



Sailing Training Videos (and other links)

Compiled by Charles Kenyon, Hooper Sailing Club, Madison, Wisconsin

If you are viewing this pdf in DropBox, download it to use the links! The links are active even though not underlined. In pdf format, this document contains bookmarks.

Table of Contents

Hooper Sailing Club Videos	2
Kansas University Sailing Program – 4-Part Series on Dinghy Sailing	3
RYA – Dinghy Sailing	3
RYA – Competent (keelboat) Crew	3
American Sailing Association (ASA) Video Tips	4
Heave-to	5
Crew Overboard – MOB – Recovery	6
Bennett Sailing Videos – 40-56 min usually	6
Knots – practice with a piece of rope or even a shoestring.....	6
The Bowline has many variations but is a key.	6
A Round Turn and Two Half-Hitches	7
Square Knot – Reef Knot	7
Trimming Your Sails – Mike Sans	8
The Slot – Genoa & Mainsail Interaction	8
Guilietta’s Sailing Instructional Videos - Controls.....	8
Sailing Theory Tutorials – Julian Howarth.....	9
Stability Unit – Lake Superior University – Inland Seas Education Assn.....	9
Cruising Tips from Captain Jack.....	9
Maryland School of Sailing	9
Carpe Diem Sailing (I really like these)	10
Sailing Virgins.....	10
Upwind Mainsail Trim – SailZing	10
Navigation	11
Informed Sailor Tutorials.....	11
Captain John’s Skipper Tips	11
Miscellaneous.....	12
Tacking and Gybing – Laser – John Emmett.....	13
Aids to Navigation and Right-of-Way Rules	13
ColRegs in Depth – The Casual Navigator	13
Sailing Exercise and Stretching – Preventing Injury!.....	14
For Fun	14
Sailing Soma on a Sunday.....	14
Always On – Flying on the World’s Fastest Sailboat.....	14
Joshua Slocum – Sailing Alone Around the World	14
The Narrative of Arthur Gordon Pym of Nantucket by Edgar Allen Poe	14
Not Videos – Informational Links	15
Physics of Sailing and Sails	15
Stretching and other Exercises for Sailing.....	16
Note about updates and changes – Ver. 21.37 - 11 Dec 2021	16



Hooper Sailing Club

Hooper Sailing Club Videos

Intro to Sailing	http://www.youtube.com/watch?v=f0sX1ePKEDk
CE & CLR – Center of Effort and Center of Lateral Resistance	http://www.youtube.com/watch?v=urDFZqPNSXw Shot in old Chart Room! Good Stuff!
New Badger Sloop Sails	https://www.youtube.com/watch?v=i11fLovCTIo
Tack on a Tech - Simulator	http://www.youtube.com/watch?v=xlhia6E-Zco
Tiller Pass After a Tack on a Tech	http://www.youtube.com/watch?v=YI6MGQKggwA
Slip Knot Method of Tying Bowline Knot – Jedi Method	https://www.youtube.com/watch?v=CmwKBA3XMR0
Rigging a Byte	https://www.youtube.com/watch?v=IUnt1vj7ndU
Sailing Soma on a Sunday	https://www.youtube.com/watch?v=vNBs1ocneSc&list=PL014492A9F6716314
Ground School Video (2015)	https://www.youtube.com/watch?v=qT6mGc_VRYy
Badger Tech Dinghy (2015)	https://www.youtube.com/watch?v=iYksLgxL45o
Lessons Website Tutorial (2015)	https://www.youtube.com/watch?v=BzJl1FEduU8
Tech Training Video (pre-2008) – Jim Rogers <i>et al.</i> An oldie but a goodie. Includes Capsize and Recovery	https://www.youtube.com/watch?v=75iE9eucJhY
Badger Sloops (essentially an ad)	https://www.youtube.com/watch?v=p2BB68DQyh8
Summer 2014 with Hooper Sailing Club	https://www.youtube.com/watch?v=4tCZbrfOeaE
Windsurfing - Rigging	https://www.youtube.com/watch?v=nczt4kGfIEw
Windsurfing – Uphauling	https://www.youtube.com/watch?v=jNTVwZL3KeE
Windsurfing Equipment – Boards	https://www.youtube.com/watch?v=6nC70uHA_Os
Windsurfing Equipment – Sails	https://www.youtube.com/watch?v=bKkIWt3JZkg
Windsurfing Equipment - Booms	https://www.youtube.com/watch?v=biDkEMa8NKg
Windsurfing Simulator – Demo	https://www.youtube.com/watch?v=1oT8tX_232s
Windsurfing at Hooper Sailing Club – Yu Chen	https://www.youtube.com/watch?v=6X516EXwO-M
Hooper Windsurfing Fleet	https://www.youtube.com/watch?v=FqYxo6uuby4
Shore Station Tutorial	https://www.youtube.com/watch?v=N1ng4Y_pPI8
Hooper Sailing Lessons Website Tutorial	https://www.youtube.com/watch?v=BzJl1FEduU8&t=154s
Hooper Sailing Club Profile 2010	https://www.youtube.com/watch?v=Pkp55Hz68YU



