



TOW FOIL PROGRESSION CHART

<https://foilsports.co.nz>



2023/2024 Instruction program for Foil Sports NZ-
Mount Maunganui, Tauranga – Bay of Plenty – New Zealand

Beginner - HIGH VOLUME BOARD	
Stand on board and tow at slow speed	
At low speed direct board from one side to the other of the ski wake	
Heel side of wake, get foiling on a straight line	
Foil on straight line and exercise pitch control	
Toe side of wake, foil straight line	
Carve exercise 1: foil close to the wake then out wide and back. Toe and heel side	
Foil across the wake	
Let rope go and glide straight till stop	
Foot switch with board in the water and ride with other foot forward	
Intermediate - LOW VOLUME BOARD	
In depth explanation of hydrofoil components and function of individual items. Differences between wings shapes and application.	
Sink start	
Carve exercise 2: foil close to the wake then out wide and back. Toe and heel side	
understand correct foot placement and motion for pumping	
On the rope start pumping motion (video recorded lesson + video analysis)	
Let rope go, pitch control, high to low to stop glide	
Let rope go, straight glide into S curve	
Let rope go, pump short distance	
Start from side of ski	
Let rope go, pump longer distance (video recorded lesson + video analysis)	
Tips out carves	

Step-off start	
Pump, S curve, glide down	
Pump, S curve, pump	
Pump, 180 deg turn, glide down	
Pump, 180 deg turn, pump	
ON SWELL, WAVE, DOWNWIND (radio helmet provided for lesson)	
Sink start and safety in rough waters	
Jet ski assisted start, glide downwind in small swell / chop	
Downwind how to ride chop, connecting unbroken waves, where to place foil	
Bigger chop, wind against tide condition downwind	
Starting on bigger easier foils, progress to smaller, more manoeuvrable and more performance oriented foils.	
Jet ski start, ride unbroken waves / swell	
Tow into waves	

More info at <https://foilsports.co.nz> or email us at info@foilsports.co.nz

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