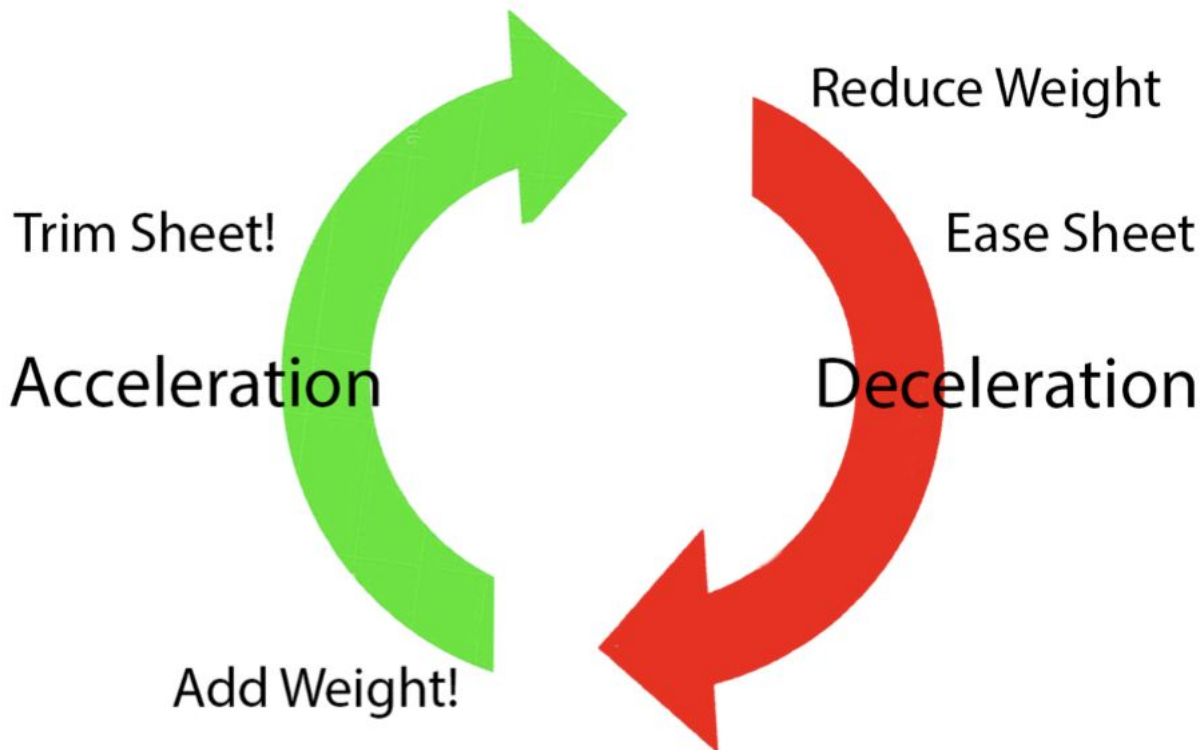




Body Weight & Sheet Tension Sequences



Acceleration & Downshifting Process

1. Stay close-hauled and stable heel angle within limits
2. Maximize power in the rig by easing sheet
3. Add as much weight as possible - stay with in heel limits
4. Sheet in to allow for higher efficiency
5. Stay on close-hauled
6. If you feel power drop, move body weight in if necessary and repeat the process