Hooper Sailing Club

Hooper Sailing Club Shop Documentary 2012	https://www.youtube.com/watch?v=OLsm3mSTqYI
Hooper Scow Fleet	https://www.youtube.com/watch?v=oqeA4yqEb-c
Blue Flag Sunday at Hooper Sailing Club	https://www.youtube.com/watch?v=uPmG5LOZz-w
Rigging a Byte Sailboat	https://www.youtube.com/watch?v=lUnt1vj7ndU

Kansas University Sailing Program – 4-Part Series on Dinghy Sailing

The Basics (part 1) – Parts of the Boat – 9 min.	https://www.youtube.com/watch?v=yC94C9iNNsI
The Basics (part 2) – Parts of the Sail – Rigging and Lines – 9 min.	https://www.youtube.com/watch?v=IL37omIbaAk
The Basics (part 3) – Points of Sail – Wind Clock – 5 min.	https://www.youtube.com/watch?v=5Jj-ywUOr0U
The Basics (part 4) – Crew Communication and Maneuvers – Tacking, Gybing, Beating – 9 min.	https://www.youtube.com/watch?v=DiYS4nNy4QU

RYA – Dinghy Sailing

Tacking with Shirley Robertson <https://www.youtube.com/watch?v=JZAPz9BCqJM>

Gybing with Shirley Robertson <https://www.youtube.com/watch?v=dMb6UEZ0pvE>

RYA – Competent (keelboat) Crew

Playlist:

<https://www.youtube.com/watch?v=RqMqA0VZVYk&index=5&list=PLhcVFGMQmGF6XXvdlAryPEhvaxIOQOnFC>

1. Parts of the Boat	https://www.youtube.com/watch?v=RqMqA0VZVYk
2. Life Jackets and Harnesses	https://www.youtube.com/watch?v=cyHcqcce3_GI
3. Flares	https://www.youtube.com/watch?v=H5Wff9P-VFI
4.	
5. Winches and Jammers	https://www.youtube.com/watch?v=nZnBpi1LR0A
6.	
7. Points of Sail	https://www.youtube.com/watch?v=9KN5SwUfrYw
7a. Rigging a Preventer	https://www.youtube.com/watch?v=4TLMqo_8DZA
8. Tacking	https://www.youtube.com/watch?v=3kpxng47pzM



Hooper Sailing Club

9. Gybing (best video I've seen)	https://www.youtube.com/watch?v=rIqL5LKHJcU
10.	
11. Stepping Off the Boat	https://www.youtube.com/watch?v=-Tee2KXhON4
12.	
13. Knots (<i>Cleat Hitch is not what we use</i>)	https://www.youtube.com/watch?v=4TLMqo_8DZA
14. Engine Checks	https://www.youtube.com/watch?v=NbAJmwUCAXA
15. Beaufort Wind Scale	https://www.youtube.com/watch?v=wLAJRwnTQIi

[Back to Table of Contents](#)

Sailing Theory Tutorials - Location of CE CLR and Helm Feel

https://www.youtube.com/watch?v=-cRG_Z3jkf0

Centres of Effort and Lateral Resistance Explained

<https://www.youtube.com/watch?v=l61u232PW4A>

The Cunningham, the Halyard, and Luff Tension – 7 min

<https://www.youtube.com/watch?v=Gxg4k6c3XFo>

How to Avoid Broaching or Recover When Sailing Downwind < 5 min

<https://www.youtube.com/watch?v=DkouAjobzac>

How to Avoid a Gybe Broach – 6 minutes

<https://www.youtube.com/watch?v=iP4yK4mIr3E>

Improve Your Sailing Skills – 45 min <https://www.youtube.com/watch?v=CGFnF1yggNg>

Coastal Sailing – for the Intermediate Sailor – Keelboat (may be a Bennett SS video)

Tacking and Gybing

Sail Trim and Draft Control

Spinnaker Handling

Safety

Anchoring

American Sailing Association (ASA) Video Tips

Entire Playlist:

<https://www.youtube.com/watch?v=4XKs7cTkgTk&list=PLuCYSDfGiH09lfQqAiOyT82625aF02wpa>

Tidy Lines	https://www.youtube.com/watch?v=4XKs7cTkgTk
Tacking and Gybing	https://www.youtube.com/watch?v=7ljQntS8cck
Raising the Main	https://www.youtube.com/watch?v=Z1R23GCjz4
Wind Direction	https://www.youtube.com/watch?v=5B1YdpLkYFE
Sail Trim	https://www.youtube.com/watch?v=t2hzz30tAkY
Trim and Slot Effect	https://www.youtube.com/watch?v=EqzhmbC8BX0



