

<i>Elliot 6m</i> <i>Practical requirements</i>	<i>Elliot 6m</i> <i>Theoretical requirements</i>
Preparing the boat for sailing & Preparing the boat for overnight	Ropework
Launching the boat, replacing and taking out	Sailing terms and boat parts
Positioning and operating the sails	Rules
Steering, rudder and center board	Safety
Tag technics	Forces on the boat and the effects
Jibing technics	Behaviour
Tacking, To beat against wind and narrow waters	Weather influences
Targeting on a windward point	Problems regarding sailing and other kind of Ships
Departing on windward wall	Basic terms and rules of racing
Landing on windward wall	
Hiking technics and load balancing	
Stopping the boat and trigger the boat	
Special technics: luffing and standstil	
Anticipating on gusts	
Get towed	
Sailing a triangular track	
Storing the boat for the longer period	
Layline estimation	
Appying rules	
Hiking technics	
Spinnaker sailing	
Collaboration with the crew	
Boat maintenance, participated in talkoos	