

Abstract

Title: Freestyle windsurfing methodology

Aims: Create a methodical range of windsurfing freestyle tricks.

Methods: The work was created on the basis of an analysis of documents. Methods of content analysis and description were used to obtain and process the necessary information.

Conclusion: The Bachelor thesis describes the modern concept of windsurfing. Subsequently, a methodical series of selected freestyle tricks is described.

Key Words: Trick, board, sail, wind, jumping freestyle, power freestyle