Hooper Sailing Club

Slowing the Boat Down	https://www.youtube.com/watch?v=Y5XXCmMSkd8
Heave To	https://www.youtube.com/watch?v=1XU-8lk3C7U
Winches	https://www.youtube.com/watch?v=EqzhmbC8BX0
Spring Lines	https://www.youtube.com/watch?v=Y5XXCmMSkd8
Cleat Hitch	https://www.youtube.com/watch?v=QmiYjoUX4lw
Roller Furling	https://www.youtube.com/watch?v=NRcTBtPfrmw
Docking Under Power – Part 1 – Drills	https://vimeo.com/162616469
Docking Under Power – Part 2 – Departing	https://vimeo.com/170075497
Docking Under Power – Part 3 - Returning	https://vimeo.com/194901411
Following videos are 2 minutes or less and not in the playlist	
Hypothermia Do's and Don'ts	https://vimeo.com/238231533
Apparent Wind	https://vimeo.com/234585519
Wind Terminology	https://vimeo.com/230519832
VHF Radio Channel Designations	https://vimeo.com/174260424
Deciphering Jib Telltales	https://vimeo.com/163707960
Prop Walk and Prop Wash	https://vimeo.com/166219386
Anchoring Basics	https://vimeo.com/187417221
MOB – First Response (YTPSC)	https://vimeo.com/205481127
Aids to Navigation	https://vimeo.com/225426808
Docking Under Sail – An Ideal Approach	https://vimeo.com/238231533
Docking Under Sail – Downwind Approach	https://vimeo.com/242144421
Figuring Out Marine Flares	https://vimeo.com/186002007

[Back to Table of Contents](#)

ASA On-Line Course: Your First Sail

<https://asa.com/your-first-sail/story.html>

Heave-to

ASA – Heave To – 2 min	https://www.youtube.com/watch?v=1XU-8lk3C7U
How to “Heave To” – 8 min.	https://www.youtube.com/watch?v=LbjwP6F_N9s
Taking in Sail While Hove-To	https://www.youtube.com/watch?v=EI_PnHZwBOY
Heaving To in 35 kts on ocean	http://www.youtube.com/watch?v=cqPY4E_P0rI



Hoofer Sailing Club

Stop the Boat – Heave To – Navy Sailing	https://www.youtube.com/watch?v=0lZodK9g5gk
Heaving To, What You Need To Know	https://www.youtube.com/watch?v=mZdkcaHhMWw
Heaving To – Single-Handed	https://www.youtube.com/watch?v=lg_di8FuaT0

Crew Overboard – MOB – Recovery

Person Overboard – multiple examples Fig 8	http://www.youtube.com/watch?v=KE4aWTtL8K4
MOB – Figure-8	http://www.youtube.com/watch?v=rr695xJQXsY
Demo of Quick-Stop Recovery	http://www.youtube.com/watch?v=88kq6iZMNM4
Using Your Wake Trail to Recover MOB	http://www.youtube.com/watch?v=uHw6TppQygg
Maryland School of Sailing (about 1.2 hrs) – advanced keelboat – shows leeward recovery – criticism of figure 8 and quick stop	http://www.youtube.com/watch?v=RSk-L0U9VPM
Report of MOB symposium 2005 – San Francisco (pdf of report)	https://cruisingclub.org/sites/default/files/items/COB%20FINAL%20REPORT.pdf
MOB – First Response (YTPSC)	https://vimeo.com/205481127
Use the Elevator Method of MOB recovery	https://www.youtube.com/watch?v=Q9tY6YU3Kdg

[Back to Table of Contents](#)

Bennett Sailing Videos – 40-56 min usually

Spinnaker Handling Skills	https://www.youtube.com/watch?v=PzKeugdbtac
Top 60 Sailing Tips.	https://www.youtube.com/watch?v=CGFnF1yggNg
Sail Trimming	https://www.youtube.com/watch?v=1wODsV2yo2A
Aids to Navigation and Right-of-Way	https://www.youtube.com/watch?v=qjbocZHi5rk

Note: These may have been posted in violation of copyright and are likely to be taken down at some point in the near future. Get them while you can!

Knots – practice with a piece of rope or even a shoestring

Note that one of the best ways to learn knots is to take the Marlinspike A lesson at Hoofer Sailing Club. Here is a (more extensive) companion list of knot links from that class. It includes all of the links shown here. <https://www.dropbox.com/s/8xtsqvnpnqmg5d3j/Links%20Marlinspike.pdf?dl=0>

The Bowline has many variations but is a key.

