

RENEGADE



PATH TO PROGRESSION

LOWER INTERMEDIATE / LEVEL 2

Level 2 surfers are in the early stages of surfing independently 'out the back'. To graduate from level 2 surfing, surfers must be able to paddle out in a range of conditions up to head high, take off unassisted on unbroken waves and trim along the wave face in both directions.

01. PADDLING OUT

- SAFETY
 - RIPS & CURRENTS
 - BOARD MANAGEMENT
- ETIQUETTE
- PADDLING TECHNIQUE
- GETTING 'OUT THE BACK'
 - DITCHING
 - PUSH THROUGHS
 - TURTLE ROLL
 - DUCK DIVE

02. POSITIONING

- IDENTIFYING WHERE THE BEST WAVES ARE BREAKING
- IDENTIFYING WHERE WE WANT TO TAKE OFF ON THOSE WAVES

03. WAVE SELECTION

- BEING THE HUNTER, NOT THE HUNTED
- PREDICTING THE DIRECTION OF THE WAVE
- PADDLING TOWARDS THE BEACH
- LATERAL PADDLING TOWARDS THE PEAK

04. CATCHING UNBROKEN WAVES

- LOOK BACK AND ADJUST
- PADDLING WITH INTENT
- MAKING THE DROP

A FEW WEEKS

05. TRIMMING

- ANGLED TAKE-OFF
- WHERE YOU LOOK IS WHERE YOU'LL GO
- ENGAGING THE INSIDE RAIL

06. SURF FORECASTING

- UNDERSTANDING HOW WAVES ARE CREATED
- HOW TO READ A FORECAST (SWELL HEIGHT, PERIOD, WIND & TIDE)
- CORRELATING THIS KNOWLEDGE TO A SPECIFIC SURF SPOT

ONE YEAR

UPPER INTERMEDIATE / LEVEL 3

Level 3 surfers could be described as competent surfers performing mostly horizontal maneuvers. To graduate from level 3 surfing, the surfer must be able to generate speed, cut back to the whitewater and perform basic bottom and top turns in both directions.

01. WHAT ARE WE ACTUALLY TRYING TO ACHIEVE?

- DRAWING THE LONGEST POSSIBLE LINE

02. FUNCTIONAL STANCE

- THE IMPORTANCE OF A GOOD STANCE
- WHY THE SURF SCHOOL 'WARRIOR POSE' STANCE IS ALL WRONG
- FUNDAMENTALS OF A SOLID STANCE

03. SPEED GENERATION

- SPLITTING THE WAVE IN 3
 - TOP THIRD - SPEED GENERATION ZONE
 - MIDDLE THIRD - SAFETY ZONE
 - BOTTOM THIRD - DANGER ZONE
- TRIMMING HIGH FOR SPEED
- INCREASING SPEED BY PUMPING
 - COMPRESSION AND EXTENSION

04. CARVING TURNS

- BOTTOM TURN
- CUTBACK
 - CARVING TOWARD THE BEACH
 - CARVING PAST 6 O'CLOCK
 - HITTING THE BOTTOM OF THE WHITEWATER
 - HITTING THE MIDDLE OF THE WHITEWATER

ONE YEAR

05. UP AND OVER

- WHY 'UP AND OVER'? - A HALLMARK OF LEVEL 4 SURFING
 - WHITEWATER FLOATER
 - LIP-LINE FLOATER

06. MANEUVER CHOICE

- FAST SECTIONS - (SPEED GENERATION / UP AND OVER)
 - WELL-PACED SECTIONS - (BOTTOM TURN / CARVE)
 - SLOW SECTIONS - (CUTBACK)

07. SURFBOARD DESIGN & SELECTION

FIVE YEARS

ADVANCED / LEVEL 4

Level 4 surfers are experienced in a wide range of conditions and can be described as surfing vertically. It can take many years or decades to reach this level and only the top 1% of surfers will progress to level 5. To graduate level 4, surfers must be confident in the vast majority of conditions, including big, hollow surf. They must be able to perform committed maneuvers in critical sections of the wave, including tube riding in both directions.

01. WHAT IS GOOD SURFING? – CONTEST CRITERIA

02. HIGH PERFORMANCE FUNDAMENTALS

- U-SHAPED BOTTOM TURN
 - BREAKING THE LINE
 - SINKING THE BALL
 - STROKING & THROWING THE CAT
- VERTICAL TOP TURN
 - PICKING YOUR SPOT
 - WEIGHT DISTRIBUTION
 - THE TENNIS FOREHAND
 - TOP TURN VARIATIONS
- ROUNDHOUSE CUTBACK
 - WHY THE ROUNDHOUSE?
 - LOOK, SIT, HOLD
 - HITTING THE APEX OF THE WHITEWATER – THE ‘PUPPET KNEE’

03. SURFING HOLLOW WAVES

- POSITION, POSITION, POSITION
 - POSITION IN THE LINEUP
 - POSITION OF THE BOARD ON THE WAVE
 - POSITION ON THE BOARD
- MOST COMMON TUBERIDING MISTAKES
 - TOO LOW ON THE WAVE
 - EYES CLOSED / LOOKING DOWN
 - NOT BACKING YOURSELF

05. SURFING BIGGER WAVES

- COPING WITH HOLD DOWNS
 - RIDING BIGGER BOARDS
 - PADDLING OUT
- CATCHING BIGGER WAVES



ELITE / LEVEL 5

Level 5 surfers take all of the skills from level 4, but add extra variety and 'x-factor' to their surfing. They can express themselves creatively on a wave, pulling from a deep bag of maneuvers, including 'fins-free' turns and aerials. Most level 5 surfers will have surfed since childhood and will often surf semi-professionally or as their job, whether in contests or as free surfers.

01. HIGH PERFORMANCE X-FACTOR

- DISCONNECTED LAYBACK
- FIN BLOW
- CARVING 360
- AERIALS
 - STRAIGHT AIR
 - AIR REVERSE
 - ALLEY-OOP
 - FULL ROTATION
 - GRAB VARIATIONS

02. HEAVY WATER SURFING

- BIG BARRELING WAVES
- SLABS

03. COMPETITION STRATEGIES

- SURFING TO THE CRITERIA
- BUILDING A SCORE
- TIME MANAGEMENT
- PRIORITY MANAGEMENT

