

KITEBOARDER'S HANDBOOK

Evolution

Wave Riding



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

Wave Riding

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 Beudonnat
IKO co-founders



Introduction

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

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 others riders when attempting a new trick, check that your safety systems work before launching the kite, wear your personal equipment and connect your leash to the front part of your harness.



Enjoy!

Level 5	Evolution – Wave riding
1	Wave and current analysis
2	Pass the shore break
3	Exit the water with shore break
4	S-turns
5	Jibe
6	Jump on a wave
7	Bottom turn / off the lip
8	Ride on waves over 1m (all previous skills)
9	Floater
10	Snap back
11	Tack
12	Ride on waves over 2m (all previous skills)
13	Downwinder on waves

14	Pass the shore break strapless
15	Exit the water with shore break strapless
16	S-turns strapless
17	Jibe strapless
18	Bottom turn / off the lip strapless
19	Ride on waves over 1m (all previous skills) strapless
20	Floater strapless
21	Snap back strapless
22	Tack strapless
23	Ride on waves over 2m (all previous skills) strapless
24	Downwinder on waves strapless
25	Jump on a wave strapless



Which equipment should you use?

Choose a kite size that gives you good power with a margin of depower, but never be over powered when riding waves (especially for those who want to ride strapless).

When catching a wave, the rider accelerates because he is pushed by the wave. This creates more apparent wind and therefore more power. If you are over powered in the first place, you will be uncomfortable every time that you catch a wave, which is supposed to be the best moment.

A smaller kite is much better as it reacts faster to direction changes and loops, which happen a lot in wave sessions.

What about the board? Purist would say: 'No way to surfing waves with anything else than a directional board!'. In reality, yes, it is best but not mandatory. Every kind of board will have its advantages:

- A twin tip will allow you to be more comfortable as you can move around easier, especially if you are not that experienced in wave conditions.
- A directional with straps will give you more response for aggressive turns and help you a lot when passing the waves.
- A directional strapless will make it a bit more complicated but once mastered, the rider will experience the feeling a wave surfer has when catching a wave.
- A hydrofoil will allow you to keep enjoying the surf on less windy days with less people in the break.

Learn on smaller waves

As explained several times in this eBook, timing is everything. For

instance, crashing right in front of a 60cm (□2ft) wave is often not a big deal; however, crashing in front of a 3m (□10ft) wave can be pretty serious. Yet, small waves are good to practice your timing on turning and positioning. They provide the push during takeoff and behave somewhat like bigger waves do. This is a great way to build up confidence, muscle memory and to understand how waves behave so one day you can surf much bigger waves.

Always pay attention to the waves



It is always easier to pass over the break during a series of smaller-sized waves, just as much as it is better to pass those waves away from their peak where the angle is less steep. Right after you passed a wave, look at the next one to locate where the peak is and head toward the less steep side.

At the moment where the waves are breaking, stay alert since it is a never-ending evolving situation. Try to always mind where you

are and what is coming toward you.

Also look for other riders as you will have to share the waves with them (the first one on the wave has priority and starboard kiter out of the wave shall give you priority). Unfortunately, many riders do not know these Right of Way rules. For this reason, keep a safety distance in any case and always keep an eye on the surfers and windsurfers around you.

Falling in the waves

Falling should never be an issue. As a matter of fact, it is part of the fun. If you fall, keep moving your kite to keep tension in the lines. If doing kiteloops or downloops are not a problem for you, the best is too keep looping your kite until you are dragged away from the 'danger zone' (where the waves are breaking); zone in which the 2 following situations are likely to happen:

- Your kite may front stall. When static in the middle of waves, each wave may push you under your kite and that will result with the kite being outside of its wind window and then stall and fall in the water. In some cases, the lines might even fall around you, which obviously must be avoided.
- Your board may hit you. Watch your board as a wave might catch it, push it toward you and it can hit you in your back. If you cannot spot your board, this means that it has already been pushed away by the waves so you might find it at the end of the white water.

Crashing your kite in the waves

Yes, even with all the knowledge and precautions, this may happen when you start going out on wavy days, so be prepared!