Slip Knot method for Bowline	https://www.youtube.com/watch?v=CmwKBA3XMR0
my students like this one	https://www.youtube.com/watch?v=DreoG61VBgE
	https://www.youtube.com/watch?v=XTH5C5slAj



Hooper Sailing Club

Grog's Animated Knots – Bowline video: <https://www.youtube.com/watch?v=YXRnPEs0Qec>
Same without narration: <http://www.animatedknots.com/bowline/index.php>

Learn the above first until you can do it without looking, then go on to elaborations:

How to Tie a Piling Bowline Knot in 10 sec. <https://www.youtube.com/watch?v=DetspxEunyg>

Easiest and Quickest Bowline Ever <https://www.youtube.com/watch?v=48U0u6H8h3g>

One-Handed Bowline Around the Waist <https://www.youtube.com/watch?v=iEsPbgzn174>
US Sailing

One-Handed Bowline – Lifesaving Knot <https://www.youtube.com/watch?v=H85cMlvvwXA>

Bowline on a Bight – 2 min <https://www.youtube.com/watch?v=wmwvrZYTmV4>
Makes 2 loops (different from a double bowline)

Triple Bowline – useful for rescue <https://www.youtube.com/watch?v=m3M99yydkkg>

A Round Turn and Two Half-Hitches

<https://www.youtube.com/watch?v=NQhgLaGs9gg> (or)

<https://www.youtube.com/watch?v=FqxESYQWTdQ>

Square Knot – Reef Knot

Square Knot <https://www.youtube.com/watch?v=eKatRJYv2EA>

Square Knot *not* <https://www.youtube.com/watch?v=pMZiSpS3xYs>

Grog's Knots – playlist

<https://www.youtube.com/watch?v=gqgz4P1tMzw&index=1&list=PL6928FE0F58CE9849>

Animated Knots – not videos but gifs that go step-by-step – note I do not agree with all

Grog's Animated Knots – website

<http://www.animatedknots.com/indexboating.php>

(I do have their App; it comes for AOS and Android.)

Knot for tying carts for Badger Sloop (Trucker's Hitch – Power Cinch Knot)

<http://www.animatedknots.com/truckers/index.php>

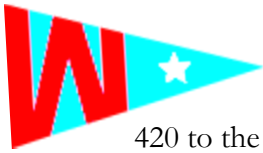
Six Knots You Need to Know <https://www.youtube.com/watch?v=ZZZPYPuonvQ>

See also

Basic Knots	https://www.youtube.com/watch?v=Vw23pN8vPFc&t=329s
Advanced Knots & Whipping	https://www.youtube.com/watch?v=4cbaYXk3vag

[Back to Table of Contents](#)

Rock Symbols on Charts https://www.youtube.com/watch?v=l_XOtoLU8cU



Hooper Sailing Club

420 to the Max – 55 min.

<https://www.youtube.com/watch?v=ErcZk7nuzU4>

Trimming Your Sails – Mike Sans

Trimming Your Sails – Part 1 Basics	https://www.youtube.com/watch?v=TttqFylquFs
Trimming Your Sails – Part 2 – Genoa	https://www.youtube.com/watch?v=QyOIeV11meY
Trimming Your Sails – Part 3 – Main	https://www.youtube.com/watch?v=L0IvU59u5Vg
Trimming Your Sails – Part 4 – Spinnaker Sheet and guy.	https://www.youtube.com/watch?v=TttqFylquFs
All four playlist	

The Slot – Genoa & Mainsail Interaction

<http://www.uk.northsails.com/uk/SailBetter/MainsailTrim/MainsailGenoainteraction/tabid/7041/Default.aspx>

Slot Effect - American Sailing Association

<https://www.youtube.com/watch?v=xivue7RrbGw>

How to set up for downwind sailing without a spinnaker

<https://www.youtube.com/watch?v=YJ49KxxoBrU>

How to set up and trim for light airs sailing

<https://www.youtube.com/watch?v=wt0IAy9gS8Is>

How to trim sails for going upwind – <https://www.youtube.com/watch?v=nCICkH6HdVs>

Brian Thompson and Pip Hare – Yachting World

Jib-sail trim by a Master Sail Maker 18 min - tour.offcenterharbor.com/sail-trim-2/

This is advanced stuff, for me. Well worth watching. I signed up to also watch the one on the main sail.

Sailing Theory Tutorials - Forces on Sails and Foils

<https://www.youtube.com/watch?v=NG5dCUA8HWg>

How to use the Jib telltales

<https://www.youtube.com/watch?v=hnOO5Z0zOfs>

Guilietta's Sailing Instructional Videos - Controls

The Cunningham, The Halyard and Luff Tension	https://www.youtube.com/watch?v=Gxg4k6c3XFo
The BoomJack or Boom Vang	https://www.youtube.com/watch?v=C31nGzO54O4
The Traveler	https://www.youtube.com/watch?v=u0wfGzhlRhI
The Backstay	https://www.youtube.com/watch?v=9GDro9i1ye0
Outhaul Adjustment and Function	https://www.youtube.com/watch?v=F0f8iVdaRIA
The Head Sail	https://www.youtube.com/watch?v=7rYb0am2YTk



Hooper Sailing Club

Sailing Theory Tutorials – Julian Howarth

Introduction To Vectors	https://www.youtube.com/watch?v=nteh7XXyU0I
Forces on Sails and Foils	https://www.youtube.com/watch?v=NG5dCUA8HWg
Sail Trim, Separation, and Stall	https://www.youtube.com/watch?v=j67sxwqg3Iw
Airflow Over a Sail	https://www.youtube.com/watch?v=d7xhPYY8gU
True, Boat, and Apparent Wind Examples	https://www.youtube.com/watch?v=qF_MbYE3_xA

Stability Unit – Lake Superior University – Inland Seas Education Assn.

