

SATORI SURF

Private Surf Coaching & Guiding



PROGRESSION PATH

Designed for real progress.
For all ages and levels.
Selected locations worldwide.
Based in Los Cabos, Mexico.

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

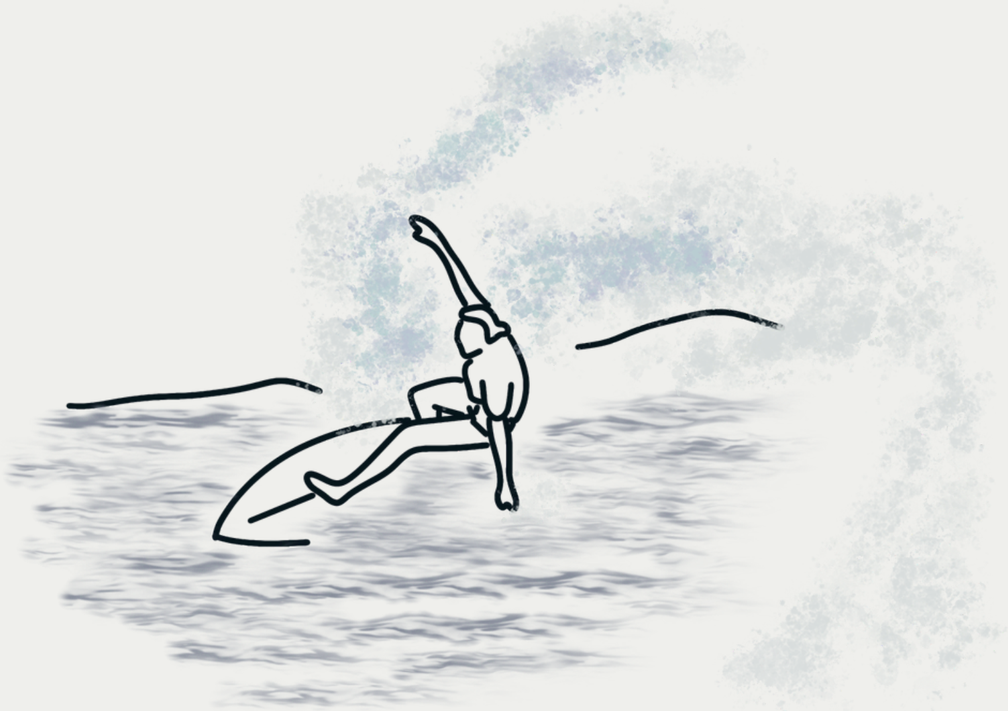


TECHNICAL FOCUS

- 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

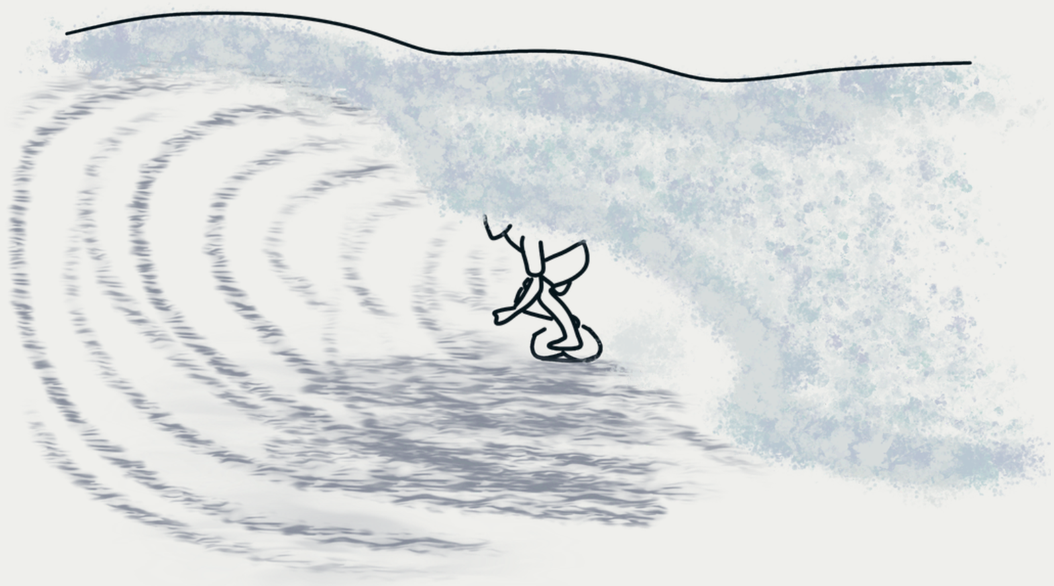


