

Kitesurfing in Cape Town (South Africa). Legendary for its wind, its waves and its attractions

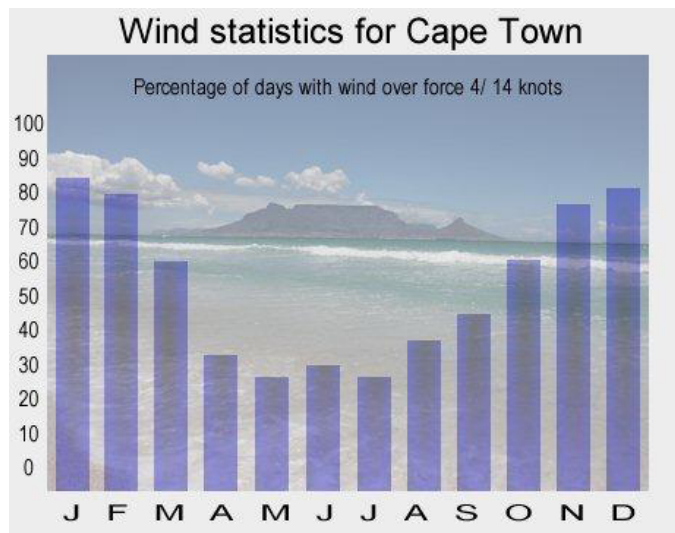
Cape Town, magic Cape Town ... most kiteboarders know this great city in South Africa from the numerous crazy videos of the top riders in the world. Unforgettable are Ruben Lenten's mega kite loops in the legendary strong southeaster wind. Aaron Hadlow training here at the southern tip of Africa to hone his skills to perfection on his way to 5 times world champion and many other of the top kiteboarders in the world hang out here during the southern hemisphere's summer from October until April. Kevin and Jalou Langereee are perfecting their freestyle art and Sebastien Cattelan or Sjoukje Bredenkamp train for speed kitesurfing to go for further records. This is to name a few of the many Pro riders that frequent Cape Town through the windy months.



Kitesurfer in Cape Town.

Cape Town, magic Cape Town, only city in the world located at two Oceans. The warm Indian Ocean and the cooler Atlantic Ocean meet here and the temperature difference creates the unique foundation for the particularly strong and reliable wind system at the Cape of Africa. Starting in the early morning and building up over the day to often more than 30 knots in the late afternoon.

Legendary Cape Town. Already in medieval times this beautiful city was notorious amongst sailors, who were rounding the African cape on their way to Asia. They named it the *Cape of Good Hope*. Known for its strong wind that left many ships wrecked and sailors lost their lives. It was only prayer and good hope that could help them to avoid shipwreck. So goes the legend ...

