

IKO Kiteboarder Level 1 – Discovery 1/2

1/ First Contact
2/ Course Introduction
3/ S.E.A. Assessment



4/ Student Inflates the kite



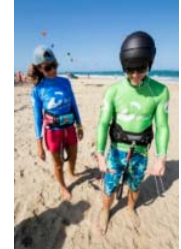
5/ Holding and Carrying the Kite on Land



6/ Kite Handling to Secure it (for Set-up and 'After Landing')



7/ Unwind the Lines



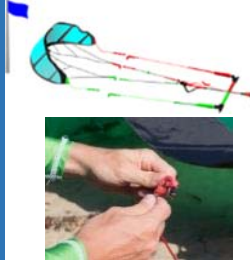
8/ Connecting to the Bar / Simulating Flying a 4-Line Kite & Kite Power Control



9/ Flight Incident Simulation (3 Safety Steps)



10/ Lines Set-Up



11/ Pre-Flight Check



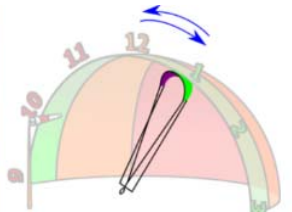
12/ Launching and Landing as an Assistant



13/ Instructor Tests the Kite in Flight and Trims it



14/ First Piloting
15/ Explore the Edge of the Wind Window



IKO Kiteboarder Level 1 – Discovery 2/2

16/ Let Go of the Bar
17/ Twist and Untwist the Lines
18/ Flying One-Handed



19/ Power Adjustment Using Bar / Trim Experimentation (Basic)



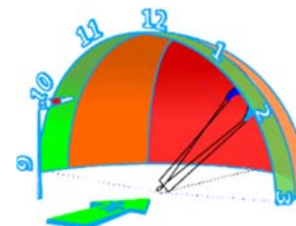
20/ Walking While Flying the Kite (also with the Board)



21/ Landing to an Assistant



22/ Wind Window Theory



23/ Launching with an Assistant
24/ Piloting Practice (Review of all the Steps Covered)



25/ Activate the Quick Release and Let the Kite Drop



26/ Self-Landing (How to Recover and Secure the Kite)



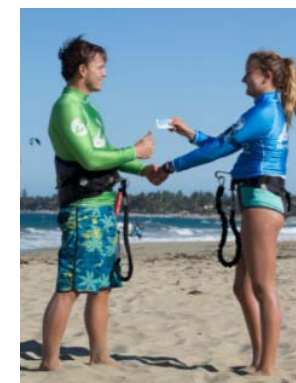
27/ Post-Flight Check (for Next Flight or Storage)

28/ Equipment Packing

29/ Lesson Feedback / Student Level Assessment and Set Next Objectives

30/ Schedule the Next Lesson or Student Certification

31/ Equipment Storage or Maintenance



IKO Kiteboarder Level 2 - Intermediate

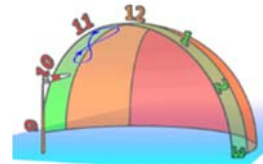
32/ Enter and Exit the Water While Controlling the Kite



33/ Water Relaunch



34/ Side Body-drag with Both Hands
35/ Body Drag with Power Strokes Both Sides



36/ Body-drag Upwind



37/ Body-drag with the Board



38/ Self-Rescue and Pack Down Discovery on Land



39/ Steady Pull



40/ Right of Way (R.O.W.) Rules Introduction
41/ Water-Start



IKO Kiteboarder Level 3 - Independent

42/ Controlled Stop
43/ Control Riding Speed by Edging
44/ Riding Upwind



45/ Sliding Transitions
46/ Toeside Riding
47/ Toeside Turn



48/ Self-Launch



49/ Self-Rescue and Pack Down in Deep Water



IKO Kiteboarder Level 4 - Advanced

50/ Basic Jump



51/ Jibe



52/ Jump with Grab



53/ Rider Recovery
54/ Board Recovery



55/ Theoretical contents:

- International Kiteboarding signs
- ROW rules
- Equipment
- Weather and Tide
- Aerodynamics

➔ **IKO Kiteboarder Level 5 - Evolution**