

SATORI SURF

Private Surf Coaching & Guiding





PROGRESSION PATH

Designed for real progress.

For all ages and levels.

Selected locations worldwide.

Based in Portugal.



BEGINNER 1 BASICS



TECHNICAL FOCUS

- Understanding your surfboard
- Paddling technique & board control
- Stance: chest-to-knee position, balance
- Weight distribution & trimming (speed control)
- Finding the optimal board position: sweet spot
- Safety & hazard identification
- Individual take-off technique
- Ocean theory: Currents

Goal: Safety, basic board control, and first take-offs in whitewash or flat water.



BEGINNER 2 WHITE WASH PRO



TECHNICAL FOCUS

- Progressive drills: compress & extend, weight distribution, shuffling
- First white wash turns
- Heel & toe pressure: rail awareness
- Angled take-offs left & right
- Techniques for passing through waves:
 - push-up, turtle roll, chicken dive
- Theory: surf etiquette & lineup fundamentals

Goal: Refining stance and balance, first directional changes, angled take-offs, and preparing for green wave surfing.



INTERMEDIATE 1 FIRST GREEN WAVE



TECHNICAL FOCUS

- Learn how to read waves
- Wave types: hollow, mushy, mellow, etc.
- Angled take-off on green waves
- Lineup positioning
- Timing & paddling angle
- Riding waves down-the-line in open wave face
- Rail engagement & weight distribution
- Compress-and-extend & shuffling for speed
- Improving techniques to pass through waves

Goal: Identify green waves, catch them with the coach's push-ins, and ride down-the-line along the midline.



