



Sailing Training Videos (and other links)

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Hooper Sailing Club

Hooper Sailing Club Videos	
Intro to Sailing	http://www.youtube.com/watch?v=f0sX1ePKEDk
CE & CLR – Center of Effort and Center of Lateral Resistance	http://www.youtube.com/watch?v=urDFZqPNSXw Shot in old Chart Room! Good Stuff!
New Badger Sloop Sails	https://www.youtube.com/watch?v=i11fLovCTIo
Tack on a Tech - Simulator	http://www.youtube.com/watch?v=xlhia6E-Zco
Tiller Pass After a Tack on a Tech	http://www.youtube.com/watch?v=YI6MGQKggwA
Slip Knot Method of Tying Bowline Knot – Jedi Method	https://www.youtube.com/watch?v=CmwKBA3XMR0
Rigging a Byte	https://www.youtube.com/watch?v=IUnt1vj7ndU
Sailing Soma on a Sunday – a playlist of short videos	https://www.youtube.com/watch?v=vNBs1ocneSc&list=PL014492A9F6716314
Ground School Video (2015)	https://www.youtube.com/watch?v=qT6mGc_VRYY
Badger Tech Dinghy (2015)	https://www.youtube.com/watch?v=iYksLgXL45o
Lessons Website Tutorial (2015)	https://www.youtube.com/watch?v=Bzlj1FEduU8
Tech Training Video (pre-2008) – Jim Rogers <i>et al.</i> An oldie but a goodie. Includes Capsize and Recovery	https://www.youtube.com/watch?v=75iE9eucJhY
Badger Sloops (essentially an ad)	https://www.youtube.com/watch?v=p2BB68DQyh8
Summer 2014 with Hooper Sailing Club	https://www.youtube.com/watch?v=4tCZbrfOeaE
Windsurfing - Rigging	https://www.youtube.com/watch?v=nczt4kGfIEw
Windsurfing – Uphauling	https://www.youtube.com/watch?v=jNTVwZL3KcE
Windsurfing Equipment – Boards	https://www.youtube.com/watch?v=6nC70uHA_Os
Windsurfing Equipment – Sails	https://www.youtube.com/watch?v=bKkIWt3JZkg
Windsurfing Equipment - Booms	https://www.youtube.com/watch?v=biDkEMa8NKg
Windsurfing Simulator – Demo	https://www.youtube.com/watch?v=1oT8tX_232s
Windsurfing at Hooper Sailing Club – Yu Chen	https://www.youtube.com/watch?v=6X516EXwO-M
Hooper Windsurfing Fleet	https://www.youtube.com/watch?v=FqYxo6uuby4
Shore Station Tutorial	https://www.youtube.com/watch?v=N1ng4Y_pPI8
Hooper Sailing Lessons Website Tutorial	https://www.youtube.com/watch?v=Bzlj1FEduU8&t=154s
Hooper Sailing Club Profile 2010	https://www.youtube.com/watch?v=Pkp5Hz68YU
Hooper Sailing Club Shop Documentary 2012	https://www.youtube.com/watch?v=OLsm3mSTqYI
Hooper Scow Fleet	https://www.youtube.com/watch?v=oqeA4yqEb-c



Hooper Sailing Club

Hooper Sailing Club Videos	
Blue Flag Sunday at Hooper Sailing Club	https://www.youtube.com/watch?v=uPmG5LOZz-w
Rigging a Byte Sailboat	https://www.youtube.com/watch?v=lUnt1vj7ndU

Kansas University Sailing Program – 4-Part Series on Dinghy Sailing	
The Basics (part 1) – Parts of the Boat – 9 min.	https://www.youtube.com/watch?v=yC94C9iNNsI
The Basics (part 2) – Parts of the Sail – Rigging and Lines – 9 min.	https://www.youtube.com/watch?v=IL37omIbaAk
The Basics (part 3) – Points of Sail – Wind Clock – 5 min.	https://www.youtube.com/watch?v=5Jj-ywUOr0U
The Basics (part 4) – Crew Communication and Maneuvers – Tacking, Gybing, Beating – 9 min.	https://www.youtube.com/watch?v=DiYS4nNy4QU