Introduction to Stability	https://www.youtube.com/watch?v=Af0OqOCWEh4
Change in the Center of Gravity	https://www.youtube.com/watch?v=0XsrqNujyiA
Free Surface Effect	https://www.youtube.com/watch?v=64rsc9M2jJY
Initial v. Ultimate Stability	https://www.youtube.com/watch?v=cmjsumf2yvI
Waves	https://www.youtube.com/watch?v=iaa53On-ak

Cruising Tips from Captain Jack

Reducing Heeling – 2 min	https://www.youtube.com/watch?v=vq3biQsajak
--------------------------	---

Maryland School of Sailing

Docking Techniques – 82 min	https://www.youtube.com/watch?v=PoGMAEjiHmU
Weather for Sailors – 92 min	https://www.youtube.com/watch?v=EP4celrsk7k
US Aids to Navigation – 82 min	https://www.youtube.com/watch?v=RIen2AOKsa0
Crew Overboard Recovery - Sailing (about 1.2 hrs) – advanced keelboat – shows leeward recovery – criticism of figure 8 and quick stop – covers under engine recovery	http://www.youtube.com/watch?v=RSk-L0U9VPM
Storm Tactics and Sea Anchor 2	http://www.youtube.com/watch?v=4SAXRH42Df0
Winch Handling Techniques (11 min)	https://www.youtube.com/watch?v=HW5lB8ive-4
Gybe Control	https://www.youtube.com/watch?v=qAhUWCa-KoQ
Collision Avoidance – Nav Rules (102 min)	https://www.youtube.com/watch?v=19suVDp8GnM
Buoys and Beacons (50 min)	https://www.youtube.com/watch?v=C8mfH2t72wE&t=304s

[Back to Table of Contents](#)



Hooper Sailing Club

Carpe Diem Sailing (I really like these)

Points of Sail	https://www.youtube.com/watch?v=4Dp4F-5Qu0o
Steering Effectively in Reverse	https://www.youtube.com/watch?v=4Dp4F-5Qu0o
ColRegs – Lights and Day Shapes	https://www.youtube.com/watch?v=9GTKeKiDRUM
Safe Winch Handling	https://www.youtube.com/watch?v=JZj2vjoheto
Coming About or Tacking – Beating	https://www.youtube.com/watch?v=rv8BxBY0rsY
Excessive Heeling	https://www.youtube.com/watch?v=Cmmmjpr-DE4
Basic Knots	https://www.youtube.com/watch?v=Vw23pN8vPFc&t=329s
Navigation: The Nautical Chart	https://www.youtube.com/watch?v=iTMsNzVcn4
Navigation: Basic Plotting	https://www.youtube.com/watch?v=tvQB3MsTP8
Navigation: The Compass	https://www.youtube.com/watch?v=7RHQ2FgKJZQ
Understanding Nav Aids (Aids to Navigation)	https://www.youtube.com/watch?v=PdV3bDWZnK8
Dressing for Sailing	https://www.youtube.com/watch?v=IQU_dE_y-0M
Advanced Knots & Whipping	https://www.youtube.com/watch?v=4cbaYXk3vag
Raising the Mainsail	https://www.youtube.com/watch?v=6s7pEnxRjtw
Tying Sail Ties (from above at 4:26)	https://youtu.be/6s7pEnxRjtw?t=264
Folding a Sail	https://www.youtube.com/watch?v=9Ok7_AZaexQ
Flaking a Mainsail	https://www.youtube.com/watch?v=NJnI4eQCz9s
Harnesses, Tethers, and Jacklines – Safety	https://www.youtube.com/watch?v=C7vqMNynIp0
Distress Signals	https://www.youtube.com/watch?v=zhnDzYjjSqc
Leaving the Dock – Single-Handed – Close Call	https://www.youtube.com/watch?v=4aPwZ6g_-ww
Raising the Mainsail – Single-Handed	https://www.youtube.com/watch?v=0peqq5M3zYI
Coming About – Single-Handed	https://www.youtube.com/watch?v=haPiODcVWUDU
Heaving To – Single-Handed	https://www.youtube.com/watch?v=lg_di8FuaT0

Sailing Virgins

Fun, instructive videos – will be listing later <https://www.youtube.com/watch?v=Mq7gd27OAjU>

Upwind Mainsail Trim – SailZing

Angle of Attack	https://www.youtube.com/watch?v=mkkUPWUpMHM
Camber	https://www.youtube.com/watch?v=mkkUPWUpMHMD



Hooper Sailing Club

Draft Shape and Position	https://www.youtube.com/watch?v=yERm1Jq0ls
Controlling Twist	https://www.youtube.com/watch?v=Mq7gd27OAJU