INTERMEDIATE 2 GREEN WAVE CONTROL



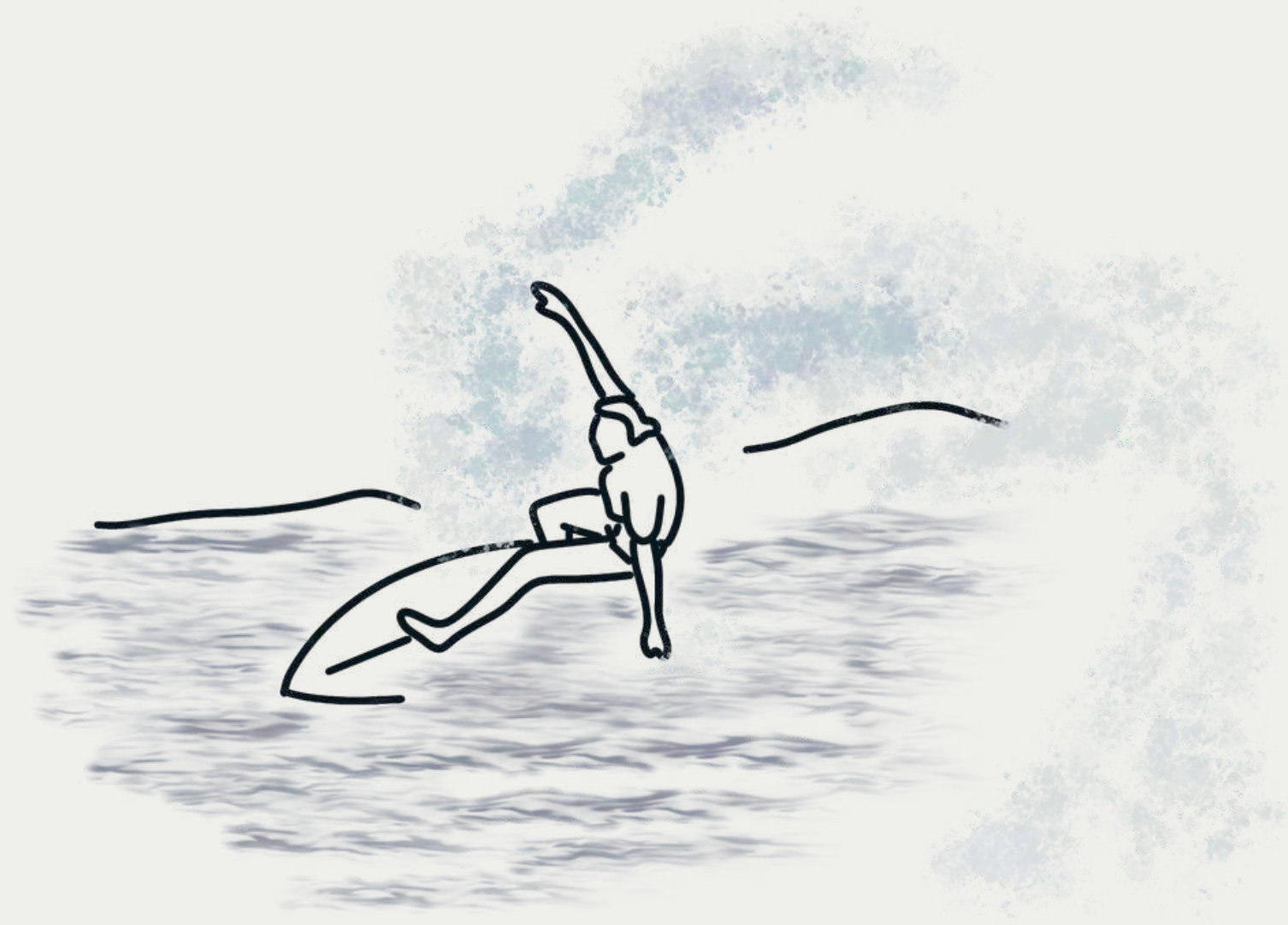
TECHNICAL FOCUS

- Improving timing: take-off, paddling, angle
- Orientation: Where am I? What is the wave doing? Building situational awareness
- Identifying suitable waves for your level
- Functional minor turns: basic top & bottom turns, cutbacks
- Riding the high line & returning to the pocket
- Surfskate training: rotation, top-to-bottom lines
- Refining paddling technique
- Theory: surf forecasts

Goal: Catching green waves with verbal guidance, developing wave awareness, performing first functional minor turns.



