

Handleiding RBSC catamaran zeiloefeningen.

Er zijn 5 basis reeksen:

Bootbeheersing

Spi

Start

Wedstrijdtraining

Video's

Binnen die 4 basisreeksen zijn gelijkaardige oefeningen gegroepeerd in overzichten. Voor bootbeheersing is er, binnen de overzichten, een onderscheid **Basis**, **Evolutie 1** en **Evolutie 2**.

De overzichten zijn aanklikbaar. Terug naar de inhoudstafel van de basisreeks, via 'Top': naam van de basisreeks: bootbeheersing, spi enz.... De bronnen van de oefeningen vind je onder bronnen.

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