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Knee Boarding Tips For Beginners – Deep Water Starts

By Nicola Kennedy

Being new to the sport of kneeboarding it's really hard to start off especially if you are a beginner. As an introduction to 'boat-towed' sport, a kneeboard is a great piece of equipment to practice with. The low center of gravity often makes it easier to get up on than a water ski or wakeboard, which both require standing up.

Here are two ways to do a deepwater kneeboard start, the belly start and the low buoyancy start.

The Belly Start

- The most common kneeboard start is the belly start or abdomen start. In performing this, you should put down your belly on the board with the strap laying forward and pointing towards the nose of the board.
- The nose of the board should be sticking out of the water. Place your one hand on the side of the board and the other hand grasping the rope and on holding the other side of the board.
- As the boat starts moving pull your knees ahead into the padded knee wells on the board. And as you do this, try not to bend forward, and keep your weight back.
- When you feel balanced, let go of the rope with your one hand, and with the other hand pull the strap up over your knees and tighten the strap to where it feels secure. Keep your arms extended and slightly bent.

The Low Buoyancy Start

- A low buoyancy kneeboard is one that is very thin, and while you are waiting in the water it will sink slightly into the water when you put your body weight to it. This allows you to go ahead to fasten yourself into the board before the boat pulls you up.
- It is easier if you adjust the strap to your preferred fit before you get into the water. This can be done

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on the swim platform or on a flat spot in the boat. You just simply get on the board and adjust the length to where it slides comfortably over you knees.

- After the strap is adjusted, jump in the water with the board. Apply weight to the board by pressing down with your elbows, and with your hands on the board in the same position as described in the belly start, pull your knees up on the board and below the strap.
- This start requires less effort when the boat is pulling you out of the water and also it requires a lot of balance before the boat starts moving. You need to balance yourself to keep the board from flipping over while you are strapped in it as you wait to be pulled out of the water. Balancing in the knee board can be best achieved by moving your arms back and forth in the water as if you were treading water.
- You should remain in that position; keep your balance with the nose of the board pointing slightly out of the water. As the boat starts moving bend back and you should pop out of the water with ease. This

is the time to tighten the strap if needed. Keep your arms extended and slightly bent.

Nicola Kennedy is an enthusiastic kneeboarder. Kneeboarding–Supplies.info offers news, information, views and

kneeboarding tips for beginners

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How To Find The Best Places In The World To Visit For Kneeboarding

By Nicola Kennedy

Surfing is one of the most popular sports today especially to those who live near the shoreline. The people who are involved in surfing get enjoyment and relaxation in this very adventurous sport.

Surfing is a sport where the enthusiasts glide toward the shore on a breaking wave of sea water. Surfers usually use specially designed wooden or synthetic boards that are lightweight and allow the user for greater maneuverability.

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While surfing is very popular, many are still ignorant to a sport very much common to surfing, knee boarding.

Knee boarding is very similar to surfing. It is a discipline where the user also uses a wooden or synthetic board that is known as a kneeboard – the rider paddles on his belly against the wave.

The popularity of knee boarding increased when the surf movie 'Crystal Voyager' was released by a prominent Californian kneeboard rider, George Greenough. After that, most surfers tried knee boarding and became indulged in the game.

Knee boarding requires a water current just like in surfing. It requires waves that are big and waves where the rider can go into. Only few places can offer this special requirement of knee boarding.

One of the best places for knee boarding is the sea water of Honduras. One of the best in this country is the Roatan Island. The island was the setting of popular TV reality program of Fox, 'Temptation Island 3'.

Roatan Island is one of those islands that is not highly populated and with only few tourists. It is a tropical island of pristine beaches, uncrowded by visitors. Another thing about the island is that it is budget friendly and you can always find place where you can lay your head and body in a minimal price.

Costa Rica is another destination for knee boarding – a country that offers breathtaking knee boarding spots that you can never resist. Most of the beaches of Costa Rica are of serene beauty and with the type of wave required for good kneeboarding. Knee boarders will definitely like the place for it is unique and one of a kind.

For those that want their knee boarding to be an experience of a lifetime, Maldives is the place where they should be. Maldives is a tropical island in the south of Asia, where you can find white beaches, crystal clear sea water and virgin shoreline. Maldives offers the knee board riders unbelievable waves.

Maldives make your dream come true. It is the place for discerning kneeboard riders. It is the ultimate destination to those that are already tired of the usual knee boarding places of California that are too much crowded and very much populated.

For those who want a place that is full of beautiful, sexy babes, Hawaii is the best for you. Hawaii has different locations for knee boarding. Its shoreline offers not just waves where you can get along and

do kneeboard riding, but it also offers something that will feed your eyes!

If kneeboard riders are looking for the newest and hottest place for the sport, the Philippines is the place for you. Philippines is one of those knee boarding places that is increasing its popularity as one of the best places for the sport. The country offer virgin shoreline and waves you have never seen. The island wil not just feed your enthusiasm for kneeboard riding, but also feed your self for nature adventures.

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Knee boarding is a sport that is very precise when it comes to location. These best places are very much applicable for the sport and will make your adventure an experience of a lifetime.

Nicola Kennedy is an enthusiastic kneeboarder. [Kneeboarding-Supplies.info](http://www.Kneeboarding-Supplies.info) offers tips and news, information and views about

good places for kneeboarding

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