TECHNICAL FOCUS

- 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

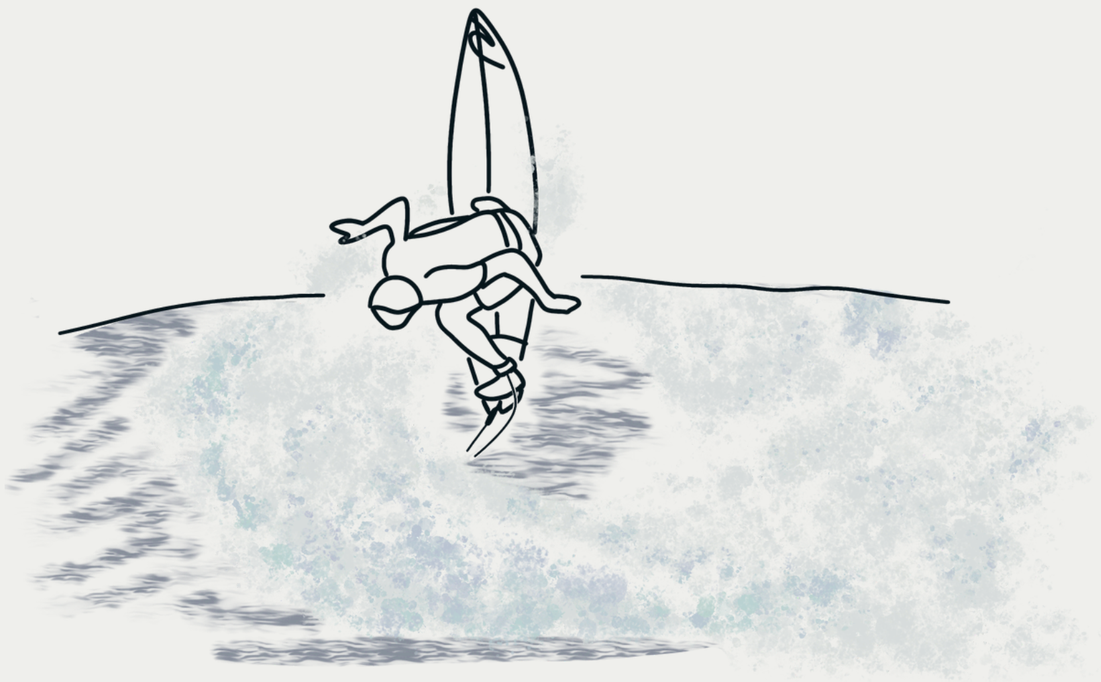


TECHNICAL FOCUS

- 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

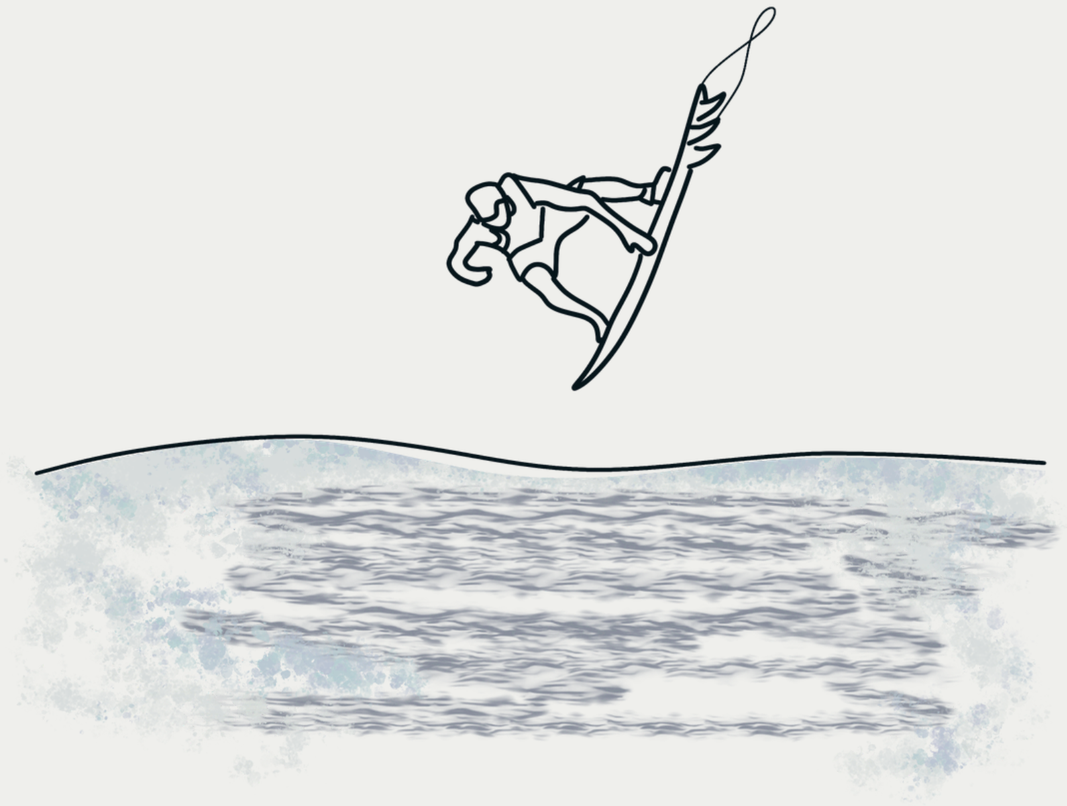


TECHNICAL FOCUS

- 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?



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