



## **Lesson Title: Tacking: Body Movements & Heel**

### **Light Wind Tack Body Movements & Heel Checklist**

#### **Pre-Tack**

- If not block to block, induce a small amount of leeward heel, stay straight

#### **Entry**

- Add or maintain body weight through the entry
- Flatten the boat and as you approach head to wind, allow windward heel to develop
- Adjust body position
  - Butt back slightly
  - Back foot to back of cockpit
  - Rotate front leg to move front foot to center area of cockpit, windward side
  - Maintain heel contact on inside cockpit wall

#### **Bear Away**

- Feel your butt get slightly wet
- Stay in place and reach for gunnel with tiller hand
- Move head under boom
- Place sheet hand on strap, deck, or let it float in air
  - Stay here longer for more roll, shorter for less roll
- Head up, Eyes up
- Spring off front leg and rotate forward
- Bend back knee during rotation
- Swing new front leg under strap and catch it with your butt outboard of the hull
- Extend body and bring sheet hand behind back
- Switch sheet and tiller to opposite hands

#### **Exit**

- Push the tiller slightly to leeward and progressively add body weight
- Add more than 150% of normal upwind outboard weight during flatten
- Rapidly flex your hips to become upright and slide inboard on your butt



## **Medium & Heavy Wind Tack Steering Checklist**

### **Pre-Tack**

- Maintain upwind body position or hike more to go faster before tacking

### **Entry**

- Maintain upwind body position momentarily as you turn
- As the boat becomes flat, adjust body position
  - Back foot to back of cockpit, windward corner
  - Front foot to mid cockpit on windward side

### **Bear Away**

- Spread arms across cockpit
  - Back knee to cockpit floor to leeward
  - Front knee to windward side cockpit floor momentarily or floating in flexion
- Cross where boom is highest near mainsheet
- As boom reaches new side, move from crouched
  - Raise new aft knee up, foot in forward leeward corner of cockpit
  - Spring off front foot into hiking position
- Clear the sheet as you place your new front foot under strap to begin hiking

### **Exit**

- Stay in place and reach for gunnel with tiller hand
- Steer momentarily with tiller behind your back and place new back foot under strap
- Reach across legs with sheet hand and grab tiller palm down, bringing it to normal position
- Hike hard and sail fast on close-hauled