

KITEBOARDER'S HANDBOOK

Evolution

Freestyle



1st edition 



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



Kiteboarder's Handbook

DISCOVERY
INTERMEDIATE
INDEPENDENT
ADVANCED
EVOLUTION

Freestyle

IKO eBooks | Learn with IKO



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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



Introduction

Welcome to the Kiteboarder Handbook Evolution - Freeride. In this handbook you will find all the lesson plans of the tricks for the IKO Kiteboarder Level 5 - Evolution - Freeride.

Before you go through this eBook and try to land any of the related tricks, it is strongly recommended that you:

- Can comfortably achieve any given skill from the IKO Kiteboarder Level 1 to 4 (Discovery, Intermediate, Independent, Advanced*). In case you cannot, we suggest you to go one step backwards and learn these skills.
- Have read, understood and apply the IKO Kiteboarder Level 5 - Evolution - Preparation for Evolution Levels.

**In case you are not sure about your level go online and take the quiz corresponding to each level (Discovery, Intermediate, Independent and/or Advanced).*

Direction of use

To make the most of this eBook and ensure a good progression, be sure you:

- Have the right level to try the trick you want to land (e.g. attempting a power jibe without being able to do a simple jibe would be a waste of time and energy).
- Are practicing in the right conditions for the trick you want to land. (e.g. if you try to unhook for the first time in big waves, you will not succeed and put yourself in danger).
- Have the right mindset for progression. Level 5 is not Level 1 anymore, this means tricks are getting harder and harder and for most of them you will need to try over and over again and accept

frustration and failure as part of the learning process.

- Alternate your session with tricks that you land easily and harder tricks that you may crash more time to keep a positive feeling.
- Always try a new trick on your strong side to motivate yourself, but do not neglect your weak side as being able to do a trick on both sides is when you really master it!
- Always finish (when possible) with at least 10 minutes of an easy-going session to end it on a good note.
- Be fair with yourself, being a Level 5 rider is already a great achievement! Remember where you were 5 years ago or when you started kiteboarding.
- Listen to your body! On some day(s), it will not work for you and your body will tell you, so listen to it! Know how to exit the water earlier than expected to avoid an accident... There will always be another session. Remember to take breaks, drink water, put sunscreen and eat carbohydrates.

This program does not replace having an IKO Coach to help you. Therefore, to make the most of it, follow this program with an IKO Coach during an hourly lesson or even better during a 5-day Evolution Clinic. You will progress more in 5 days of coaching than in 5 years on your own.



Check your Level and Define your Goals!

Remember that the first step of learning is visualization. In order to land a new trick, your brain needs to visualize it, and even better, you need to visualize yourself doing it. It is also very important to define the right goal according to your expectations and especially according to your level.

For example, if you want to land a front roll but you cannot properly jump, the front roll lesson will be counterproductive. This was a pretty obvious example, but this happens a lot amongst riders who waste a lot of time trying to land a new trick only because they had the wrong goal to start with according to their level.

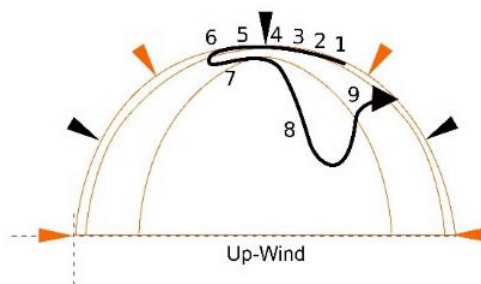
This is where an IKO Coach will also help you a lot to define the right goal for you!

Take time to define your level and goal(s) in the chart below. Once this is done, it will be time to hit the water and progress! Remember to stay safe, always keep a safe distance to the other riders when attempting a new trick, check your safety systems work before launching the kite, wear your personal equipment and connect your leash to the front part of your harness.

Level 5	Evolution – Freestyle
1	Frontroll
2	Frontroll transition
3	Pop (no kite movement)
4	Hooked-in railey
5	Hooked-in railey-to-toeside
6	Higher jumps
7	Higher jumps with grab
8	Higher backroll
9	Higher frontroll
10	Unhook and hook back in
11	Unhooked pop
12	Unhooked railey
13	Unhooked backroll
14	Surface handle pass
15	Jump transition with kiteloop
16	Jump and land with downloop
17	Jump with kiteloop
18	Jump with kiteloop and land with downloop
19	Backroll with kiteloop
20	Backroll with grab
21	Hooked-in railey with grab
22	Unhooked pop with grab

Evolution Freestyle #1 Frontroll

Kite trajectory on the wind window



Steps	Kite	Body	Board
1	Kite at 11 or 1. Hands in the center of the bar		Edging upwind, good speed
2	Sheet in	Straighten up your body	Flatten the board, go a bit downwind and build speed
3	Slightly sheet out and pull with your back hand	Push on your legs	Edge hard
4	Send the kite same as a normal jump by pulling with your back hand and sheeting in	Front leg bent, back leg extended, head tucked, look under your back armpit, shoulders forward	Pop off the water
5	Keep the kite balanced over your head during	Throw all your body into the rotation. Bend the back	

	the jump	leg and extend a bit the front leg	
6		Spot the landing to stop the rotation	
7	Start to pull harder on the bar with your front hand	Extend your legs (Front leg half bent, back extended) and untwist your head to stop the rotation	Point downwind, land tail first
8	Pull hard with the front hand to power stroke the kite	Bend your knees to absorb landing	
9	Untwist the lines		After landing start edging to keep tension in the lines

Complementary tips

- » You need to generate more power to go higher than for a backroll.
- » As for any rotation, commit to it. Once you decide to start the rotation, throw your head under your back armpit at the same time as you pop and bend your front leg.
- » Keep the same pressure on your bar as to NOT send your kite backward.
- » If you cannot stop the rotation, it is probably because you did not spot your landing or power stroked your kite at the end.

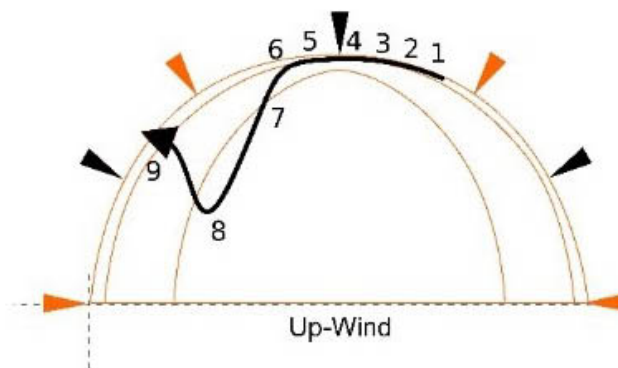
Next goals:

- Double frontroll
- Frontroll with tail grab.
- Frontroll transition
- Frontroll transition and land with downloop



Evolution Freestyle #2 Frontroll Transition

Kite trajectory on the wind window



Thank you for reading this IKO Handbook Preview. This is just the first few pages of the eBook.

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all Kiter Handbooks and other eLearning content, insurance coverage and gear discounts.





International Kiteboarding Organization