RYA – Dinghy Sailing

Tacking with Shirley Robertson <https://www.youtube.com/watch?v=JZAPz9BCqJM>

Gybing with Shirley Robertson <https://www.youtube.com/watch?v=dMb6UEZ0pvE>

RYA Yachtmaster - Everything You NEED to Know

RYA – Competent (keelboat) Crew	
Complete Playlist:	https://www.youtube.com/watch?v=RqMqA0VZVYk&list=PLhcVFGMQmGF6XXvdlAryPEhvaxIOQOnFC
Quizzes	https://www.youtube.com/playlist?list=PLotYXb50TgPhgXwIppQ5Ae6vTWY4tkdOG
1. Parts of the Boat	https://www.youtube.com/watch?v=RqMqA0VZVYk
2. Life Jackets and Harnesses	https://www.youtube.com/watch?v=cyHcqce3_GI
3. Flares	https://www.youtube.com/watch?v=H5WfF9P-VFI
4.	
5. Winches and Jammers	https://www.youtube.com/watch?v=nZnBpi1LR0A
6.	
7. Points of Sail	https://www.youtube.com/watch?v=9KN5SwUfrYw
7a. Rigging a Preventer	https://www.youtube.com/watch?v=4TLMqo_8DZA
8. Tacking	https://www.youtube.com/watch?v=3kpxng47pzM
9. Gybing (best video I've seen)	https://www.youtube.com/watch?v=rIqL5LKHJcU



Hooper Sailing Club

RYA – Competent (keelboat) Crew	
10.	
11. Stepping Off the Boat	https://www.youtube.com/watch?v=-Tee2KXhON4
12.	
13. Knots (<i>Cleat Hitch is not what we use</i>)	https://www.youtube.com/watch?v=4TLMqo_8DZA
14. Engine Checks	https://www.youtube.com/watch?v=NbAJmwUCAXA
15. Beaufort Wind Scale	https://www.youtube.com/watch?v=wLAJRwnTQiI
6 Easy Steps for a Course to Steer	https://www.youtube.com/watch?v=yBche9iSgDM

Sailing Quizzes – test yourself

A series of questions to let you see how much you know and what you still need to work on.

Playlist: https://www.youtube.com/watch?v=_gfbD20Rrlk&list=PLotYXb5OTgPhgXwIppQ5Ae6vTWY4tkdOG

Thirty Day Challenge to Learn Wind Direction

<https://www.youtube.com/watch?v=Ky05LORdyvA>

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Sailing Theory Tutorials - Location of CE CLR and Helm Feel

https://www.youtube.com/watch?v=-cRG_Z3j kf0

Centres of Effort and Lateral Resistance Explained

<https://www.youtube.com/watch?v=l61u232PW4A>

The Cunningham, the Halyard, and Luff Tension – 7 min

<https://www.youtube.com/watch?v=Gxg4k6c3XFo>

How to Avoid Broaching or Recover When Sailing Downwind < 5 min

<https://www.youtube.com/watch?v=DkouAjobzac>

How to Avoid a Gybe Broach – 6 minutes

<https://www.youtube.com/watch?v=iP4yK4mIr3E>

Improve Your Sailing Skills – 45 min <https://www.youtube.com/watch?v=CGFnF1yggNg>

Coastal Sailing – for the Intermediate Sailor – Keelboat (may be a Bennett SS video)

Tacking and Gybing

Sail Trim and Draft Control

Spinnaker Handling

Safety

Anchoring

American Sailing Association (ASA) Video Tips	
Entire Playlist:	https://www.youtube.com/watch?v=4XKs7cTkgTk&list=PLuCYsdfgiH09lfQqAiOyT82625aF02wpa
Tidy Lines	https://www.youtube.com/watch?v=4XKs7cTkgTk



