

“From beginner to winner” Dvd content

Timing	Subject
1'11"	Equipment
45'	Equipment tuning
55'	Getting in and out of water with your equipment
1h04'	Beach start
1h11'	Harness
1h22'	Straps
1h29'	Water start
1h44'	Stance
1h54'	Tack
2h06'	Basic jibe
2h18'	Foot steering
2h26'	Power jibe
2h43'	Jump
2h50'	Helitack
2h57'	Duck jibe
3h04'	One hand jump
3h08'	Common mistakes
3h14'	Sicurity
3h20'	Carve jibe
3h29'	Stance
3h34'	Promotional trailers
3h44'	Jokes