



Groundswell Lesson plan for FIRST Lesson –

Allow for APPROX 2.5 hrs instruction, plus ½ hour of preparation for lesson

- Groundswell Level ONE lesson

LAND
BASED

- | | |
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| A | <ol style="list-style-type: none"> 1 Identify safe wind directions and conditions for kiting 2 Discerning the hazards of a spot 3 Setting up a trainer kite 4 Knowing how to use the safety systems 5 Carry and handle the kite properly |
| B | <ol style="list-style-type: none"> 1 Learning basic flying skills with trainer kite 2 Launching and landing the trainer kite with an assistant 3 Twisting and untwisting the lines while flying the kite 4 Walking and changing directions while flying the kite 5 Identifying and using the wind window |
| C | <ol style="list-style-type: none"> 1 Setting-up a 4/5 line kite with a full de-power system 2 Pre-flight checking of equipment and settings 3 In-flight checking of equipment and settings 4 Pull quick release and activating the kite leash 5 Understanding and using the international communication signals 6 Launching & landing the kite to an assistant & as an assistant . |
| D | <ol style="list-style-type: none"> 1 Controlling the kite hooked into the harness (using two and one hand) 2 Understanding the de-power system and the use of the safety systems. 3 Learning advanced flying skills with the de-power kite 4 Showing full control of de-power systems in flight |
| E | <ol style="list-style-type: none"> 1 Self-landing 2 Recovering the bar and kite |

- Body Drag

WATER
BASED

- | | |
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| F | <ol style="list-style-type: none"> 1 Enter and exit the water independently and safely while controlling the kite 2 Water re-launch the kite 3 Body drag downwind 4 Maintain correct kite position in the wind window 5 Change direction to the left and right while body dragging 6 Self-rescue and full pack-down in deep water |
| G | <ol style="list-style-type: none"> 1 Upwind body drag to recover board 2 Upwind body drag holding the board with one hand 3 Enter and exit at the same point while upwind body dragging. |

Lesson End