Hooper Sailing Club

American Sailing Association (ASA) Video Tips	
Tacking and Gybing	https://www.youtube.com/watch?v=7ljQntS8cqk
Raising the Main	https://www.youtube.com/watch?v=Z1R23GCjpz4
Wind Direction	https://www.youtube.com/watch?v=5B1YdpLkYFE
Sail Trim	https://www.youtube.com/watch?v=t2hzz30tAkY
Trim and Slot Effect	https://www.youtube.com/watch?v=EqzhmbC8BX0
Slowing the Boat Down	https://www.youtube.com/watch?v=Y5XXCmMSkd8
Heave To	https://www.youtube.com/watch?v=1XU-8lk3C7U
Winches	https://www.youtube.com/watch?v=EqzhmbC8BX0
Spring Lines	https://www.youtube.com/watch?v=Y5XXCmMSkd8
Cleat Hitch	https://www.youtube.com/watch?v=QmiYjoUX4lw
Roller Furling	https://www.youtube.com/watch?v=NRcTBtPfmw
Docking Under Power – Part 1 – Drills	https://vimeo.com/162616469
Docking Under Power – Part 2 – Departing	https://vimeo.com/170075497
Docking Under Power – Part 3 - Returning	https://vimeo.com/194901411
Following videos are 2 minutes or less and not in the playlist	
Hypothermia Do's and Don'ts	https://vimeo.com/238231533
Apparent Wind	https://vimeo.com/234585519
Wind Terminology	https://vimeo.com/230519832
VHF Radio Channel Designations	https://vimeo.com/174260424
Deciphering Jib Telltales	https://vimeo.com/163707960
Prop Walk and Prop Wash	https://vimeo.com/166219386
Anchoring Basics	https://vimeo.com/187417221
MOB – First Response (YTPSC)	https://vimeo.com/205481127
Aids to Navigation	https://vimeo.com/225426808
Docking Under Sail – An Ideal Approach	https://vimeo.com/238231533
Docking Under Sail – Downwind Approach	https://vimeo.com/242144421
Figuring Out Marine Flares	https://vimeo.com/186002007

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ASA On-Line Course: Your First Sail

<https://asa.com/your-first-sail/story.html>

Heave-To	
ASA – Heave To – 2 min	https://www.youtube.com/watch?v=1XU-8lk3C7U



Hooper Sailing Club

Heave-To	
How to "Heave To" – 8 min.	https://www.youtube.com/watch?v=LbjwP6F_N9s
Taking in Sail While Hove-To	https://www.youtube.com/watch?v=EI_PnHZwBOY
Heaving To in 35 kts on ocean	http://www.youtube.com/watch?v=cqPY4E_P0rI
Stop the Boat – Heave To – Navy Sailing	https://www.youtube.com/watch?v=0lZodK9g5gk
Heaving To, What You Need To Know	https://www.youtube.com/watch?v=mZdkcaHhMWw
Heaving To – Single-Handed	https://www.youtube.com/watch?v=lg_di8FuaT0
How to Heave-To (3 min.)	https://www.youtube.com/watch?v=IB7jgYn9dEk&lc
To Heave to in a sailboat	https://www.youtube.com/watch?v=XmOoGvcy-gM
Heaving to – Captain Dave	https://www.youtube.com/watch?v=zLU-3MvWnB4
Learning to Sail: How to Heave To	https://www.youtube.com/watch?v=IB7jgYn9dE
Heaving To Under Sail	https://www.youtube.com/watch?v=ISCC63RCTJE

Crew Overboard – MOB – Recovery

Crew Overboard – MOB - Recovery	
Person Overboard – multiple examples Fig 8	http://www.youtube.com/watch?v=KE4aWTtL8K4
MOB – Figure-8	http://www.youtube.com/watch?v=rr695xJQXsY
Demo of Quick-Stop Recovery	http://www.youtube.com/watch?v=88kq6iZMNM4
Using Your Wake Trail to Recover MOB	http://www.youtube.com/watch?v=uHw6TppOygg
Maryland School of Sailing (about 1.2 hrs) – advanced keelboat – shows leeward recovery – criticism of figure 8 and quick stop	http://www.youtube.com/watch?v=RSk-L0U9VPM
Report of MOB Symposium 2005 – San Francisco by John Rousmaniere (pdf of report)	https://cruisingclub.org/sites/default/files/items/COB%20FINAL%20REPORT.pdf https://www.ussailing.org/wp-content/uploads/2018/01/MOB_Study_1986.pdf
MOB – First Response (YTPSC)	https://vimeo.com/205481127
Use the Elevator Method of MOB recovery	https://www.youtube.com/watch?v=GTj9WP2CXVw
1986 MOB Study Report	https://www.ussailing.org/wp-content/uploads/2018/01/MOB_Study_1986.pdf
Man Overboard Drill (use engine)	https://www.youtube.com/watch?v=jqoSwG0Rfn4
Man Overboard under sail - Reach Tack Reach method	https://www.youtube.com/watch?v=xlexzR3yPKA
Man Overboard under sail - the Quick Stop method	https://www.youtube.com/watch?v=yuxCH_6tXko
Person Overboard- The figure 8 rescue	https://www.youtube.com/watch?v=KE4aWTtL8K4



