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SURFING ELEMENTS

After completing the Beginner Course of 10 hours or any intermediate and advanced course, ION CLUB Golf de Roses will provide you with an IKO – Level Card. Here you can check which level you have.

## IKO Kiteboarding Levels

### Level 1A

- Know safe wind directions and conditions for kiting
- Know hazards on a kitesurfing spot
- Set up a Trainer kite
- Know the use of safety systems

### Level 1B

- Have basic flying skills with trainer kite
- Launch and land the trainer kite with an assistant
- Twist and untwist the lines while flying the kite
- Walk and change directions while flying the kite
- Know the wind window

### Level 1C

- Set up an 4/5-line kite with a full de-power system
- Pre-flight check equipment and settings
- In-flight check equipment and settings
- Understand and use the international communication signals
- Launch and land the kite to an assistant and as an assistant (4/5-line de-power kite)

### Level 1D

- Control the kite hooked into the harness
- Understand the de-power system and can use the safety systems
- Advanced flying skills with the de-power kite
- Show full control of the de-power systems in flight

### Level 1E

- Pull quick release and activate leash



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Recover the bar and kite  
Self land

#### Level 2F

Enter and exit the water independently and safely while controlling the kite  
Water re-launch the kite  
First Body Drag down wind  
Maintain correct kite position in the wind window  
Change direction to the left and right while body dragging  
Recover the kite and bar in the water

#### Level 2G

Upwind body drag to recover board  
Upwind body drag to recover board with one hand  
Enter and exit at the same point while upwind body dragging

#### Level 2H

Know the power stroke for a waterstart  
Know the safety rules and theory for a waterstart  
Can put the board on the feet and maintain the correct position for waterstart

#### Level 2I

Waterstart in both directions and ride a short distance  
Come to a controlled stop Understand weather forecasts, tidal- and wind effects  
Determine the wind strength, direction and quality  
Know the right of way rules  
Know equipment set up and choice according to the weather conditions

#### Level 3J

Control the riding speed by edging  
Consistent riding in both directions

#### Level 3K



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Consistent riding in all directions including upwind  
Ride amongst others and water users and respect right of way rules

Level 3L - **THIS LEVEL IS NEEDED FOR RENTING**

Change of direction without stopping  
Self-rescue and full pack-down in the water

Level 3M

Risk assessment and awareness of the riding area  
Self launch

Level 3N

Make a toe side turn  
Knows the theory and safety rules for jumping  
Land a basic jump