Learn How to Fly Power Kites in Less Than an Hour by Powerkites1

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Power kiting can be great fun if you are an outdoors type of person. Although it may look a little bit extreme when you see people taking off 30 feet in the air and picking up 40 mph on the ground, power kiting is very easy to learn.

Who is it for?

There is no age limit for power kiting as long as you are reasonably fit and have a sense of adventure. Although it is a physical sport, once you get the right technique, you could be out flying for hours without running out of breath.

People with disability can also learn how to fly a kite. Special equipment can be used depending on the condition of the person. I suggest you consult a recognised power kites school to get more advice.

Power Kite Lessons

One thing you shouldn't do is to get a kite and try to learn it yourself without any knowledge. This can be dangerous. Therefore, consulting a kite shop to get professional advice before you buy your first kite is a must. They will make sure you choose the right size of kite which is suitable for your experience level.

However, I still suggest you have a power kites lesson from a recognized kite centre. You can learn to fly in less than an hour with a taster session. With professional help, you will get the right technique that will allow you to progress faster. During the course you can expect to learn how to pack and unpack a kite, launch and land it and most importantly how to steer it and control the power the kite generates.

What you need?

Most power kite schools will provide all the equipment you need during the course. However, it is a good idea to confirm this with them in advance. Depending on the conditions, you may need to bring the following items with you on the day:

â€¢ Sun glasses and sun cream (perhaps not if you live in the UK!)

â€¢ Suitable foot wear, any old trainers would do

â€¢ Warm clothes if the weather is cold

â€¢ Drinking water

Benefits of Power Kiting

If you are looking for a healthy lifestyle and spend more time outdoors, power kiting can offer you both. When you are flying power kites you are using almost all your muscle groups. When you are static flying, you are using your arms, shoulders and back to control the kite while your legs are trying to resist against the power the kite generates.

Power kiting can also be a social sport when it is done with others. You get to mix with people from different backgrounds. This allows you to share the skills you have learnt with other kite flyers. By flying together you to learn faster and watch out for each other.

Power Kite Safety Advice

Don't be put off by power kiting if you have seen couple of videos on Youtube where things have gone out of control. Power Kiting is not a dangerous sport as long as you have the following in mind:

â€¢ Get a Power Kites Lesson from a qualified instructor.

â€¢ Check the weather forecast before you go out.

â€¢ Make sure you have the right equipment suitable for the conditions.

â€¢ Assess the area for obstacles such as trees, electric cables, posts, etc.

â€¢ Have common sense! Know your limits and don't push it too much!

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