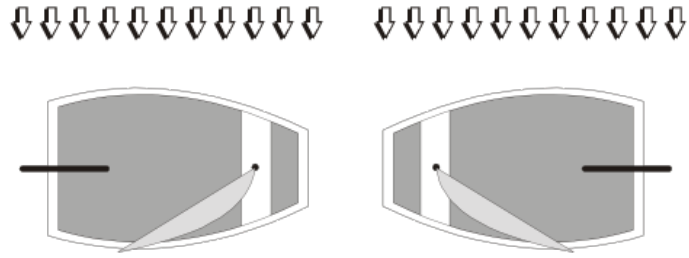
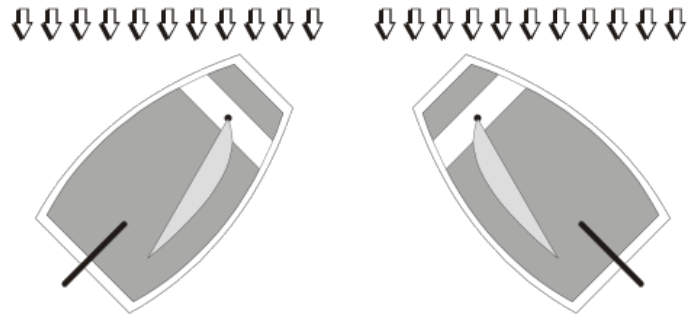


