



Hold the board by the handle or foot strap. Keep the kite overhead at 12 o'clock.



Hold the bar in the centre and have the kite slightly depowered. This will stop you steering the kite while you put your board on. If the kite pulls you off the board, kick the board away and regain control of the kite. Place your feet in the straps quickly.



Now that your feet are in the straps, grab the bar again with both hands. In this case we are going to start going to the right, starboard, so steer the kite to 11 o'clock.



Keep the kite heading into the power zone on it's way to 2 o'clock. Keep your knees bent and the board in front of you.



Keep the kite heading into the power zone on it's way to 2 o'clock. Keep your knees bent and the board in front of you. Keep the kite powered up but don't oversheet it. Too much back line tension will stall the kite and kill the power.



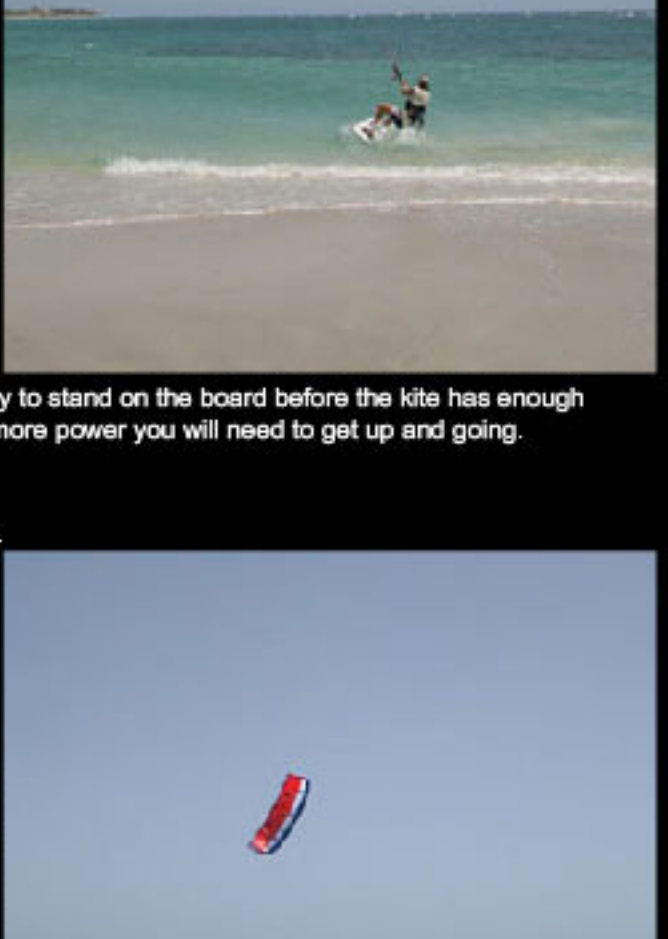
As the kite heads through the power zone, you'll be pulled downwind. Once you have enough power from the kite, it'll pull you up on the board.



The kite is now lifting you out of the water. Straighten your front leg, in this case your right leg, a little and keep your back leg, left leg, bent. This will point the board downwind and help you get up and planing.



Let the kite pull you out of the water rather than trying to stand on the board. If you try to stand on the board before the kite has enough power, you'll sink the board and won't be able to get up. The smaller the board, the more power you will need to get up and going.



Now you are out of the water, keep your weight over your back foot and on your heels. Weight over the back foot will stop the nose catching and tripping you up while keeping weight on your heels will help you edge against the kite and cut upwind.