Navigation

Coastal Navigation – Set and Drift - Calculate	https://www.youtube.com/watch?v=80Ad8Y4bZJM
Coastal Navigation – Set and Drift Explained	https://www.youtube.com/watch?v=AyqGBa9fexA
Set and Drift – White Board 1	https://www.youtube.com/watch?v=gkS-u42OzzM
Set and Drift – White Board 2	https://www.youtube.com/watch?v=gkS-u42OzzM
Coastal Navigation – Running Fix	https://www.youtube.com/watch?v=63O4drvKrI8
Ded(uctive) Reckoning – White Board	https://www.youtube.com/watch?v=8_uBYkiLfs
Chart Navigation (Part 1)	https://www.youtube.com/watch?v=VKKpZwPOvU8
Course to Steer (Part 2)	https://www.youtube.com/watch?v=LZ4TQ3sZQak
Course Per Standard Compass	https://www.youtube.com/watch?v=QKMWnOnYQdQ
See also Maryland School of Sailing (above)	

Informed Sailor Tutorials

K1 – Terminology (Keelboats)	https://www.youtube.com/watch?v=yUdeku8qosU
L2.5 Positions	https://www.youtube.com/watch?v=EVcVVfZikcs
L5.3 Centres of Effort and Lateral Resistance Explained	https://www.youtube.com/watch?v=l61u232PW4A

Captain John's Skipper Tips

Captain John's Skipper Tips - playlist	https://www.youtube.com/channel/UCc4M-E6DFyvpQI8DcMDguCw
How a Boat Sails in Apparent Wind	https://www.youtube.com/watch?v=8xo0ySZ98oc
How to Trim the Mainsail Leach - using leach telltales	https://www.youtube.com/watch?v=vgHY6cxvRww https://www.youtube.com/watch?v=eqjaEX5cS5U
How to Trim Sails for Reaching	https://www.youtube.com/watch?v=nxgfywN0OKA
How to Make Reach to Reach Tacks	https://www.youtube.com/watch?v=a2jdmQnPB8
How to Reef your Mainsail and Avoid Damage	https://www.youtube.com/watch?v=7Ay4tyvObtQ



Hoofer Sailing Club

Captain John's Skipper Tips - playlist	https://www.youtube.com/channel/UCc4M-E6DFyvpQI8DcMDguCw
Five Signs That It Is Time to Reef	https://www.youtube.com/watch?v=5VoFlzbx6T8&feature=em-subsub_digest
How to Trim a Genoa or Jib - using Genoa telltales	https://www.youtube.com/watch?v=bNT64BmMezc https://www.youtube.com/watch?v=aZGomgh5NJ0
How to Heave-To at Sea	https://www.youtube.com/watch?v=rABvrW90O1s
How to Rig a Boom Preventer	https://www.youtube.com/watch?v=xMAi5TdacBo
How to Sail Windward Fast	https://www.youtube.com/watch?v=AzuCEyZ7gOQ
Increase your Mainsail Power (45%)	https://www.youtube.com/watch?v=LxvAoLr-KME
Control Windward Sailing with Magic Limit Lines	https://www.youtube.com/watch?v=71-CeEEzL60
Sail Up to a Dock Under Sail Alone	https://www.youtube.com/watch?v=O7gZXvphDeo
Dock Your Boat Under Sail With Wind Astern!	https://www.youtube.com/watch?v=oYMz-qh3Z88
How to Dock Your Boat with a Forward Bow Spring Line	http://www.youtube.com/watch?v=zhA_m3x4x8c
Dock Your Boat Smooth and Easy with Rudder Control	http://www.youtube.com/watch?v=CFuErEmXiBw
Using a Lark's Head Knot to Attach Jib	https://www.youtube.com/watch?v=6fk4nT3Clbk
How to Undock Using the Aft Bow Springline	https://www.youtube.com/watch?v=7_Y5G1ke6n8
Elevator Technique for Bringing MOB aboard	https://www.youtube.com/watch?v=Q9tY6YU3Kdg
Using Your Wake Trail to Recover MOB	http://www.youtube.com/watch?v=uHw6TpqOygg
How to Removed a Jammed Sheet from a Sailboat Winch	http://www.skippertips.com/public/Learn_to_Sail_Video__How_to_Removed_a_Jammed_Sheet_from_a_Sailboat_Winch.cfm
Entering or Leaving an Inlet	https://www.youtube.com/watch?v=A9SYv5Zn2CQ
Ten Sailing Tips for Heavy Weather or Nighttime Sailing	https://www.youtube.com/watch?v=op0UOfdpIyc

[Back to Table of Contents](#)

Miscellaneous

The Physics of Sailing – KQED QUEST <https://www.youtube.com/watch?v=yqwb4HIrORM>

The Fluid Mechanics of Sailing <https://www.youtube.com/watch?v=6D-4bRXMtwI>

(contains some math – made on Hoofer boats)