Kurse

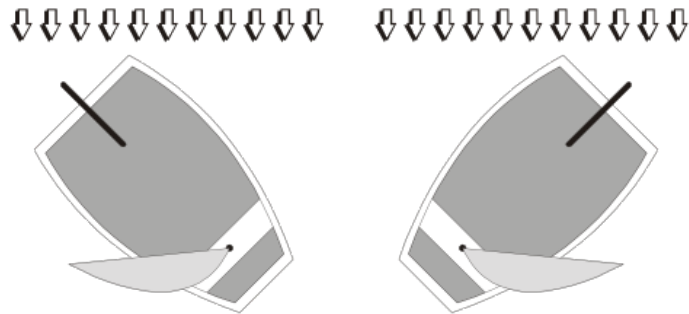
Halbwind-Kurs



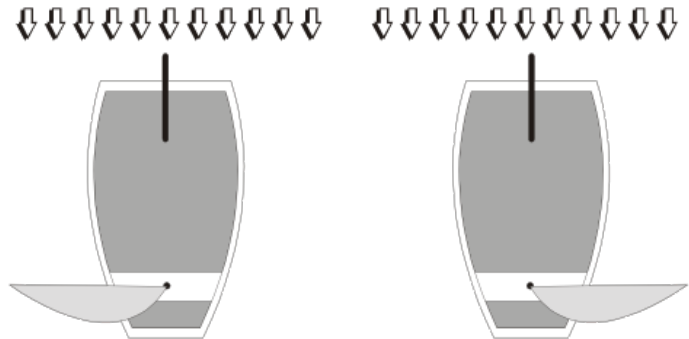
Am-Wind-Kurs



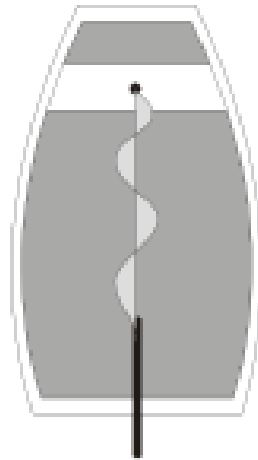
Raumschot-Kurs



