



KITEKAHUNAS Kitesurfing Beginner Crash Course

Are you determined to learn kitesurfing? You want to learn this wonderful sport, which will give you an entirely new feeling of life? Or have you tried a kitesurfing course somewhere else and you did not make it? Or are you a senior or a child and you need some special attention? Then you are right here. KITEKAHUNAS is the **only kitesurfing school in the world, which offers this unique beginner course curriculum for all ages and all levels of kitesurfers**: It has 4 course modules, A, B, C and D. We have developed and continuously improved this curriculum, and it is proven in Cape Town over more than 10 years. We have a >90% success rate to make our students real kitesurfers! The usual success for kitesurfing students to become a kitesurfer is lower than 1%!

We are a specialised school in *advanced* kitesurfing lessons. We further specialise in teaching kitesurfing to children and senior students who need special attention and a main focus on safety. We were the first producers worldwide of tutorial videos on how to learn wave kitesurfing and we are the worldwide leaders in teaching wave kitesurfing.

We put quality, safety and success of our students on the forefront and not quantity!

Possibly you have tried a kitesurfing beginner course somewhere else before, at another kitesurfing school, but then you got stuck, and you never became a kitesurfer? Don't worry, you share this fate with about 99% of all people who have "tried it with a kitesurfing beginner course" somewhere else. Kitesurfing schools around the world will tell you that you can learn kitesurfing within 3 days of lessons. But then you realize that this is not possible. With our unique crash course methodology, you will succeed, and **we will make you a real kitesurfer**.

Learning this fantastic sport is highly rewarding: you will not only look good in an athletic body and be able to eat as much as you want, but you will be able to stay fit, strong and healthy both mentally and physically till the end of your life. And of course, you will have plenty of fun on the water. Say goodbye to your back ache and hello to your new body posture and body feeling, and people will admire you as a kitesurfer ... here is how you will succeed in learning kitesurfing:

We at KITEKAHUNAS have developed this unique **KITEKAHUNAS Kitesurfing Beginner Crash Course**. It has **4 course modules: From A to D**. After completing our course, you will be a real, fully independent kitesurfer, and you will be able to kitesurf safely anywhere in the world!



Completing the 4 course modules A to D of the **KITEKAHUNAS Kitesurfing beginner crash course** will make you a real, fully independent kitesurfer. Only KITEKAHUNAS offers this unique course curriculum and we have a >90% success rate with over 10 years of experience.

Kitesurfing Course Module A: 3 Days Standard IKO Beginner Course

This is the 3 days kitesurfing beginner course, according to the standard IKO curriculum (International Kitesurfing Organization). This is the same course as other kitesurfing schools all over the world offer it, and this curriculum is very similar to other organizations, like the German VDWS or the British BKSA.

Prerequisite to enroll on Course Module A

You need to be able to swim and have at least an average fitness level.

Duration

3 wind days à 4 hours per day, so 12 hours in total (be careful, other schools often only do 8 or 10h at the expense of important topics such as 'safety').

The goal of Course Module A

Know the basic theory. Able to launch and land the kite. Perform a self-rescue. Body drag, downwind and upwind. Able to water-start and ride for a few meters, into both directions.

Equipment

All equipment and materials are included in kitesurfing beginners course module A.

Location

We often drive to Langebaan lagoon for course module A, where you can stand in waist deep water, which is of advantage at this stage of your learning.

(Please note: After course module A Langebaan is **not** a good place for learning any more. To learn fast thereafter, you need the downwind method, as described below, under Course Module C. You can do the downwind method only in a few places in the world, and here in Cape Town is one of them – provided that your instructor is specifically qualified for this.)

Group size

Private instruction (1:1) or small two-students group (1:2). Please note: Larger student group sizes, as some other schools do it, do **not** lead to any good results.

Price

Please see prices below, at the end of this web page.

If you have already completed such a kitesurfing beginners course somewhere else, and if you can waterstart and ride a few meters into both directions, you only need **1 refresher day for Course Module A (A3)** and then you can continue with Course Module B.

[+] Details of the content of this course

Learn kitesurfing Level 1 / Day 1 (4 hours)

- Equipment and safety theory
- Kite set-up and kite maintenance
- Know the use of the safety systems
- Understanding the wind window
- Basic kite flying skills
- Hand signals
- Launch and land the kite

Learn kitesurfing Level 2 / Day 2 (4 hours)

- Site Assessment and advanced kite flying skills
- Water re-launch the kite
- Self rescue and deep water pack down
- Basic downwind body dragging
- Advanced upwind body dragging
- Body dragging with board

Learn kitesurfing Level 3 / Day 3 (4 hours)

- Board-work theory and practicing
- First water start
- Basic riding in both directions
- Theory and safety rules



Kitesurfing Course Module A takes 12h lessons within 3 days. You will get on the board, riding your first meters. Only during this stage of your learning career, it is advisable to go to Langebaan lagoon, where you can stand.