Hoofer Sailing Club

Crew Overboard – MOB - Recovery	
Man overboard drill - Hove to, reach, tack, reach method (single-handed)	https://www.youtube.com/watch?v=3vc_YtEqUTk
Quick Stop Procedure – Hoofer Sailing Club – pdf	https://www.dropbox.com/scl/fi/c5l3v4lmy3btellv44g5h/Quickstop-Procedure.pdf
Practical MOB Recovery – Quick Stop variations	https://www.youtube.com/watch?v=LjQtQmX_1VM
Figure-8 Crew Overboard Demonstration - Milw	https://www.youtube.com/watch?v=-sNx4CcuC3U
Man over board - with Olympic Medalist, Shirley Robertson (dinghy)	https://www.youtube.com/watch?v=LGZrK3tVCFk
How to recover a man overboard engine -getting back aboard	https://www.youtube.com/watch?v=MIn3W66N-3I
Rescuing a Man Overboard (Williamson Turn)	https://www.youtube.com/watch?v=dFQHG4m8wHQ
How To Do A Man Overboard Drill	https://www.youtube.com/watch?v=f7Q-Hipy6QQ
HOW TO RESCUE A MAN OVERBOARD - Save a Life - Anderson & Williamson Turn	https://www.youtube.com/watch?v=FAmQPpVgj-I
Man Overboard - Sailing tuition on how do deal with the situation – Heave To and Drift	https://www.youtube.com/watch?v=wc0UnFNMF5Y
The Figure 8 Man Over Board Maneuver	https://www.youtube.com/watch?v=BiA-8gGBDvE
Man Overboard Board using your engine (QS)	https://www.youtube.com/watch?v=H55Dn4MnRDI
The Quick Stop Rescue Explained	https://www.youtube.com/watch?v=TVi1BGDFstw

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Bennett Sailing Videos – 40-56 min usually

Spinnaker Handling Skills	https://www.youtube.com/watch?v=PzKeugdbtac
Top 60 Sailing Tips.	https://www.youtube.com/watch?v=CGFnF1yggNg
Sail Trimming	https://www.youtube.com/watch?v=1wODsV2yo2A
Aids to Navigation and Right-of-Way	https://www.youtube.com/watch?v=qJbocZHi5rk

Note: These may have been posted in violation of copyright and are likely to be taken down at some point in the near future. Get them while you can!

Knots – practice with a piece of rope or even a shoestring

Note that one of the best ways to learn knots is to take the Marinespike A lesson at Hoofer Sailing Club. Here is a (more extensive) companion list of knot links from that class. It includes all of the links shown here. <https://www.dropbox.com/s/8xtsqvqpnqmg5d3j/Links%20Marlinspike.pdf?dl=0>



Hooper Sailing Club

The Bowline has many variations but is a key.

Slip Knot method for Bowline <https://www.youtube.com/watch?v=CmwKBA3XMR0>
my students like this one <https://www.youtube.com/watch?v=DreoG61VBgE>
<https://www.youtube.com/watch?v=XTH5C5sIAj>

Grog's Animated Knots – Bowline video: <https://www.youtube.com/watch?v=YXRnPEs0Qec>
Same without narration: <http://www.animatedknots.com/bowline/index.php>

Learn the above first until you can do it without looking, then go on to elaborations:

How to Tie a Piling Bowline Knot in 10 sec. <https://www.youtube.com/watch?v=DetspxEunyg>

