



Lesson Title: Vang Sheeting

Straight Arm Method

- Simply straighten your sheeting arm from its position up on your chest to down near your thigh
- Extend your body further into a hike while you sheet out
- Sheet back on by pulling your arm back up to your chest

Drop Catch Method

- From a straight arm position, open the grip on the sheet to allow the sheet to slide through your fingers
- Close your grip to stop the sheet from sliding too far
- Extend your body further into a hike while you sheet out
- Sheet back on by using a 2 handed sheeting method

2 Handed Sheeting Method

- Pull high with your sheet hand
- With your tiller hand, grab the line between the block and your sheet hand above your knee, so that the tiller extension goes forward in the boat
- Pull sheet on with tiller hand without changing direction
- Holding your tiller and sheet in one hand, you can take the slack in your sheet hand and throw it forward or onto your lap.
- Re-grab the sheet with your sheet hand below your tiller extension and either anchor there or continue to sheet on/out

*** For specific Heavy Air Upwind sail settings, please see the PDF Sail Settings charts.