

Always start out in calm; flat water and keep in mind you could be falling! So unless you're in the tropics, a wetsuit may be a good idea.

- Get the board out into in water so the fin is free from hitting the bottom.
- Start out on your knees and take a few strokes on each side of the board.
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- Slowly, stand up with one foot at a time and stay in the middle of the board with your feet parallel to the stringer – about shoulder width apart.
- Keep a slight bend in the knees and your core centered over the board.