Hoofer Sailing Club

Misconceptions of Aerodynamics – see around 15 minutes in

<https://www.youtube.com/watch?v=QKCK4JLQHU>

Sailboat Into the Wind – Hewitt-Drew-It Physics 146

<https://www.youtube.com/watch?v=jJtvGF8vZbE>

Hoisting a Roller-Furling Jib (Sail Fanatics) <https://www.youtube.com/watch?v=NcaoM9ELgwU>

Good video of keelboat race at windward mark showing Spinnaker raise

<https://www.youtube.com/watch?v=ISITqyNI0zI>

Sailing Wing-on-Wing <https://www.youtube.com/watch?v=QZadjhHANck>

Reefing the mainsail (Navy Sailing) <https://www.youtube.com/watch?v=tOao0jsDoDg>

Reefing a J-24 – does not show use of reef ties in the sail - SailVision

<https://www.youtube.com/watch?v=ddyB9GwAkI8>

Reefing – Clew Reef error – Doyle Sailmakers <https://www.youtube.com/watch?v=XbXIEsrlo1s>

Springing Off (could be better) <https://www.youtube.com/watch?v=DYZnRekYwnc>

Sailing Backwards – Backwinding the Mainsail <https://www.youtube.com/watch?v=qN86Q2GRK3s>

How to Avoid a Gybe Broach (UK Sailmakers) <https://www.youtube.com/watch?v=iP4yK4mIr3E>

Tacking and Gybing – Laser – John Emmett

https://www.youtube.com/watch?v=BR6ec_nPWbw

Aids to Navigation and Right-of-Way Rules

NavAids 101 (short) <https://www.youtube.com/watch?v=G1m09KD3GFw>

US Captains Training <https://www.youtube.com/watch?v=z7-yCYECTvo>

Bennett Sailing <https://www.youtube.com/watch?v=qJbocZHi5rk>

Maryland School <https://www.youtube.com/watch?v=RIen2AOKsa0>

Rules of the Road Review – US Captains School (1 hr. 20 min.)

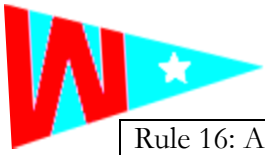
<https://www.youtube.com/watch?v=J4gLCwLWLK0>

Understanding Marine Bouyage <https://www.youtube.com/watch?v=jAQPjdB-3ko>

Self Tests <http://allships.com.au/>

ColRegs in Depth – The Casual Navigator

Rule 5: Look Out	https://www.youtube.com/watch?v=k7US_zTTfes
Rule 6: Safe Speed	https://www.youtube.com/watch?v=f7654LIZ_GU
Rule 12: Sailing Vessels	https://www.youtube.com/watch?v=X16GbslsHt0
Rule 13: Overtaking	https://www.youtube.com/watch?v=zz8TZ7ataEo
Rule 14: Head-On Situations – 2 power boats	https://www.youtube.com/watch?v=xGd_vJ9DMSE
Rule 15: Crossing Situations – 2 power boats	https://www.youtube.com/watch?v=E11GonKFkUs



Hoofer Sailing Club

Rule 16: Action by the Give-Way Vessel	https://www.youtube.com/watch?v=bCIU_ITG1Vc
Rule 17: Action by the Stand-On Vessel	https://www.youtube.com/watch?v=tslbq8hbuM8
Rule 18: Responsibilities Between Vessels	https://www.youtube.com/watch?v=1zv3mpR4rxU
Rule 19: Conduct of Vessels in Restricted Visibility	https://www.youtube.com/watch?v=sLATe0045W8

[Back to Table of Contents](#)

Sailing Exercise and Stretching – Preventing Injury!

Pre-Sailing Warm-ups and Stretches – AusSailing Team

<https://www.youtube.com/watch?v=zJzJRvUwJrk>

Sailing Fitness - Warm up - with RYA and British Sailing Team Sports Scientist Tim Jones

<https://www.youtube.com/watch?v=4UbdL3KZnDA>

Quantum Fitness - How to train like a sailor

<https://www.youtube.com/watch?v=1W4JrA125KQ>

For Fun

Sailing Soma on a Sunday

<https://www.youtube.com/watch?v=vNBs1ocneSc&list=PL014492A9F6716314&index=1>

(This is my playlist. Mostly Soma, all Lake Mendota!)

Always On – Flying on the World’s Fastest Sailboat

https://www.youtube.com/watch?v=QP_9rFbvY_Q

Joshua Slocum – Sailing Alone Around the World

<https://www.youtube.com/watch?v=iciZer5cbJ8>

<https://www.youtube.com/watch?v=ATJ8wMG9VNE>

(Our boat, “The Spray” was named after this boat.) – 44 min.