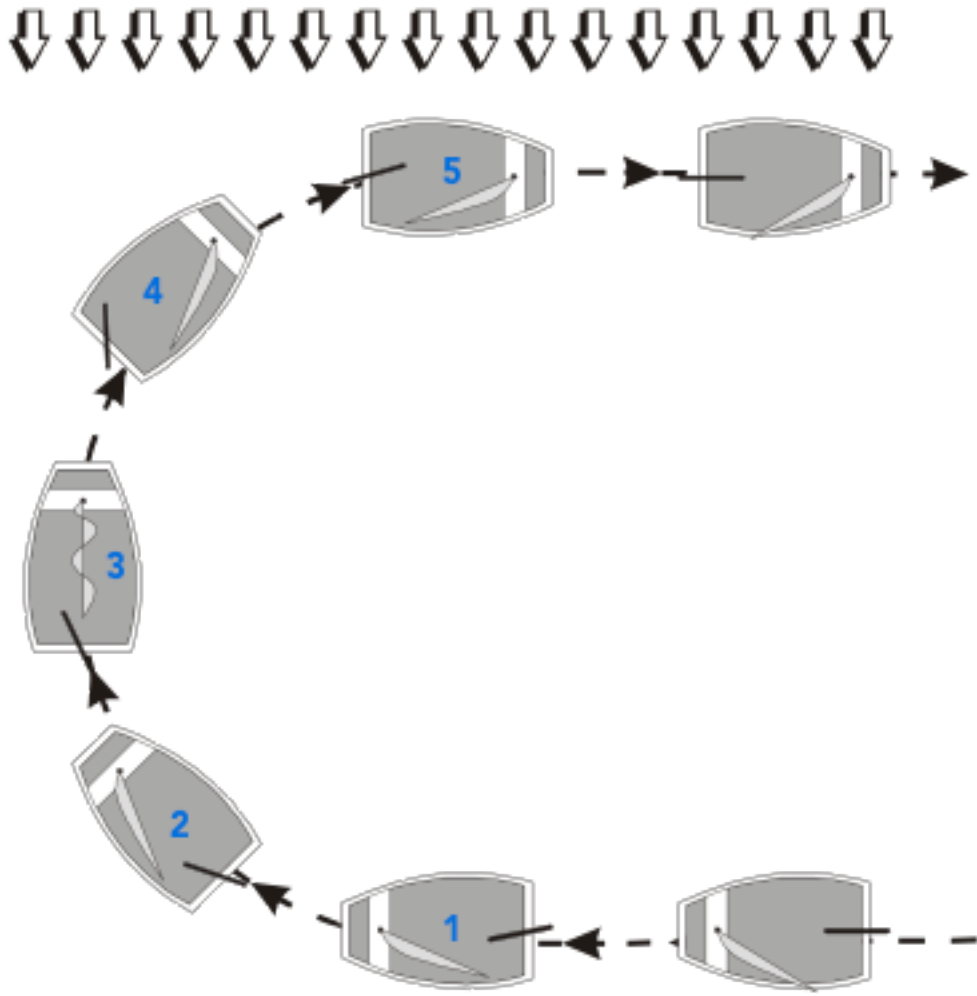
Vorwind-Kurs



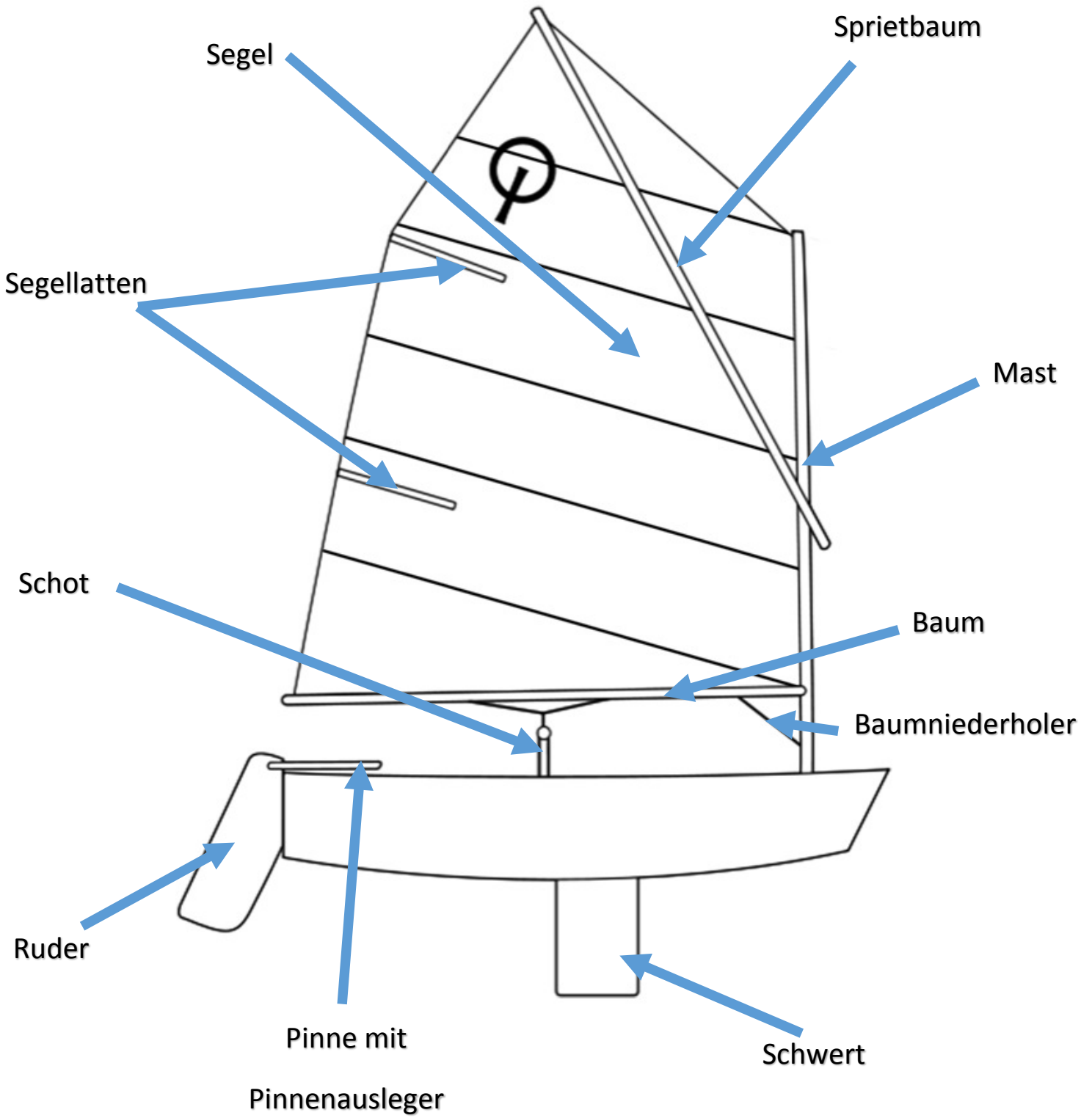
In den Wind stellen



Wende



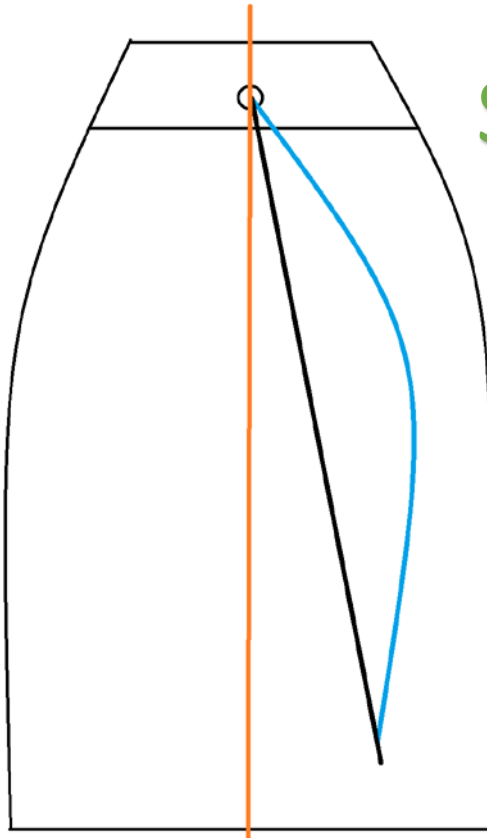
Der Optimist



