

How To Kitesurf

There is only one way to learn how to kitesurf and that is with a BKSA kiteboarding school. Kitesurfing is a fun extreme sport so you must make sure you book a course before you just go out and buy equipment etc because on your course you will be shown what equipment to buy and not to buy. Please do not buy a how to kitesurf dvd and think you will be safe after watching it. Kitesurfing lessons are not that expensive and all equipment is given to you by the school to use. There are many kitesurfing beaches in the UK where you can kiteboard after you have had tuition.

Kitesurfing is really taking off in the UK and is the fastest growing sport in the world. Many students ask us if they need to be super fit before they learn how to kiteboard, I always tell them no because the kite is doing all the work and is attached to a harness so all you are doing is steering the kite with your hands and edging your kiteboard (it does help to be fit if you want to kitesurf for 3 to 5 hours a session).

Kitesurfing is a sport that you can do when you are on holiday as the equipment is easily put into a bag and transported in the car or taken on a plane etc.