ADVANCED 1 INDEPENDENT



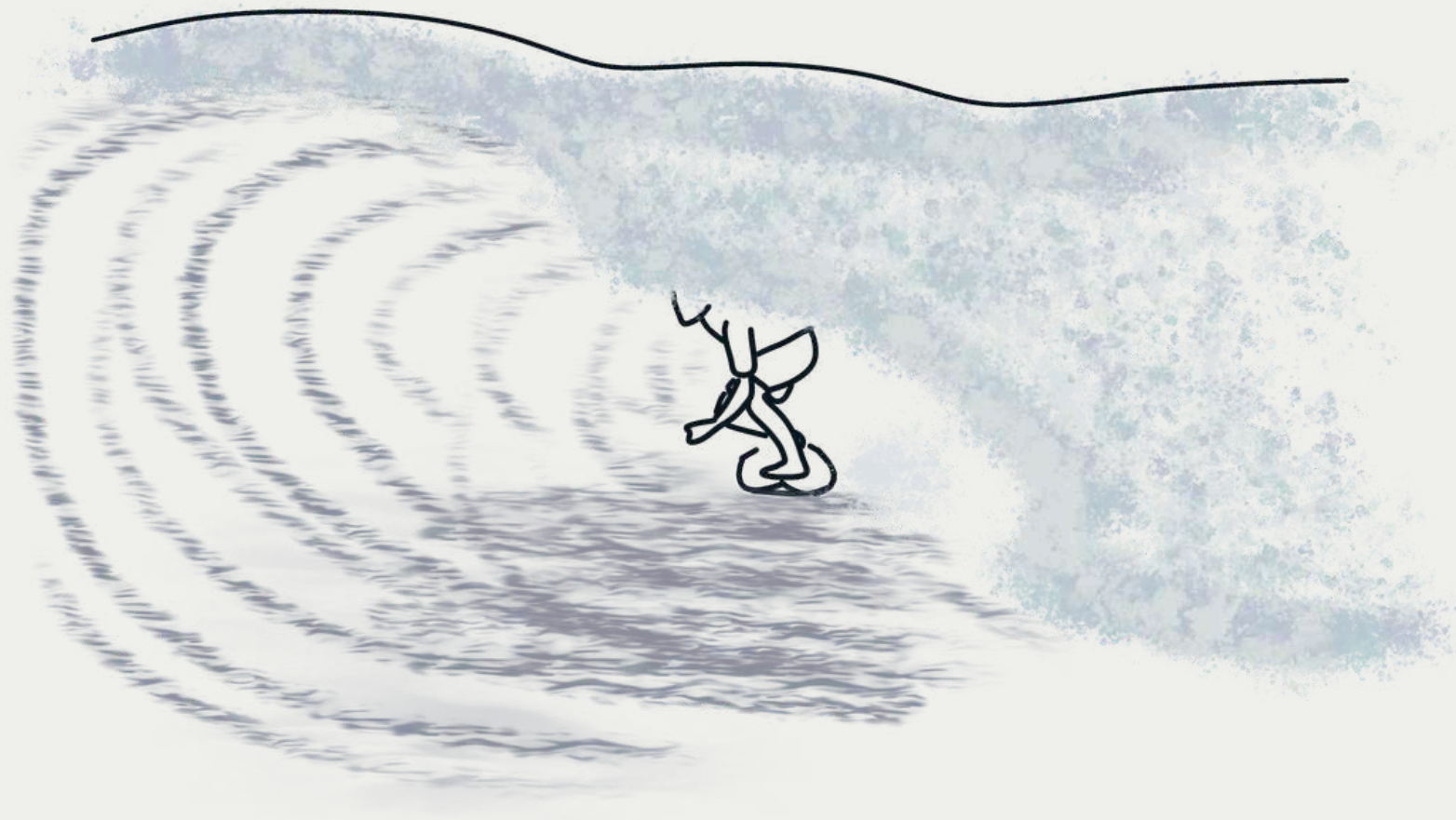
TECHNICAL FOCUS

- Improve your turns: weight distribution, foot placement, rails, rotation, extension
- Move with flow
- Becoming an active surfer: chasing waves
- Improving lineup positioning
- Bottom-to-top surfing: using the wave face efficiently
- Advanced speed generation: rail-to-rail, compression+extension & “throw”
- Carving turns & maintaining speed
- Theory: Surfboards