Easiest and Quickest Bowline Ever <https://www.youtube.com/watch?v=48U0u6H8h3g>

One-Handed Bowline Around the Waist <https://www.youtube.com/watch?v=iEsPbgzn174>
US Sailing

One-Handed Bowline – Lifesaving Knot <https://www.youtube.com/watch?v=H85cMlvwwXA>

Bowline on a Bight – 2 min <https://www.youtube.com/watch?v=wmwvrZYTmv4>
Makes 2 loops (different from a double bowline)

Triple Bowline – useful for rescue <https://www.youtube.com/watch?v=m3M99yydkkg>

A Round Turn and Two Half-Hitches

<https://www.youtube.com/watch?v=NQhgLaGs9gg> (or)
<https://www.youtube.com/watch?v=FqxESYQWTdQ>

Square Knot – Reef Knot

Square Knot <https://www.youtube.com/watch?v=eKatRJYv2EA>

Square Knot *not* <https://www.youtube.com/watch?v=pMZiSpS3xYs>

Grog's Knots – playlist

<https://www.youtube.com/watch?v=gqgz4P1tMzw&index=1&list=PL6928FE0F58CE9849>

Animated Knots – not videos but gifs that go step-by-step – note I do not agree with all

Grog's Animated Knots – website

<http://www.animatedknots.com/indexboating.php>

(I do have their App; it comes for AOS and Android.)

Trucker's Hitch – Power Cinch Knot

<http://www.animatedknots.com/truckers/index.php>

Six Knots You Need to Know <https://www.youtube.com/watch?v=ZZZPYPuonvQ>

You're Doing it Wrong – How to Hold a Line Correctly

<https://www.youtube.com/watch?v=FnxqbcppKKbc>

See also [Basic Knots](#)

Advanced Knots & Whipping	https://www.youtube.com/watch?v=4cbaYXk3vag
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Hooper Sailing Club

- Rock Symbols on Charts https://www.youtube.com/watch?v=l_XOtoLU8cU
- 420 to the Max – 55 min. <https://www.youtube.com/watch?v=ErcZk7nuzU4>

Trimming Your Sails – Mike Sans	
Trimming Your Sails – Part 1 Basics	https://www.youtube.com/watch?v=TttqFylquFs
Trimming Your Sails – Part 2 – Genoa	https://www.youtube.com/watch?v=QyOieV11meY
Trimming Your Sails – Part 3 – Main	https://www.youtube.com/watch?v=L0IvU59u5Vg
Trimming Your Sails – Part 4 – Spinnaker Sheet and guy.	https://www.youtube.com/watch?v=TttqFylquFs
All four playlist	https://www.youtube.com/playlist?list=PLhcVFGMQmGF45zTZ_DnsVkyr90M_aFsJR

The Slot – Genoa & Mainsail Interaction

<http://www.uk.northsails.com/uk/SailBetter/MainsailTrim/MainsailGenoainteraction/tabid/7041/Default.aspx>

Slot Effect - American Sailing Association <https://www.youtube.com/watch?v=xivue7RrbGw>

How to set up for downwind sailing without a spinnaker

<https://www.youtube.com/watch?v=YJ49KxxoBrU>

How to set up and trim for light airs sailing <https://www.youtube.com/watch?v=wt0IAy9gS8Is>

How to trim sails for going upwind – <https://www.youtube.com/watch?v=nCicKH6HdVs>

Brian Thompson and Pip Hare – Yachting World

Jib-sail trim by a Master Sail Maker 18 min - tour.offcenterharbor.com/sail-trim-2/

This is advanced stuff, for me. Well worth watching. I signed up to also watch the one on the main sail.

