

ABSTRACT

Title: Freestyle windsurfing

Aim of work: Comprehensively process the issue of windsurfing. Then create a stack of freestyle tricks.

Method: The method of content analysis of documents was used. Then on the basis of watching a video recording the individual tricks were described.

Results: The work was created, which provides a comprehensive view of the whole issue of windsurfing. The work maps the history of windsurfing and freestyle, describes the equipment, physical principles and natural conditions. Also includes a stack of freestyle Tricks.

Key words: Windsurfing, Freestyle, Windsurfing gear