

# Training Exercises

**1** Hover in box 1 min before start

**BOX STARTS**

**2**

**The Rabbit**

**RABBIT STARTS**

**3**

**4 Gybes**

**4 Tacks**

**GUTBUSTER**

**4**

**Tacking and gybing inside the ribs**

**THE RIVER**

**5**

**TACKING ON THE WHISTLE**

**6**

**4 BOAT TEAM RACING**

**7**

**HOVERING BY A MARK**

**8**

**A**

**B**

**C**

**PIGGY IN THE MIDDLE**

# Training Courses

