





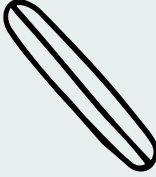
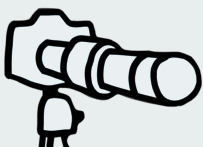

# How to Learn to Surf Checklist



A one-pager to accelerate your surf progression.



## AWARENESS



- ☐ **Use our Coaching Board**   
Identify the techniques you should be focusing on at your specific level.
- ☐ **Use our Courses**   
Watch the courses to build awareness around the techniques you need to learn.  
Rewatch using the Key Element sections.
- ☐ **Review your Equipment**   
Watch our Equipment Courses. Learn about what you need & make changes if needed.  
Rent, try different surfboards, ask questions.
- ☐ **See yourself surfing on video**   
Watch your videos to become more aware of where you're truly at and notice your bad habits.  
When you return to the water, you'll feel more conscious of your movements and decisions.
- ☐ **Practising at the right spots in the right conditions**   
Learn to read your surf spots and know which conditions suit them best.  
Learn how to read surf forecasts, and complete our "How to Read Waves" course.  
Ask knowledgeable local surfers about the best options for you to surf at.  
When travelling: Book a surf coach and learn from them.




## FOCUS

- ☐ **Practise with focus**   
Get in the habit of knowing what to focus on before you jump in the water. (2 or 3 Key Elements)  
Download the courses offline to watch before your session.  
Sometimes, the conditions dictate what you will practise.  
Remember what you want to practise when sitting on your board.  
Write your top focus on your board's nose with a non-permanent marker.
- ☐ **Use the App to recheck Key Elements just before entering the water**   
Watch offline at the beach to help you visualize the techniques.

## FEEDBACK



- ☐ **Ask questions in our Activity Feed or Discussions**   
Make the most out of your access to our surf coaches & community.
- ☐ **In-water feedback**   
Self-Feedback: Think: What did I just do? Why. Try to re-visualize the wave.  
Feedback from a friend you're surfing with or ask other surfers. Their perspective on what they saw could be insightful.
- ☐ **Getting in-person surfing lessons**   
Getting direct feedback is very valuable and ideal when combined with video analysis.
- ☐ **Surf with Accountability Buddies**   
If you know a surfer with progression goals, it can help to share your objectives and be "accountable surf buddies."
- ☐ **Get Feedback on your surf footage**   
Share your videos or photos in our activity feed to get feedback from our coaches.  
Send videos of your surfing for our community video analysis.  
Watch your surfing videos with a surf coach or experienced friend.

- ☐ **Practise commitment**   
You need to commit to as much practice time as you can. Make space in your schedule and devote yourself to it.  
  
This year, I will:
  - Surf X sessions per week or month,
  - Do X amount of surf trip(s),
  - Spend X days at the wave pool. Etc.