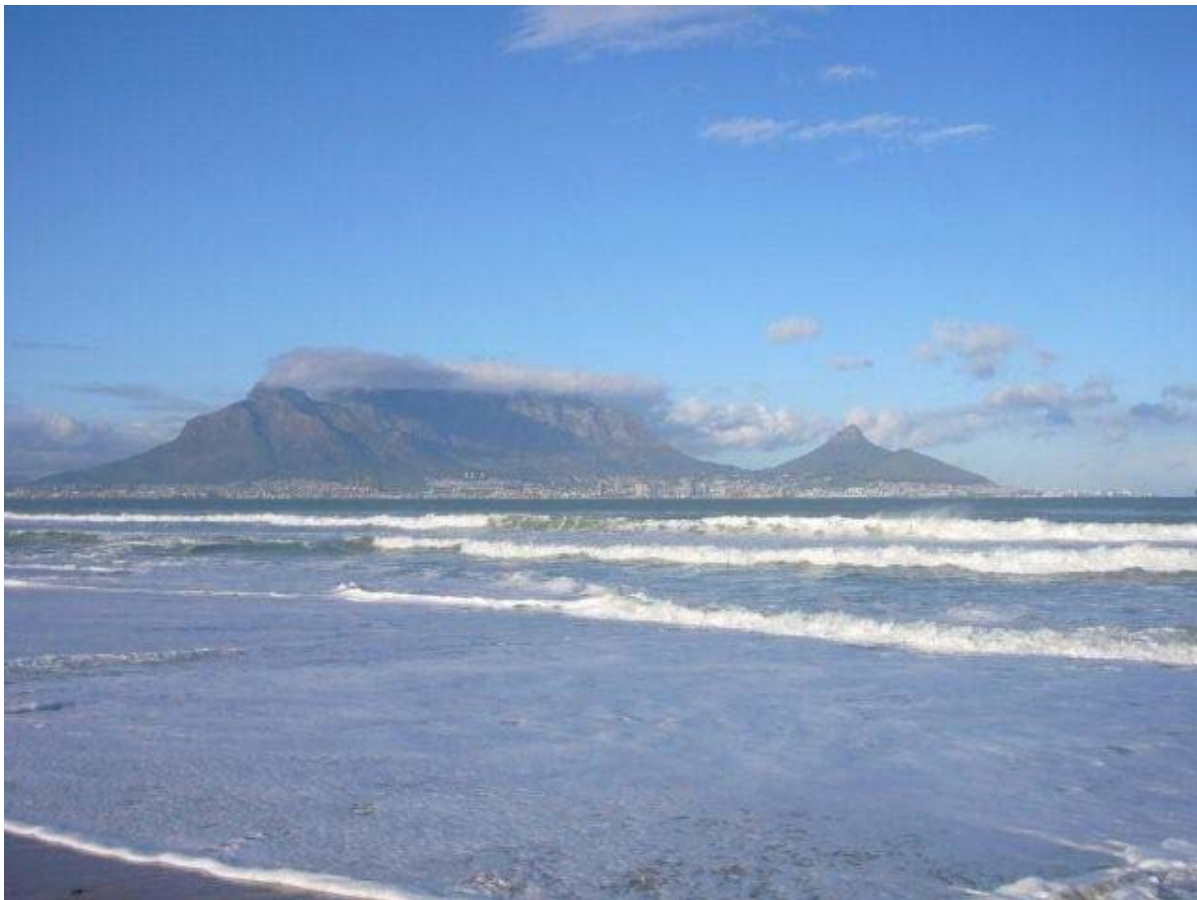


Wind statistics for Cape Town. The season is from October till beginning of April with more than 8 out of 10 days wind.

Cape Town, legendary Cape Town. In modern times this is now also the home for the new advanced kitesurfing school *Kitekahunas* to follow its advanced schooling vision. The wind blows here most of the days from medium to very strong during the long season from October till April. And there are waves, magic waves to ride like in Hawaii. Wolfram Reiners, Kitekahunas Sport Director and founder of the school explains: "We have more than 30 kitesurfing spots around Cape Town. This is what makes it a very special experience to stay here. You can kite every day in different conditions. You can enjoy the waves, one day smaller ones to train, the other day 3 to 5 meter waves to show off what you have learnt. New freestyle tricks can be learnt and trained in lagoons and river mouths on flat water. This is what our visitors enjoy the most. The variety every day and we transport our students to the ideal location every day, depending on their learning goals and weather conditions."



The Beach House of Kitekahunas, located directly on Sunset Beach, Cape Town.



Opposite house: The beach in front of Kitekahunas Beach House with fabulous views on Cape Town and Table Mountain.

