



Float on your back with the wing flying neutrally above your head with the nose of the wing pointing against the wind.



Insert your feet (front foot first) in the footstraps and point the nose of the board almost against the wind. Let the board float on it's edge. Sheet powerfully in with your back hand. When you think you sheeted a lot, sheet 30cm more.



As you sheet powerfully in with your back hand: Bend your knees heavily at the same time, and you will fly up from the water.



Once up from the water...



...find your direction and trim the wing...



...and enjoy untill sunset ;)