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**Kitesurfing techniques – Launching & landing**

**By Jakob Jelling**

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There are many different kitesurfing techniques that are important to kitesurfing sport. This article will focus on some basic kitesurfing techniques that will help you improve your kitesurfing skills and will allow you to have more fun and enjoy your experience while kitesurfing. However, you will need to spend enough time practicing these techniques before you can say that you have mastered them.

One of the first kitesurfing techniques that you will need to learn are launching and landing techniques. Typically you will have to follow the following steps to learn the launching techniques. First of all, place the kite on surface with the foremost edge facing the air stream. Then grip the control pole, fasten the security / safety strap. Bring in the control pole and the lower line in such a way that the tip opens up. Now you can set the kite free from the surface. You can pull the upper line to make the kite go up.

The landing kitesurfing techniques are also very important to master. To land, follow the following steps. First of all, regulate the trim strap so your kite is in a de-powered mode. Reposition the kite to either the left or right boundary of the wind screen. Next, release the pole and draw on the security / safety strap. Grasp the security strap line and march in the direction of the kite. When you grabbed a hold of the kite's foremost edge, you can place the kite on the surface and secure it.

There are several basic kitesurfing techniques that relate to your kitesurfing kite. You will need to practice the following things, for example. Practice turning the kite to the right and to the left, doing 8 shapes in the left and right border of the wind screen, and doing sine wave patterns while jogging.

Jakob Jelling is the founder of <http://www.kitesurfingnow.com>. Visit his kitesite for the latest on kitesurfing equipment, kiteboarding lessons, places to surf and much more!

**Kitesurfing technique – Body dragging**

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This article will offer you several kitesurfing techniques that will help you advance in the kitesurfing sport. Remember to practice everything enough times until you become completely comfortable with the kitesurfing techniques.

One of the kitesurfing techniques that we would like to discuss in this article is body dragging. This is a more advanced technique and you should be familiar with the basic techniques before proceeding to this one. You will need to practice the following steps (down the wind body drag technique). First of all, step in the water and get underway with your kite. Try to use the power of your kite to body drag yourself across the water area. Practice 8 shape patterns and sine wave patterns on the left and right sides, landing your kite and launching it.

The upwind body dragging kitesurfing techniques are analogous to down the wind body drag technique. The only difference is that you will need to position your kite at the right or left side of the wind screen and keep one of your hands beneath the water.

Another one of the kitesurfing techniques that is very valuable is learning how to steer your board. First of all, of course, you will need to be comfortable and completely in control while just standing on your board. You can follow the following steps to practice steering your board. To steer your board to the side that is away from the wind, try putting more pressure on your front foot and moving your body weight towards the face of the board. To steer your board to the side that is towards the wind, do the opposite by putting more pressure on your back foot.

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