**Goal: Independent surfing,
improving turns & technique,
more flow & speed.**



ADVANCED 2 RADICAL SURFING



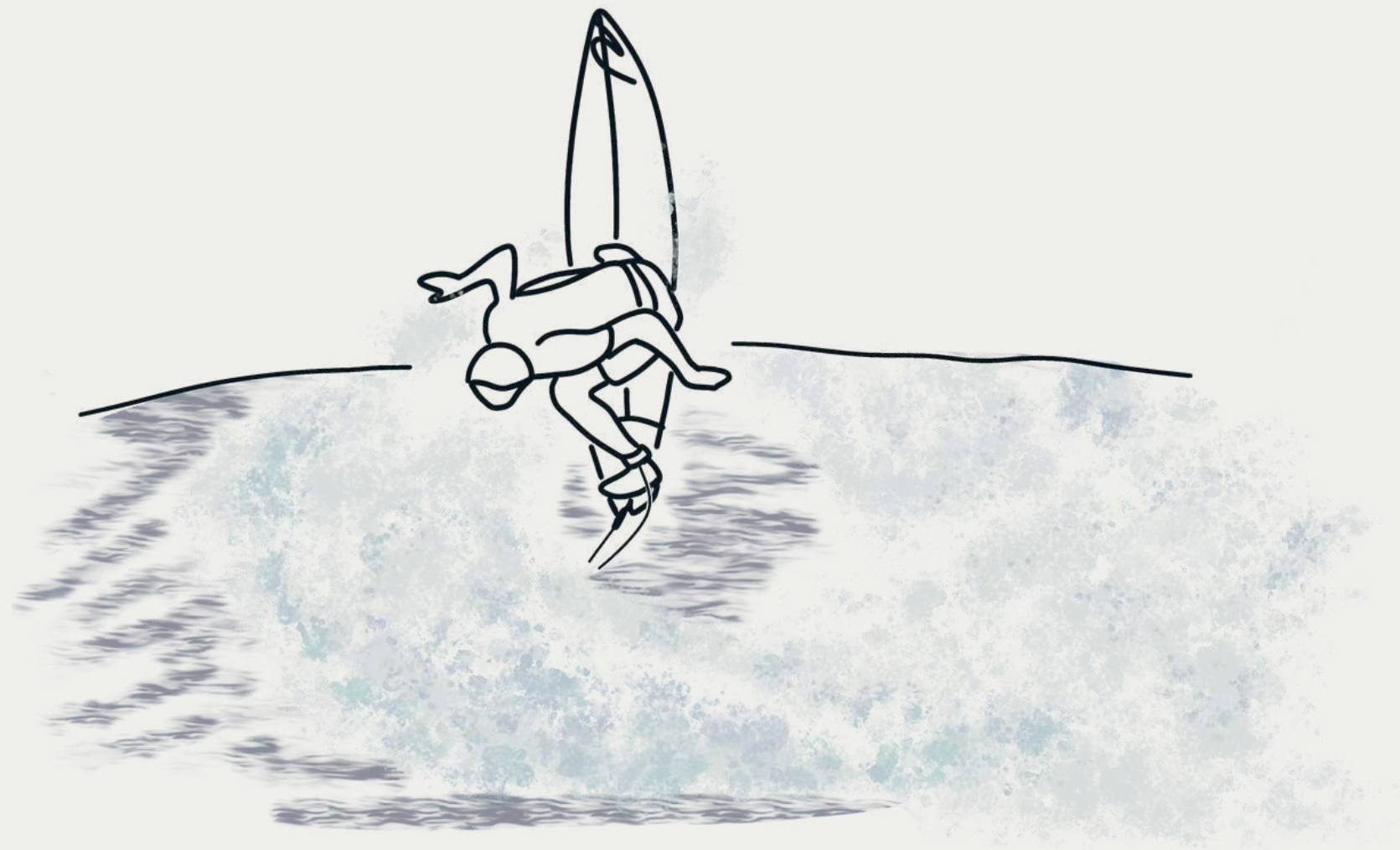
TECHNICAL FOCUS

- Roundhouse cutback: pocket hit & whitewash rebound
- Basic re-entries
- Floaters
- Duckdive refinement
- Cutbacks in slower sections
- Carves & bottom turns in medium sections
- Generating Speed & push the tail or throw it in top turns lean early and more in bottom turns in fast sections
- First tube rides
- Developing & refining individual style
- Bigger waves: mental game & hold-downs

Goal: Perform radical maneuvers with control, execute major turns in the right sections.



HIGH PERFORMANCE SURFING



TECHNICAL FOCUS

- Snaps, roundhouse rebounds, laybacks
- Drawing tighter turns
- Steep take-offs & late drops
- Vertical surfing
- Tube riding techniques on frontside & backside
- Counter-rotation mechanics
- First aerials
- Power carves with full rail engagement
- Theory: Contest surfing

Goal: Performance surfing with dynamic, powerful turns in critical sections.



PRO SURFER



TECHNICAL FOCUS

- Tail/fin releases & progressive turns
- Aerials & aerial variations
- Carving 360s
- High-performance lines & power surfing
- Professional physical training & conditioning
- Mental training & contest preparation
- Developing personal style & innovation

Goal: High-performance surfing at a professional level.



READY TO TAKE THE NEXT STEP?

Get in touch!

Web: www.satorisurf.com

IG: [@satorisurf.co](https://www.instagram.com/satorisurf.co)

Tel: +351 930 672 587

Mail: contact@satorisurf.com