Be sure that you have a functioning line cutter. It is more likely that you could get caught in your lines (and therefore need to use the line cutter) in a wavy session, than in a flatter water session

When you crash your kite in the middle of a set of breaking waves, the situation gets more complicated. Try to:

- Relaunch your kite as fast as possible before an upcoming wave catches it!
- Watch your board, it might get caught in the next wave and hit you from the back.
- In the case where you cannot relaunch your kite, quickly activate your chicken loop quick release so that the waves do not rip your kite apart or and pull your kite over, dragging you under the water each time a wave hits it.
- In very big wave conditions, you may have to release everything as even on 1 line, the pull of the wave on your kite will pull you under the water.

For those who usually ride in 'suicide leash' for unhook (according to IKO standards it is never a good idea), remember to connect your leash directly to the safety line before your session as it can be very dangerous in case you need to release in the waves.

Kite trajectory in the waves

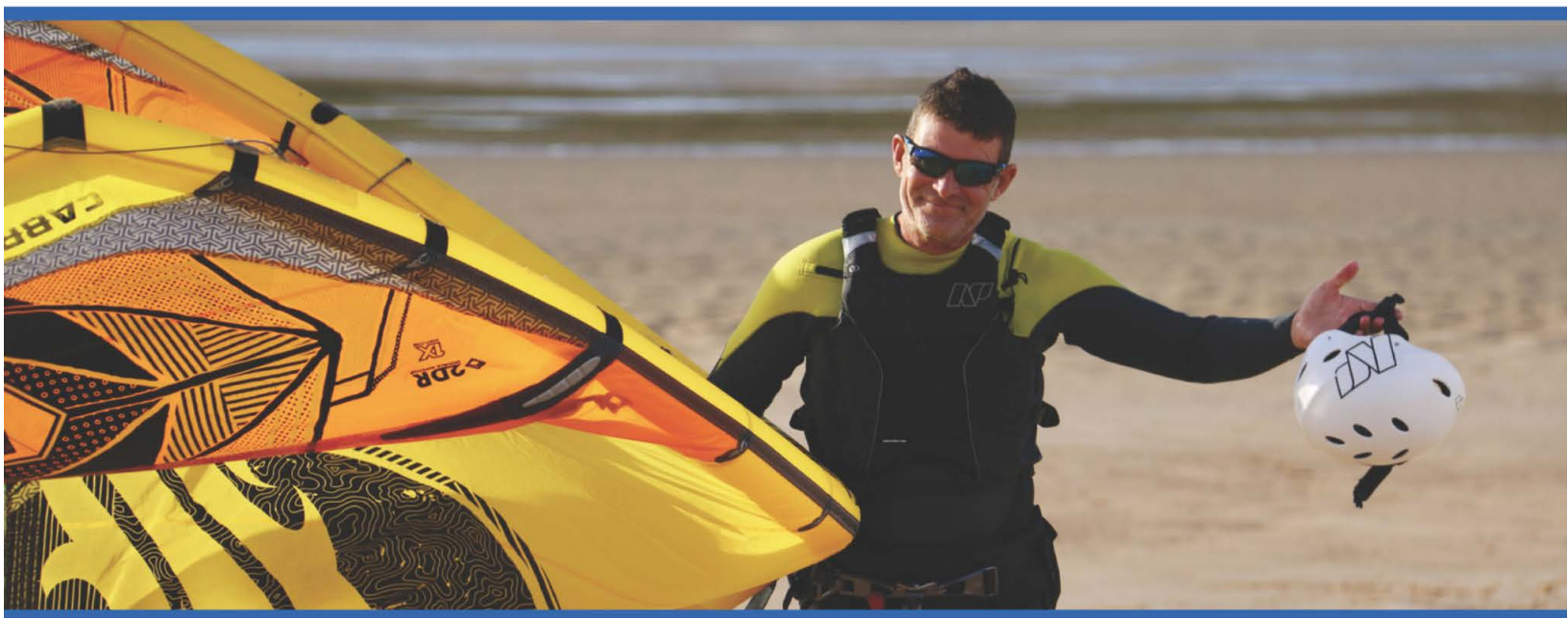
When wave riding, depending on the wave-to-wind direction it can be totally different. For example:

- With side-on-shore wind, a wave rider will have to constantly move its kite from one side of the wind window to the other.
- With side-off-shore wind, a wave rider will have to keep its kite mostly stable at 45° and only carve with the board on the wave.

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

Want to read the rest of the handbook? Become a member of IKO!

With IKO Membership, you get access to
all Kiter Handbooks and other eLearning content, insurance coverage and gear discounts.





International Kiteboarding Organization