

# Surf Course Program

In all Surf lessons the surf instructor will take in consideration the level of the students and we will personalize the lesson to each person. We will give you the technique that you need

We don't divide the program per lessons because everybody is different, so we all learn at a different rhythm. We can go through 3 different techniques in 1 day with someone while his friend learns 1 technique in the same day. The priority is that it's well learned and practiced, so you don't go forward if the last technique isn't solid. Another aspect that can affect the speed of the learning process are the conditions (waves). If we have small waves (more common in the Summer), it will be easier to progress through various techniques. If the waves are bigger, than we are more limited.

So no matter how many lessons you do (3 or 5 days surf course) we will try to advance as much as possible through the program, taking in consideration the weather conditions and the students characteristics. Like in any other sports the fundamentals have to be solid and the basic techniques have to be mastered from the start.

If you already have some experience in Surfing, and want to improve on your skills, we will do an assessment of your level, by watching you Surf, and determine at which stage you are in the program, your strengths and weaknesses (what you need to improve) and start working from there.

# BEGINNER

## **1** White waters or the inside

Where we can practice the fundamentals of Surfing

**1.1** Basic safety procedures

**1.2** Timing to catch the white water

**1.3** Balancing on the board

**1.4** Basic stand up technique

**1.5** Basic Surfing position

**1.6** Distribution of the weight of your body, through the board, during the different stages of the wave

**1.7** Control of the board

## **2** Going through the white waters, reaching the outside

**2.1** Learn the different techniques to go through the breaking zone, safely, to the outside, with different boards.

## **3** First steps on the green waves or the outside

- 3.1** How to maneuver the board around, in the lineup
- 3.2** Understanding and reading the waves
- 3.3** Learning advanced safety precautions and priority rules
- 3.4** Catching the first waves
- 3.5** Dropping the first waves

## **4** Intermediate level on the outside

- 4.1** How to take off with a diagonal angle on the wave
- 4.2** Bottom turn
- 4.3** Cutback
- 4.4** Floater

## 5 Video analysis

- 5.1** The surf instructor will remain outside of the water, and films the student's waves. To reach this level, the student needs to be independent in the water, in terms of safety and regarding how many waves he catches. The advantages of the video analysis is that you can see immediately during the lesson your mistake and correct it on the same session. It's more effective and you will have a better understanding of your body positioning.

Apart from the Surfing Techniques described above, we also approach the "oceanology" aspect of Surfing. That is, knowing all the variables that affect the weather, and by consequence, the waves.

This part of the program is introduced in the beginning of every lesson:

- 6.** Wind direction - What is offshore and onshore
- 7.** Currents and Riptides
- 8.** Tides - How do they work, why and what are the main differences in the waves
- 9.** Swell - Where do waves come from, how are they formed, and what is the mechanism that makes them break at the beach
- 10.** How to read a wave chart
- 11.** Surfing with rocks - How to spot them, and how to avoid the danger. Getting in and out of the water in rocky spots