

## Precision Freestyle What is it? How to practice for it?

By Wayne Turner

While this outline will give you some of the rules at the time of this writing, this is not a definitive discussion of the rules. This is intended to give you some inspiration to think about factors that are not always obvious, but should help your enjoyment of competing. Reading the rule books, the ISK and AKA Appendix along with the ISK Judges Book will give insight that may help your understanding, and will lead you to ask better questions. <http://aka.kite.org/kite-genres/sport-kite/sp-rulebooks>

### I. Why fly Precision?

- A. Because it is one more facet of kiting to try.
- B. The people you will hang out with are great.
- C. An excuse to get out (out of the house, out of chores, out of work) and kite fly.
- D. Precision will make you a better sport kite flier by giving you a reason to practice things you won't normally do on your own.

### II. The Precision Figure

#### A. Refer to figure DI 11

- i. In & Out position of the figure
  - a) These spots have to be called by the flier to alert the judges to start and stop their judging of the figure.
    - Try to make sure they hear you.
- ii. The wind window grid
  - a) You will be judged by this ideal figure drawing and your kite's ability to comply with its positioning on the perceived grid of the judges.
    - You may have a different perspective than the judges. Especially when you have to backup to get into the upper corners of the window.
- iii. The fine points of a figure
  - a) Read the notes below a figure. These notes are going to be on the judges scorecards.
  - b) Look closely at the figure, full screen on computer, maybe even zoomed in. This will let you see details like the direction for a multi-line rotation or in the case of DI 11, those turns onto the diagonal line (red) are supposed to be arced turns.
  - c) <http://www.aka.kite.org/kite-genres/sport-kite/compulsory-figures>

### III. What is Program Precision?

- A. An alternate Individual Precision format for Experienced and Masters fliers combining the compulsory figures and the technical freestyle portion of individual precision event into a single routine.
- B. Scoring
  - i. Compulsory Figures = 60% of total
    - a) 20% for each figure
  - ii. Technical Routine = 40% of total
    - a) Execution = 30% (75% of the 40%)
      - The execution component consists of, but is not limited to, considerations of accuracy, control, timing, spacing, use of the wind window, complexity, and

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inclusion of technically demanding and daring maneuvers

b) Content = 10% (25% of the 40%)

- The content component consists of, but is not limited to, considerations of tempo, rhythm, originality, creativity, and variety, as well as organic inclusion of the three compulsory figures within the routine.

### C. Pros

- i. You are on the field for a shorter total time, that means less chance for the wind to change on you.
- ii. May create a more interesting precision format for the spectators at an event.
- iii. Precision will need a smaller time frame run.
  - a) Run more events or use fewer number of fields for the same time frame, or
  - b) Allow for more demo flights, or
  - c) Allow play events like Mystery Ballets and Hot Tricks type fillers, or
  - d) Create time for teaching moments. Maybe:
    - A workshop for fliers training on a figure or two
    - A workshop for judges training on a figure or two
    - Maybe a workshop to educate spectators. Show what an "Axle" is etc...
    - A workshop on landings

### D. Cons

- i. Flier doesn't get that moment to 'reset' mentally between each figure and look at the figure just before having to fly it.
- ii. No chance to change kites between the figures and the technical freestyle if needed because of wind changes or bad kite selection.
- iii. Less opportunity to regain ground you lost during a figure.
- iv. Judges don't get the time to mentally review what they see before jotting down a score for each figure.
- v. Flier can't formulate and practice a complete technical routine that is reusable for the multiple competitions.

## IV. How to practice

A. Memorize the order of the figures for the next competition before you start flying, then practice them one at a time in that order.

