



Special Surf 78

SURFING LEVEL

Level 1 Beginners:

(At this level the lessons take place in the white waters / broken waves foam - inside*)

- Information about the surf gear
- Security rules
- Information about the correct position of lying on the board
- Information on paddling technique and its different rhythms
- Explanation of Take-off** Technique (s)
- Correction of basic standing position on the board (favoring your balance and the speed of travel of your board on the wave)
- Teaching and training of white waters turning (broken wave foam)
- Training of psychological skills in relation to new environment (the sea, the waves, surfing)

Note: To move to the next level you will need to consistently acquire goals, take-offs and white waters turns so that the next level goals can be a challenge within your grasp and not a frustration.

* Inside - Near Beach, Waves Closer to Shore

** take-off - standing on the board

Level 2 Intermediate:

(At this action level / lessons take place in the waves for breaking outside*)

Objectives to work:

- Information on tides, currents, winds and waves (Shape, size and direction of the wave),
- Safety rules in outside context
- Priority rules
- Passing the white water (different techniques)
- Paddling technique adapted to the surf context outside
- Correct position on the line up to surf unbroken waves
- Sitting on the board
- Specific paddling technique at the critical moment of catching waves outside
- Take-off on unbroken waves
- Take-off on unbroken waves and bottom-turn to "green", "wall" of the wave** and surf waves in front-side*** and back-side****.
- Training of psychological skills in relation to the new context of surfing in the waves outside.

*Outside - farther from the beach, waves farther from shore

** "Green", "wall" of the wave - means going to the side of the wave where there is no foam following the "line" of the wave that is yet to break; where the most advanced / intermediate surfers make their surfboard trajectories

*** Front side - surf facing wave

**** Back side - surf with your back to wave

Note: In order to move to the next level you will need to consistently achieve your goals, Take-off on unbroken waves and turning to the "green", "wall" of the wave. Knowledge of safety rules, priority rules among surfers.

Level 3 Advanced:

(At this level the lessons take place in waves by breaking outside into larger and stronger waves)

Objectives to work:

- Identification of basic surfing maneuvers
- Wave reading to understand what kind of maneuvers to apply
- Technical improvement of the bottom turn*
- Front side and back side cutback**
- Floater***
- Top Turn****
- Autonomy in the context of surfing outside, namely correct positioning in line up and catching the waves
- Training of psychological skills in relation to the new surf context in the outsider waves with more size and strength.

* bottom turn – turn at bottom of wave

** cutback – surfer's reverse trajectory to the wave's direction of travel

*** floater – glide over the foam of a broken wave

**** topturn – top wave turning

(Technical analysis of these movements / trajectories can be monitored with follow-up in video training sessions and photo correction)

Level 4 (elite athlete training for competition)

Lesson Length:

- Lessons last 2 hours (*)

(*) Lessons for children may be less than 2 hours, as tiredness and cold may cause the duration of the classes to be shorter, however, we always try to have at least 1h and 30m.