

# Levels of surfing.

## Level 1 : beginner

This should be done in calm water as going into waves for the first time could be scary for a first time surfer.

Learning about the different parts of the surfboard and how the surfboard works.

Water safety board control.

Paddling and how to stand and balance on the surfboard on dry land.

## Level 2 : intermediate beginner

Your paddling is getting stronger and you are more consistent with getting to your feet. You are starting to turn your surfboard left and right in the white water waves. You should be trying to exit the waves with control.

## Level 3 : advanced beginner

You should be ready to start taking your first green waves( unbroken waves). You still needing an instructor to help you with positioning in the water and pushing you into the waves at the right time. You should be looking to trim ( move up and down) on the waves. Consistently being able to exit the waves with control.

## Level 4 : beginner intermediate

Your paddling is stronger and you are able to catch green waves by yourself but still needing an instructor to help you with your position in the water (reading the waves) regarding where to catch the waves. You should start thinking about ( down the line vision). Looking in the direction you want to go.

Setting your board in the correct direction when paddling for a wave. You are close to becoming an independent surfer.

### Level 5 : intermediate

You are now an independent surfer able to trim, cut back and surf a wave top to bottom with control. You should now be thinking about style, speed and efficient turning. Learning how to perform a good bottom turn at this point is vital as you start to move toward more radical turns. Start practicing your duck dive.

### Level 6

You should be now capable of performing fast turns, re entry's and floaters. Now you should be thinking about improving your rail work, weight distribution and rotation. You should be duck diving with confidence. Starting to look for that green room. ( the barrel ).

### Level 7

Your turns are now being performed with speed, but you still have to work on timing, rotation, compression and extension. Correcting any counter rotation( blocking ) you may be doing in your turns.

### Level 8 : Advanced

Your moves are sharp and your rail work is coming along well. You doing your turns with speed power and flow. Start looking at doing a variety of turns and fine tuning your bottom turn as this sets you up for your top turns. Start looking to go to the air. Progressive surfing is what it's all about in the next level.

## Level 9

You are surfing like a pro. Performing your turns at high speed and adding your own flair to the waves. You can always improve your timing and in the pocket surfing. Physical training can help you reach the highest level of surfing you desire.

## Level 10

You are now a pro and we don't think you need to be reading this, maybe you can give us a few pointers...