

TWC FREE STYLE COMPETENCY LEVELS 1 TO 12

Jibes, Tacks, Old School, Jumps, Switch, Extreme and Wave Competencies
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(The progression below is based on the textbook: Tricktionary, the Ultimate Windsurfing Bible available at Tricktionary.net)

TWC Free Style Competency Level One

No Jibes
Tacks
1-1 Heli Tack
Old School
1-2 Board 360
1-3 Sail-Body 360
1-4 Rail Ride Starboard
1-5 Rail Ride Port
No Jumps, Switch, Extreme, or Wave

TWC Free Style Competency Level Two

Jibes
2-1 Power Jibe
2-2 Speed Jibe
Tacks
2-3 Fast Tack
Old School
2-4 Body Drag
Jumps
2-5 Chop Hop
No Switch, Extreme or Wave

TWC Free Style Competency Level Three

Jibes
3-1 Laydown Jibe
3-2 Duck Jibe
3-3 Backwind Jibe
3-4 Slam Jibe
3-5 Reverse Duck Jibe
Tacks
3-6 Push Tack
3-7 Nose Tack
3-8 Clew-first Nose Tack
3-9 Jizz
Old School
3-10 360
3-11 Upwind 360 (=flip360)
Jumps
3-12 One Handed Chop Hop
3-13 One Foot Jump
No Switch, Extreme, or Wave

TWC Free Style Competency Level Four

Jibes
4-1 One Handed Duck Jibe
4-2 One Handed Jibe
4-3 One Handed Back Wind Jibe
Tacks
Old School
4-4 Carving 360
4-5 One Handed 360
4-6 Cowboy
Jumps
4-7 Speed Loop
4-8 Vulcan (=Air Jibe)
4-9 Willy Skipper
4-10 Gecko
4-11 Flaka (=Swaze)
No Switch, Extreme or Wave

TWC Free Style Competency Level Five

Jibes
5-1 Aerial Duck Jibe
5-2 Monkey Jibe
5-3 Dildo
5-4 Donkey Jibe
5-5 Reverse Monkey Jibe
Tacks
5-6 Stall Tack
Old School
5-7 Clew-First 360
5-8 Bender
5-9 No Handed 360
5-10 No Handed Reverse-Sail 360
Jumps
5-11 Spock
5-12 One Handed Spock
5-13 Diabolik
5-14 Grubby
5-15 Willy Skipper 540
5-16 Clew-First Gecko
No Switch, Extreme or Wave

TWC Free Style Competency Level Six

Jibes
6-1 Jibe Pirouette
6-2 Duck Jibe Pirouette
6-3 Stall Jibe
Tacks
6-4 Duck Tack
6-5 Conca Tack
Old School
6-6 Clew-First Body Drag
Jumps
6-7 One Handed Flaka
6-8 Lollypop
No Switch, Extreme, or Wave

TWC Free Style Competency Level Seven

No Jibes, Tacks or Old School
Jumps
7-1 Spock 540
7-2 Flaka Diablo
No Switch, Extreme or Wave

TWC Free Style Competency Level Eight

No Jibes, Tacks, or Old School
Jumps
8-1 One Handed Spock 540
No Switch, Extreme or Wave

TWC Free Style Competency Level Nine

No Jibes, Tacks or Old School
Jumps
9-1 Clew First Spock
9-2 Clew First Spock 540
9-3 Pippa
9-4 Diablo
9-5 Grubby Diablo
9-6 Clew-First Willy Skipper
9-7 Wymaroo
Switch
9-8 Esliider
9-9 Esliider 540
9-10 Puneta
9-11 Clew-First Puneta
Extreme
9-12 Ponch
No Wave

TWC Free Style Competency Level Ten

No Jibes, Tacks, or Old School
Jumps
10-1 Clew First Diablo
10-2 Grubby into carving 360
10-3 Willy Skipper Diablo
10-4 Clew-First Flaka
10-5 Flaka 720
10-6 Meev
10-7 Shaka
Switch
10-8 One Handed Esliider
10-9 Esliider Diablo
10-10 Switch Flaka
10-11 Switch Charoo
Extreme
10-12 Ponch
No Wave

TWC Free Style Competency Level Eleven

No Jibes, Tacks, Old School or Jumps
Switch
11-1 Switch Charoo Diablo
Extreme
11-2 Ponch into Flaka
11-3 Shove It into Spock
No Wave

TWC Free Style Competency Level Twelve

No Jibes, Tacks, Old School, Jumps, or Switch
Extreme
12-1 Spock 900
12-2 Chachoo
12-3 Vaquech
12-4 Tucan
12-5 Clock
12-6 Funnel Clock
Wave
12-7 Wave Riding
12-8 Forward Loop
12-9 Table Top
12-10 Shove-It
12-11 Back Loop
12-12 Push Loop