Wolf of Kitekahunas is often asked about the school's vision. Do we actually need advanced teaching in kiteboarding? Don't most kites learn by themselves? "Many kiteboarders today still think that taking a short beginners course is sufficient and thereafter they can learn the sport by themselves, simply by watching other riders and asking their friends", so says the 43 year old Sports Director of Kitekahunas with a doctor degree in psychology. "But the reason for this attitude is simply because the sport is still in its infancy or early teenage years. All this is unthinkable in any other developed, difficult sport. Nobody who is serious about learning for instance skiing, golf, tennis or any other sport with complex movements would succeed in learning the sport merely on his or her own. Rather, everybody will take it for granted to learn and train their sport with proper instruction to be able to execute all movements



Dr. Wolf Reiners - Sport Director at Kitekahunas

Wolf has a degree in psychology and he is an enthusiastic kiteboarder. He has spent the last ten years as an inventor and entrepreneur in information technology and he is now dedicated to the kitesurfing sport. He grew up in Allgäu at the border of the Alps in south Germany, skiing every day, and he is living in South Africa for more than ten years.

correctly first and then train these to perfection. And similarly, like 20 years ago when people have learnt skiing on their own - or better to say they have learnt the wrong movements in skiing that later they could hardly unlearn any more - we at Kitekahunas Advanced Kiteboarding School see today the maturity stage of our sport. Kiteboarders today still try on their own and often don't really advance fast or they even injure themselves. But in ten years it will be unthinkable for any person who seriously wants to progress in the style of flying his kite or riding his board by simply trying it out by himself or asking other kites. It will surely become a standard to properly learn all movements and tricks correctly in a safe and controlled environment, supervised by a skilled advanced instructor." This is how Wolf sees the future of education and training in kiteboarding.



Kitekahunas Team with course participants [kitesurfing in Cape Town](#), South Africa.

So, what are the professional training methods that Kitekahunas applies in teaching advanced riders? Kitekahunas has worked out a proper teaching method over the years under the supervision of Dr Reiners: "Our professional kitesurfing coaching methods all come from the world best practices in sports sciences and sports psychology. Watching role models and mental training for instance plays a crucial role. These techniques require that all new movements are first learnt visually and by what we call *motor imagination*. You can do this best by first watching a role model, either on the water or in a movie. With movies you can also use slow motion to give proper and detailed explanations to the students first: How to handle your kite during a trick, what you are doing with your board, your movements of legs, arms, head and your upper body. Then, in a next stage, you will imagine conducting these movements all in parallel in your mind and you use your own imagination. Only once you accomplish to easily go through the movement in your mind in a smooth and uninterrupted way, you should go on the water and perform your new trick there. It will be so much safer and faster to learn in this way. The instructor is watching you executing the new trick and will correct and shape your body movements to perfection. For this you will need instant feedback, directly after carrying out the new movement. We use radio communication for this purpose. It simply helps the student to immediately understand and correct any

wrongdoings. Further, you can make use of delayed feedback by means of photos and videos of the student to further fine shape the trick."



Professional coaching methodologies applied by Kitekahunas require immediate feedback via radio communication.

Kitekahunas Advanced Kitesurfing School promises not only distinct advancements and inspiration for your kitesurfing skills but also a perfect holiday in magic Cape Town with lots of sun - fun - wind and water. The courses duration is 12 days and they run from October till April each year. The course schedule is at www.kitekahunas.com with more detailed information about the beach house accommodation and the content of the courses, which are offered on various levels: For late beginners, who want to become comfortable on their board, learn to ride upwind and their first basic jumps, for intermediate kiteboarders, learning their first rotation jumps and transitions, up to advanced levels with unhooked tricks and advanced wave riding techniques. The number of participants to each course is limited to six students to ensure intensive care and tuition. All students and the instructors live together in the beautiful Kitekahunas Beach House directly on Sunset Beach 10 minutes away from magic Cape Town's city center. "This is an integral part of the concept", says Andy Lehr, the Chief Instructor at the kitesurfing school. "To experience and live the kitesurfing lifestyle together to its maximum. We do it here all the time, but our students mostly only have their holidays and we try to make the most of their precious time."

South Africa was hosting the FIFA Football World Cup in June and July 2010.



The new soccer stadium in Cape Town. It is the most beautifully located soccer arena in the world. There are hundreds of attractions - next to [kitesurfing in Cape Town](#).