Backbord und Steuerbord

Backbord

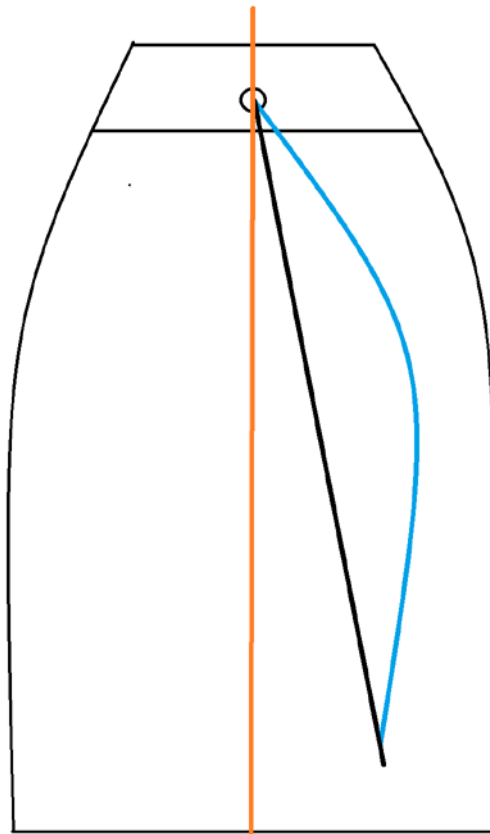
Steuerbord



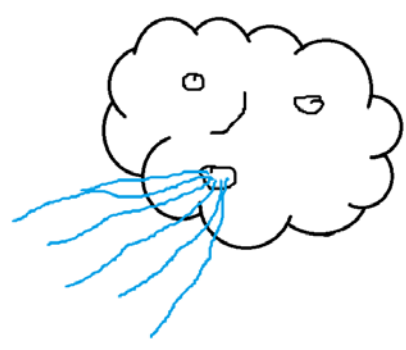
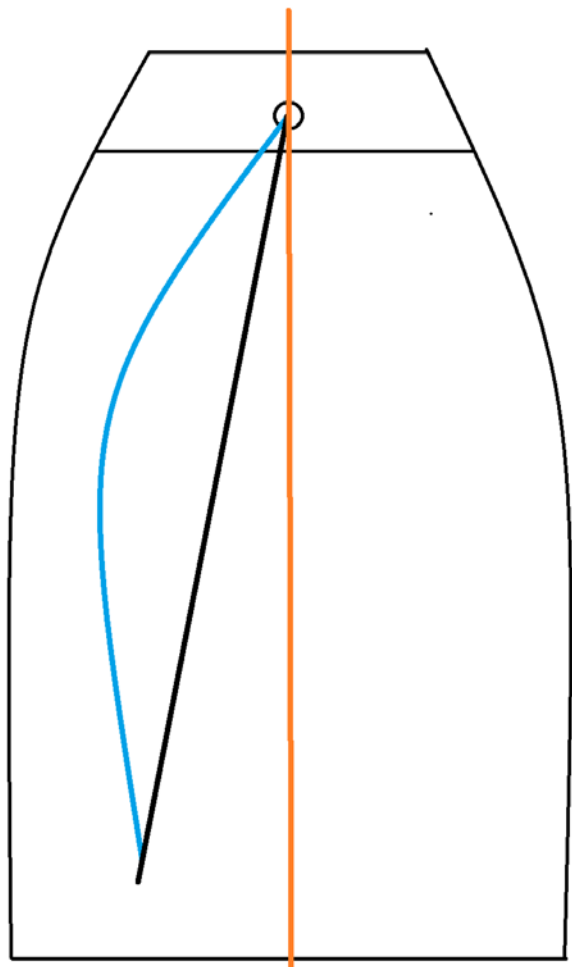
Luv und Lee