Kitesurfing Course Module B: 2 Days Ocean Preparation

After your Course Module A, you will need the **downwind method** to progress further. If you stay in shallow waters, for instance in Langebaan, you would ride away from your instructor, downwind, and you would spend most of your valuable lessons time walking back upwind, and on top you will only exhaust yourself. This would make your progress very slow. With the downwind method you progress much faster, and you will use your lessons time much wiser. For the downwind method you will need to go on the ocean. Course Module B prepares you for this. KITEKAHUNAS has developed the unique ocean preparation methodology and you cannot get this anywhere else.

Prerequisite to enroll on Course Module B

Successful completion of Course Module A. If you have done a beginners course somewhere else, you would need to complete **1 refresher day (day A3)** with us.

Duration

2 wind days à 4 hours, and 2 hours of equipment lesson, so 10 hours in total. If you do Course Modules A and B together, please plan for 1 week to find the required 5 wind days.

The goal of Course Module B

Know how to deal with small waves. How to deal with the shore break. Getting ready for the ocean and the downwind method.

Equipment

All equipment and materials are included in your kitesurfing beginners course module B, or you can elect that we teach you on your own equipment.

Location

Cape Town.

Group size

Private instruction (1:1) or small two-students group (1:2).

Learning support

Radio helmet for safety, instant feedback and fast learning. You learn three times faster.

Price

Please see prices below, at the end of this web page.



Kitesurfing Course Module B consist of 8h lessons within 2 days. We will prepare you for riding on the ocean, the pre-requisite to really learn our

sport. We have developed our proprietary teaching methodology over 10 years and you cannot get this anywhere else. You also get 2h equipment lesson: The do's and don'ts when buying kitesurfing equipment.	
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Kitesurfing Course Module C: Learn Riding Comfortably in 5 Days

In Course Module C we apply the **downwind method** to progress you further. This method is highly effective, and you can become a kitesurfer within a week or two, rather than many months or years, or giving up, as unfortunately 99% of all learners do.

But not with us, we have a >90% success rate with our students over the last 10 years.

The downwind method requires quite some effort, such as a small bus and a driver, next to your instructor, who is with you on the ocean. It also requires a radio helmet on the water.

Don't waste your valuable course time at a kitesurfing spot (i.e. where you stay at one place) and in shallow waters (i.e. where you can stand) at this stage of your kitesurfing learning. If you do this, you will exhaust yourself walking back upwind most of the time, instead of practicing what you actually want to learn at this stage: riding, getting comfortable riding, over many kilometers. KITEKAHUNAS has developed the unique downwind method on the ocean in Cape Town. You cannot get this anywhere else, professionally. With the downwind method you learn in 1 day more than you would learn in 10 days when learning spot-based (staying at one place, e.g. in Langebaan, or in El Gouna, or anywhere, where you cannot go on downwinders). It is also much more fun and 90% of our students succeed (as opposed to 99% of the spot-based students, who never become real kitesurfers).

On downwinders you will practice in non-crowded areas with almost no other kitesurfers. This is for your safety. Further, you will learn a lot of very important theory, in an area, where the real kitesurfing takes place. Like for instance in sailing, safe kitesurfing means that you need to know the hundreds of critical situations a kitesurfer can get in, and then you learn what to do, and how to properly react. During Course Modules C and D you will encounter many of these critical situations, while your instructor is next to you for advice and help. Better than encountering these situations later on your own, not knowing what to do and possibly hurting yourself or damaging your equipment. Keep in mind: Kitesurfing is a potentially hazardous sport. Therefore, learn with the best. The **downwind method on the ocean is simply a must**, if you seriously want to learn kitesurfing.

Prerequisite to enroll on Course Module C

Successful completion of Course Module B.

Duration

5 wind days à 3-5 hours. Please plan for 1 week to find the required 5 wind days.

The goal of Course Module C

Advanced theory and safety. Learn riding comfortably on the ocean. Ride many kilometers. Learn basic transitions (change of direction).

Equipment

You either purchase your own equipment. KITEKAHUNAS offers equipment at preferential prices (to our students). Tourists also save 15% VAT (which you will get refunded at the airport). Let the savings pay for your kitesurfing course!

Location

Cape Town.

Group size

Private instruction (1:1) or small two-students group (1:2).

Learning support

Radio helmet for safety, instant feedback and fast learning. You learn three times faster.

Price

Please see prices below, at the end of this web page.



Kitesurfing Course Module C takes 5 wind days, which you can usually complete within 1 week. Learn riding comfortable, many kilometers, and practice safely in non-crowded areas!

