

Introduction to

Sailing





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INTRODUCTION

Sailing can be a tremendous amount of fun, but many people are put off the idea of sailing because of the strange terms used and because they believe it to be difficult and complex. The majority of people who board a boat for the first time are completely baffled by the language and terminology. Yet, there is a definite point to the language that is used in the art of sailing.

Over the course of hundreds of years, sailing has evolved and although it may sometimes sound as though experienced sailors are speaking in another language, once you gain an understanding of the basic rules of sailing and the terminology used, you will find that it is not nearly as difficult or as complex as you might have once thought.

This guide will introduce you to the basics of sailing, help you to understand the common terms that are used in regard to sailing and give you a good sense of what you can expect when you are on a boat. Whether your goal is to simply learn more about sailing so you can enjoy short jaunts with friends and family or whether you would like to become an experienced sailor that sets out across the far ocean, this guide will give you the solid background you need about the art of sailing.

