\bigcirc	Tasks	Fri, March 21, 2025
0	Sit up 'Cowboy' style on board in disturbed water and steer through 180 degrees left and right	verdue, Wed, March 9
\bigcirc	Lay on board - move to 'Cowboy' Sit up on board	Overdue, Yesterday
\bigcirc	Smooth transition from drop knee to standing both feet on board	Today
0	Shift Front foot to 'Drop Knee' Position. Front foot angled and in centre of board. (ETOW bar now as well)	1 Hand on Today
0	Move from Kneeling to upright kneeling on board. Ready for Powered wing or etow / Parpull	rawing for Today
0	Centre body weight and move from 'Cowboy' to squatting on knees - Heels on backside	Today
0	Stand up and Stay Up on board at medium Speed - (not foiling) - Dogging and Steering balance	for Tomorrow 🚖
	This is a milestone Step and takes you to Session 3 "winging' if desired.	
\bigcirc	Begin working board with 'hopping' through legs and pumping with arms / wing to gain speed and break water surface 'Stick'	Due Tue, March 25
0	Using 'Heels' while standing and pulling Wing Back behind your hips to draw board angle back into the wind. Staying Upwind while pumping	es Due Wed, March 26
0	Pumping Wing / Hopping to foil - Pulling / Steering Board upwind for maximum Air Pres Flying on foil - maintain pressure and power to keep speed	sure - Due Thu, March 27
0	Take a minute to return to wing handling. Flip the wing, pull the wing back behind your be kneel and stay upwind Heel side only at this stage.	oody to Due Thu, March 27
0	WING - Running 'Train Tracks' Practice max speed, slowing down , Depower wing - Powe wing - Now Jiibing	r Due Fri, March 28
0	ETOW. Maintaining even flight - Pitch control - Turning Left and Turning Right - GLIDE HEIGHT MAINTAINED	Due Fri, March 28
\bigcirc	Jiibing - Duck Jiibe - Overhead Jiibe - Backwind Jiibe.	Due Sat, March 29
\bigcirc	Tacking - Toeside (SKATE)	Due Sun, March 30
\bigcirc	Tacking - Heelside (SKATE)	Due Mon, March 31
\bigcirc	Downwind Tactics - Dragging the sail.	Due Tue, April 1
0	Pumping - Using swell - Using Bumps - Finding Holes and connecting bumps	Due Wed, April 2



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☆ Tasks	Fri, March 21, 2025
Prone - Connecting and Double Dipping. Pump Training	Due Thu, April 3
OW paddle ups. Pump Training- etow -	Due Fri, April 4
Ow Paddle ups Flat water	Due Sat, April 5
OW paddle ups disturbed water - Bumps	Due Sun, April 6
Pawawing - Staying upwind	Due Mon, April 7
Parawing Jiibing and Tacking	Due Tue, April 8
Parawing Connecting Bumps	Due Wed, April 9
O Surf Carving, Lines and ramps - Using incoming swell and backs of waves to advantage	Due Thu, April 10



Fri, March 21, 2025