Kitesurfing Course Module D: Learn Riding Upwind in 5 Days

In Course Module D we continue to apply the **downwind method** to progress you further. After this Course Module you will be a real, fully independent kitesurfer! You will be able to safely kitesurf anywhere in the world.

The key to be fully independent is that you learn riding upwind. This is the most difficult part, when learning kitesurfing, and this is the stage, where most learners give up. Not so, when you learn with KITEKAHUNAS unique teaching methodology and the KITEKAHUNAS Kitesurfing beginners crash course in 4 modules. Almost all of our hundreds of beginner students are real kitesurfers today.

Being able to ride upwind means that you can fully navigate. You can enter into the water, ride and practice, and then **you** determine where you get back to the shore (and not mother nature, which drift you downwind, out of control). Once you can ride upwind, kitesurfing and progressing further will be pure fun (because you don't have to walk upwind any more).

With us you can learn safely with the downwind method, you will be able to deal with small waves, you will learn lots of theory and safety, and you can purchase kitesurfing equipment at preferential prices (you save 25-40% as compared to Europe or the Americas).

On downwinders you will practice in non-crowded areas with almost no other kitesurfers, for your safety. After Course Module D you will be a real kitesurfer, and people will admire you. You will come home with your own equipment to practice your new sport. If you are very talented, you will even learn your first jumps towards the end of Course Module D.

Prerequisite to enroll on Course Module D

Successful completion of Course Module C.

Duration

5 wind days à 3-5 hours. Please plan for 1 week to find the required 5 wind days.

The goal of Course Module D

Advanced theory and safety. Learn riding upwind. Ride many kilometers. Practice basic transitions (change of direction). Become independent. Possibly (for the more talented) start learning to jump.

Equipment

You either purchase your own equipment. KITEKAHUNAS offers equipment at preferential prices (to our students). Tourists also save 15% VAT (which you will get refunded at the airport). Let the savings pay for your kitesurfing course!

Location

Cape Town.

Group size

Private instruction (1:1) or small two-students group (1:2).

Learning support

Radio helmet for safety, instant feedback and fast learning. You learn three times faster.

Price

Please see prices below, at the end of this web page.



Kitesurfing Course Module D takes 5 wind days, which you can usually complete within 1 week. Learn riding upwind and become a fully independent kitesurfer. Enjoy your new life, which kitesurfing will give you!

This modular kitesurfing beginner crash course **is unique and only available from KITEKAHUNAS in Cape Town**. We have developed this teaching methodology over more than 10 years, and we specifically train and supervise our instructors to be able to apply it for you.

Pricing: KITEKAHUNAS Kitesurfing Beginners Crash Course

All prices are for **private lessons**, for best safety and fast learning (1:1).

Group courses for 2-students groups (1:2) are possible. Both participants get 20% discount.

We can also organize accommodation for you, and we offer our own holiday apartments.

Description	Days	EUR	EUR
Course Module A - 3 wind days Standard IKO Beginners Course “Getting you on the board” Including all equipment Excluding transport to Langebaan 4 hours per day	A1	199	499 599*
	A2	199	
	A3	199	
	SA residents R 6 999 (R 583 p/h) R 5 599 (R 466 p/h)		

South African residents may qualify for special prices in Rand. * high season price

If you have done a beginners course somewhere else until waterstart and short riding into both directions, you only need day A3 before you can continue with Course Module B.

Description	Days	EUR	EUR
Course Module B - 2 wind days Preparation for the ocean Including all equipment Excluding transport 4 hours per day with radio helmet Complimentary 2h equipment lesson	B1	250	399
	B2	250	499*

South African residents may qualify for special prices in Rand. * high season price

Description	Days	EUR	EUR
Course Module C - 5 wind days	C1	250	999 1199*
Learn riding. On the ocean. Downwind method for fast learning. Radio helmet	C2	250	
Including transport for downwinders	C3	250	
3-5 hours per day.	C4	250	
Equipment you either purchase from us at preferential prices, or you can rent	C5	250	
Equipment rental full kit		100	460**
Equipment rental 3 kites, 1 out of bag		80	390**

South African residents may qualify for special prices in Rand. * high season price

** Insurance for kite damages per week (optional): EUR 100

Description	Days	EUR	EUR
Course Module D - 5 wind days	D1	250	999 1199*
Learn riding upwind. Downwind method for fast learning. Radio helmet	D2	250	
Including transport for downwinders	D3	250	
3-5 hours per day.	D4	250	
Equipment you either purchase from us at preferential prices, or you can rent	D5	250	
Equipment rental full kit		100	460**
Equipment rental 3 kites, 1 out of bag		80	390**

South African residents may qualify for special prices in Rand. * high season price

** Insurance for kite damages per week (optional): EUR 100