

Handleiding RBSC éénrompsboot: zeiloefeningen.

3 basis reeksen:

Bootbeheersing

Start

Wedstrijdtraining

Gelijkaardige oefeningen zijn gegroepeerd in *overzichten*. Voor bootbeheersing is er, binnen de overzichten, een onderscheid **Basis**, **Evolutie 1** en **Evolutie 2**.

De inhoudstafels zijn aanklikbaar en verwijzen naar de overzichten. Binnen de overzichten is elke oefening aanklikbaar. Terug naar het overzicht via de naam van het overzicht onderaan. Terug naar de inhoudstafel via de naam van de basisreeks: bootbeheersing, spi enz.

Voor bronnen klik je hier: **Bronnen**.

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