite to one side of the wind window in order to be pulled away from shore, or not.

Once you are at a distance from shore, trigger the chicken loop release and start the procedure you applied on land for the lines and bar and return to shore using your kite.

Take your time and relax.

Key points reminder

- Once you reach the kite, flip it over and put one leg on the leading edge, on its middle section.
- Go along the leading edge until you can reach the tip that will be in the air or use the bridles.

- Hold on this kite tip and push yourself backwards along the leading edge, but stay on it, it will make you float and will reduce drag in the water.
- Grab a front and a back line on the tip that is in the air to adjust the power. If you only grab the leading edge, the kite may not generate pull and you will drift downwind or it will take a lot of time to come back to shore.
- You can even ride cross-wind if you use your board or arm as a dagger board.

Pack down procedure

Before reaching the shore line if there is waves or if a boat is about to recover you in deep water: you can do the pack down procedure.

Warning:

NEVER deflate your kite in the water, unless you have established communication with the boat, that will recover you.

Always pack your kite down before passing a shore break to reach the shore.

To pass a shore break back to the beach, disconnect the kite leash and let the kite go and swim separately after the kite is gone toward the shore.

The pack down procedure:

1. Secure the lines on the bar, before you do anything else. Secure it as seen during the bar recovery exercise (previous page).
2. Put the kite in a "U" position (upside down, tips in the air)

- 3.** For boat rescues, before you deflate anything, be sure that the boat has seen you and is aiming towards you.
- 4.** Deflate the leading edge only. Be sure to keep the struts inflated. On one-pump systems, close all the struts' clamps beforehand.
- 5.** Fold the kite in half, inner skin inside, and put the two wing tips together.
- 6.** Disconnect from the kite leash.
- 7.** Roll the kite from the wingtips to the center to squash out the air.
- 8.** Close the deflate valve to prevent water from getting inside.
- 9.** Wrap the kite leash or harness around the kite to keep it together.

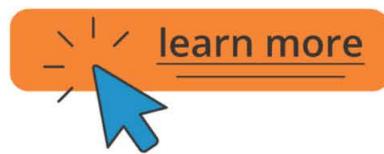




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