- i. The order they written in by the organizers, is the order they have to be flown in at the competition.
- ii. The figures combined is still the largest part of your score. So we work at getting them right first.
  - a) You can still fly a figure with reversed left/right (a mirror image of the way it is drawn)

B. Say your IN/OUT During Practice

- i. Maybe you would be embarrassed to yell it out during practice, but at least say it so your mouth and hands learn to agree on the start and end of the figures. If you don't verbalize in practice, you are less likely to remember to yell it out in competition.
- ii. Flying good precision is about getting your body to respond as automatically to what needs to happen as possible. This frees up brain power to think about the hard stuff like where to turn.
  - a) Calling IN/OUT for figures

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- Read “IV. B.” again
- b) Straight lines
  - possibly the most important single thing to learn.
- c) 90 degree turns
  - these should be something you do without thinking of which hand to use or, whether you are doing a push turn or pull turn (or combination turn).
- d) Speed control
  - Backing up to add power when flying upward, especially at the edges.
  - Moving forward when flying downward to slow the kite and give you time, especially in the middle of the window.
  - For individual precision, the kite should only change speed during a figure if you have a stalled maneuver.
- e) Stalls/Landings
  - 2-point landings and snap stalls are closely related.
- C. Create 3 or more “standard” patterns.
  - i. Remember that Execution is 30% of your score, include stuff YOU FLY WELL!
  - ii. These will become the majority of your technical routine around the figures, and allows you practice something you can use throughout the year.
  - iii. An opening pattern
    - a) If the first figure starts from the ground, you may decide to skip this pattern.
    - b) Your opening pattern can be used after a figure with a landing also (just try not to be obviously repetitive).
  - iv. Non-opening patterns
    - a) Avoid doing something you really want the judges to see right at the beginning of the pattern.
      - The judges may still be jotting down the score from a figure you just flew.
    - b) Consider varying the starting point and end points of different patterns
      - Pros
        - you may have just the right pattern to enter from a figure or exit to a figure
        - you will run less risk of looking repetitive since you are not hitting the same points in the window over and over.
      - Cons
        - having an entry point that is the same as the exit point on all your patterns make it easy to daisy chain things together
  - v. Practice you patterns all year long
    - a) Work at combining them with each other to make longer patterns. Try not to do the same thing every time you transition. IE: don't fly an infinity to setup between each patterns or a figure and a pattern.
- D. Combine figures and patterns
  - i. See which patterns allow smooth transitions into and out of the figures you have for the next competition.
  - ii. Make sure your combination of patterns and figures is over 1 minute and less then 4 minutes
    - a) I would plan for a 2-3 minute time frame to give myself a cushion for the unexpected.
- E. SAY your IN/OUT sequence

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- i. IN – IN – OUT – IN – OUT – IN – OUT – OUT
  - a) Even if your first figure launches from the ground and you start your routine with that figure. IN – to start the routine, IN – to start the figure
  - b) Even if your routine ends with the landing from you last figure. OUT – to end the figure, OUT – to end the routine.

### V. The competition

- A. Use the Field Director – The only person on the field allowed to coach you in the rules.
  - i. Look at the figures one last time, make sure you agree with the order to be flown.
  - ii. Tell the Field Director if any of your figures will be flown in reverse so the judges can be notified.
  - iii. These are things to ask the Field Director to do for you
    - a) Call out key times for you
      - Have them announce 1 minute so you know you have met the minimum.
      - Have them announce 3.5 minutes so you know you have to get things done to avoid going over.
      - Any other times to help you tune in on what you want to accomplish.
    - b) Call out your next figure
      - So you can keep track of what is next and not get the figure order mixed up
      - 1<sup>st</sup> figure should be announced as soon as your first IN call.
      - Each of the next figures should be announced right after your OUT call from a figure.
    - c) Bottom line is, if the Field Director screws up, you take the hit if you listen to them.
      - That is why you practice the order of the figures, and timing of your routine.
- B. Remember, you can call “Wind Check!” up to the point you hit minimum time if the wind drops. Just remember to keep flying until the Field Director tells you to stop (if they do).

### VI. Evaluation Afterward

- A. How did it feel to you? Did you have fun?
- B. Judges’ opinions ask them what they remember of your routine, the good and the bad.
- C. The most import evaluation is the first one listed. You will always be there, the rest of the people come and go. IF IT WASN’T FUN, try something different. It may only be flying in different wind conditions, getting a different kite to fly with, maybe try Field Directing, or helping with scoring. The NWSKL hopes your ‘different’ does not include an aversion to participating in some way at our events, but please, HAVE FUN!

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a PDF copy can be downloaded at:

<http://www.nwskl.org/downloads/ProgramPrecision.pdf>

more information can be found at:

<http://www.nwskl.org>

Thank you to John Barresi for additional ideas on what to do with the time savings created by Program Precision.