The Narrative of Arthur Gordon Pym of Nantucket by Edgar Allen Poe

University of Virginia <http://xroads.virginia.edu/~ma98/silverman/poe/fulltext.html>

Gutenberg Project <https://www.gutenberg.org/files/2149/2149-h/2149-h.htm>

YouTube reading: <https://www.youtube.com/watch?v=CuqmCFqXpyg>

2014 Race to Mackinac Aboard Denali

<https://www.youtube.com/watch?v=5GCCQx0ExO08>

Wind – the Movie:

<https://www.youtube.com/watch?v=c3shpTH59Qk>

Captain Ron’s Docking:

<https://www.youtube.com/watch?v=8alNxLjCBJc>

Flying the World’s Fastest Sailboat

https://www.youtube.com/watch?v=QP_9rFbvY_Q



Hoofer Sailing Club

Not Videos – Informational Links

Sailing Glossary: <https://www.dropbox.com/s/ggw55a6hqemnt2f/Glossary%20of%20Sailing%20Terms.pdf?dl=0>

Origin of Naval Terminology (fun): <https://www.history.navy.mil/research/library/online-reading-room/title-list-alphabetically/o/origin-navy-terminology.html>

Boat Line Definitions <http://denverope.com/definitions.htm>

Bernoulli Force has nothing to do with it (NASA Incorrect Lift Theory!)
<https://www.grc.nasa.gov/www/k-12/airplane/wrong1.html>

Hoofer Manuals <http://www.hoofersailing.org/?q=instruction/manuals>

A Sailor's Guide to Weather (Hoofer Sailing Club) <https://drive.google.com/file/d/0BywZ-rLn0R8hanNQRGJXTkjmV2FLQldONU1KRmRsTVNic3d3/edit?resourcekey=0-D7N-kkqhfnbGeoYXBjtCuA>

The Spray Checklists
<https://www.dropbox.com/s/y4q94cepneeyr01/The%20Spray%20Checklists.pdf>

Sheetbend knot <https://www.dropbox.com/s/4mx2r0zxfgv79jf/The%20Sheetbend.pdf>

Square knot <https://www.dropbox.com/s/ffdomqixe7knlm7/Square%20Knot.pdf>

Marlinspike Links – Knots, Lines and Splicing
<http://addbalance.com/Sail/Knots/Links%20Marlinspike.pdf>

Aids to Navigation
<http://www.uscgboating.org/ATON/index.html>
<http://www.uscg.mil/d13/dpw/docs/usaidstonavigationsystembooklet23dec03.pdf>

Good Tacks Start With the Release
<http://www.sailingworld.com/how-to/good-tacks-start-release>

Sailing Backwards <http://www.cautionwater.com/article.aspx?articleid=88>

UCI J-22 Manual <http://www.campusrec.uci.edu/sailing/includes/J22-manual.pdf>

Balance Your Helm for Speed by John Ellsworth
http://johnellsworth.com/writing/nautical/balance_helm/balance.html

Weather and Lee Helm <http://www.schoolofsailing.net/weather-helm-and-lee-helm.html>

Understanding Apparent Wind by John Ellsworth
http://johnellsworth.com/writing/nautical/understand_appwind/understand_appwind.html

Two Years Before the Mast by Richard Henry Dana, Jr. (book)
<http://ia801403.us.archive.org/34/items/twoyearsbeforem00welsgoog/twoyearsbeforem00welsgoog.pdf>

Physics of Sailing and Sails

Forces on Sails (Wikipedia) https://en.wikipedia.org/wiki/Forces_on_sails

The Physics of Sailing by Ryan M. Wilson
<http://grizzly.colorado.edu/~rmw/files/papers/PhysicsofSailing.pdf>



Hoofer Sailing Club

An Explanation of Sail Flow Analysis – Stanford Yacht Research

<http://syr.stanford.edu/SAILFLOW.HTM>

Many of the handouts used in Intro to Keelboat are based on the book [*Sailing Fundamentals*](#) which is available at Outdoor UW or from [Amazon.com](#).

Stretching and other Exercises for Sailing

Fitness Means Flexibility – Sailing World

<https://www.sailingworld.com/how-to/fitness-means-flexibility>

Pre-Sailing Exercises – US Sailing

<http://www.ussailing.org/pre-sailing-exercises/>

Sailing Fitness: - The Importance of Proper Stretching – Sail1Design

<https://www.sail1design.com/sailing-fitness-stretching/>

Sailing Exercises – Offshore Sailing School (Strength as well as flexibility)

<https://www.offshoresailing.com/exercises-for-sailing/>

Sailing Stretches and Flexibility Exercises – Stretch Coach

<http://stretchcoach.com/articles/stretches-for-sailing/>

A Winter Fitness Program for Sailing Windsurfing and Kite Surfing

<http://iglimpse.co.uk/blog/2013/02/a-winter-fitness-program-for-sailing-windsurfing-and-kitesurfing/>

Note about updates and changes – Ver. 21.37 - 15 Dec 2021

I intend to be modifying this extensively. It is intended to be used in pdf format so that the links are active. However, I show the full links without underlining so that they are easier to read. This pdf has extensive bookmarks corresponding to the table of contents. If any of the links do not work, please let me know. Here is a link to email me: Sail@addbalance.com

Here is a [link](#) to the latest version.

<http://addbalance.com/Sail/Sailing%20Links.pdf>

[Back to Table of Contents](#)