

## The RYA Teaching Method for Double Handers

Clothing/ PFD/  
Gear

- Key points:

Rig/ Launch

- Key points:

Familiarisation

- Key points:
- Course:

Basic  
Controls

- Key points:
- Course:

Land drill -  
going about

- Key points:

Practice  
going about

- Key points:
- Course:

## Going to windward

- Key points:
- Course:

## Five Essentials

- Key points:

## Practice 5 essentials

- Key points:
- Course:

## Downwind

- Key points:
- Course:

## Land drill for gybe

- Key points:

## Practice gybing

- Key points:
- Course:

Triangular course / 1st solo	<ul style="list-style-type: none"><li>• Key points:</li><li>• Course:</li></ul>
Further sessions	<ul style="list-style-type: none"><li>• Subjects:</li><li>• Key points:</li></ul>
Shore capsizes	<ul style="list-style-type: none"><li>• Key points</li></ul>
Capsize recovery	<ul style="list-style-type: none"><li>• Key points:</li><li>• Area:</li></ul>