Luv



Lee



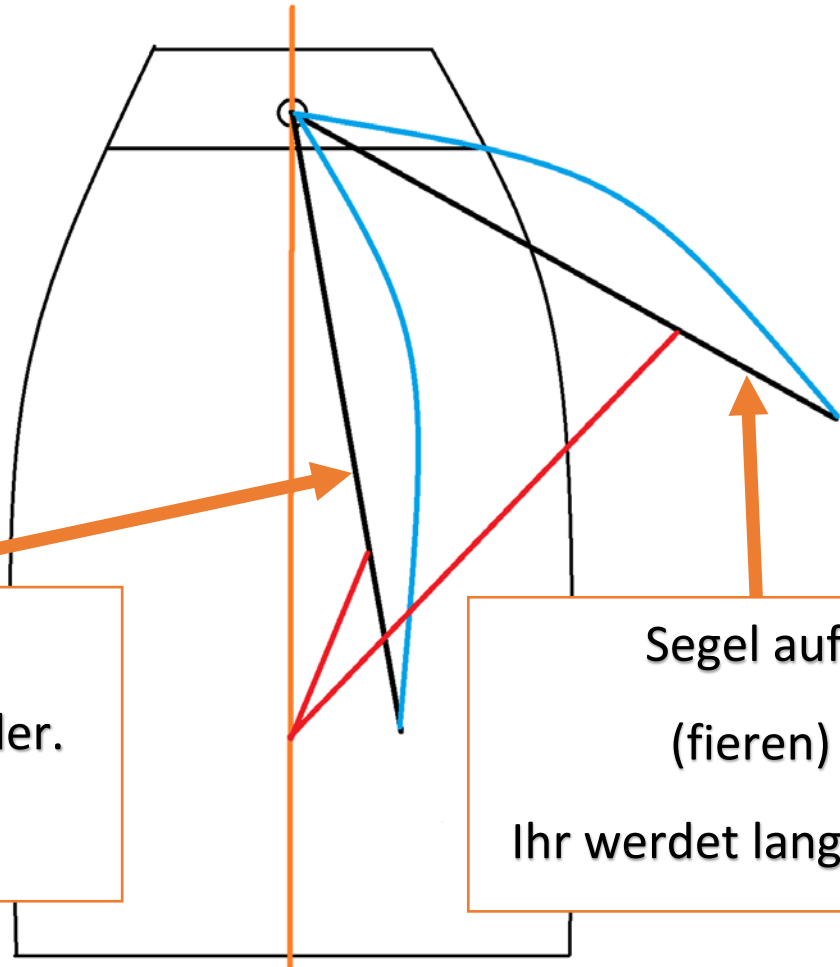
Lee

Luv

Backbord

Steuerbord

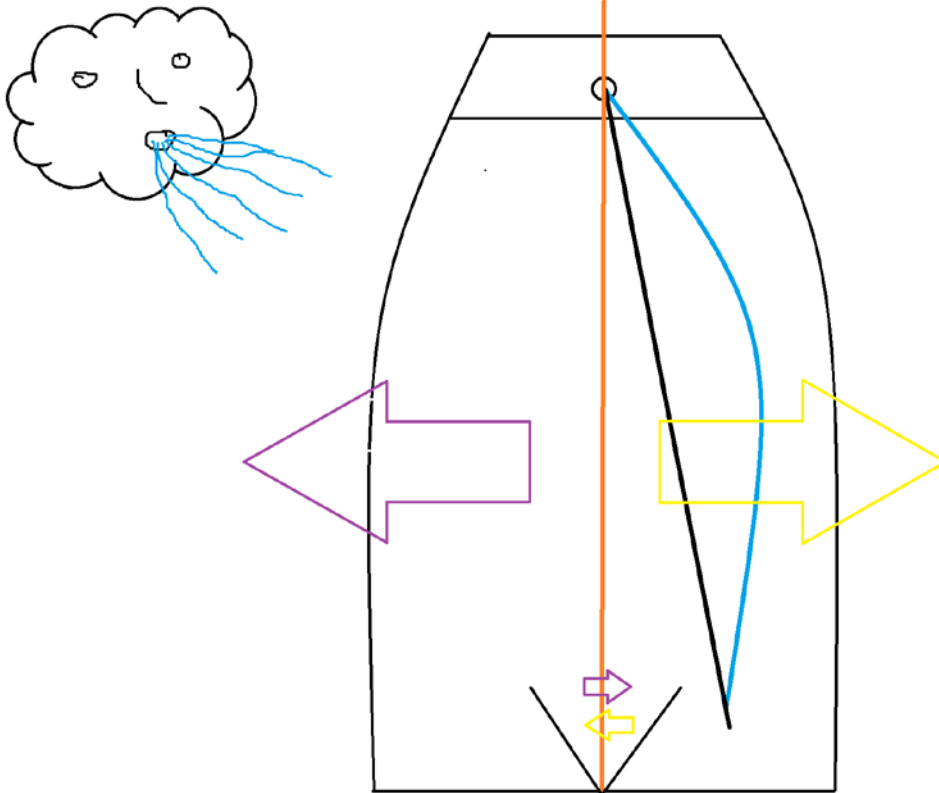
Segel dicht oder auf



Segel dicht.
Ihr werdet schneller.
Kentergefahr.

Segel auf.
(fieren)
Ihr werdet langsamer.

anluven und abfallen



anluven

Pinne von Euch wegdrücken.

Boot fährt nach Luv (in den Wind)

Ihr werdet langsamer

abfallen

Pinne an Euch heranziehen.

Boot fährt nach Lee (vom Wind weg)

Ihr werdet schneller

ACHTUNG Kentergefahr !!