Friendship Sloop Society Tech Notes – electrical/engine/technical issues by Bill Whitney

<http://fss.org/techtip.htm>

Sailing Theory for Beginners

<https://www.youtube.com/watch?v=trwcNk8EeH0>

How to use the Jib telltales <https://www.youtube.com/watch?v=hnOO5Z0zOfs>

Guilietta's Sailing Instructional Videos - Controls	
The Cunningham, The Halyard and Luff Tension	https://www.youtube.com/watch?v=Gxg4k6c3XFo
The BoomJack or Boom Vang	https://www.youtube.com/watch?v=C31nGzO54O4
The Traveler	https://www.youtube.com/watch?v=u0wfGzhlRhI
The Backstay	https://www.youtube.com/watch?v=9GDro9i1ye0
Outhaul Adjustment and Function	https://www.youtube.com/watch?v=F0f8iVdaRIA



Hooper Sailing Club

Guilietta's Sailing Instructional Videos - Controls

The Head Sail	https://www.youtube.com/watch?v=7rYb0am2YTk
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Sailing Theory Tutorials – Julian Howarth

Introduction To Vectors	https://www.youtube.com/watch?v=nteh7XXyU0I
Forces on Sails and Foils	https://www.youtube.com/watch?v=NG5dCUA8HWg
Sail Trim, Separation, and Stall	https://www.youtube.com/watch?v=j67sxnwqg3lw
Airflow Over a Sail	https://www.youtube.com/watch?v=d7xhPYIY8gU
True, Boat, and Apparent Wind Examples	https://www.youtube.com/watch?v=qF_MbYE3_xA
Introduction to Sail Shape	https://www.youtube.com/watch?v=LmR_faMxWeg

Lake Superior University – Inland Seas Education Assn.

Introduction to Stability	https://www.youtube.com/watch?v=Af0OqOCWEh4
Change in the Center of Gravity	https://www.youtube.com/watch?v=0XsrqNuJyiA
Free Surface Effect	https://www.youtube.com/watch?v=64rsc9M2jJY
Initial v. Ultimate Stability	https://www.youtube.com/watch?v=cmjsunf2yvI
Waves	https://www.youtube.com/watch?v=tiaa53On-ak
Introduction to Lines	https://www.youtube.com/watch?v=so6kqBb9Oek
Planning a Voyage – Part 1	https://www.youtube.com/watch?v=NePsH6tCo6o
Planning a Voyage – Part 2	https://www.youtube.com/watch?v=613kQbkQkc0
Lifejackets	https://www.youtube.com/watch?v=NVb2P-2LnOw

Cruising Tips from Captain Jack

Reducing Heeling – 2 min	https://www.youtube.com/watch?v=vg3biQsajak
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Maryland School of Sailing

Docking Techniques – 82 min	https://www.youtube.com/watch?v=PoGMAEjiHmU
Docking Techniques Demonstration	https://www.youtube.com/watch?v=8qOPM_SMJCc
Using a Docking Bridle – upwind docking	https://www.youtube.com/watch?v=ZJF7nr6TJx4
Weather for Sailors – 92 min	https://www.youtube.com/watch?v=EP4cclrsk7k
US Aids to Navigation – 82 min	https://www.youtube.com/watch?v=RIen2AOKsa0
Crew Overboard Recovery - Sailing (about 1.2 hrs) – advanced keelboat – shows leeward	http://www.youtube.com/watch?v=RSk-L0U9VPM



Hooper Sailing Club

Maryland School of Sailing	
recovery – criticism of figure 8 and quick stop – covers under engine recovery	
Storm Tactics and Sea Anchor 2	http://www.youtube.com/watch?v=4SAXRH42Df0
Winch Handling Techniques (11 min)	https://www.youtube.com/watch?v=HW5IB8ive-4
Gybe Control	https://www.youtube.com/watch?v=qAhUWCa-KoQ
Collision Avoidance – Nav Rules (102 min)	https://www.youtube.com/watch?v=19suVDp8GnM
Buoys and Beacons (50 min)	https://www.youtube.com/watch?v=C8mfH2t72wE&t=304s
A Perfect Cleat Hitch	https://www.youtube.com/watch?v=KaF9lFn0Inw
Electronic Navigation Basics Feb 2022	https://www.youtube.com/watch?v=EtWrqVCYFzQ
TVMDC Table – Compass Conversions	https://www.youtube.com/watch?v=xutumdmQm6vA
Paper and Pencil Navigation	https://www.youtube.com/watch?v=r6opBHFaCF8
Celestial Navigation – Sun Shot	https://www.youtube.com/watch?v=4GlbdPhy5Kw
Celestial Navigation – Sextant Basics	https://www.youtube.com/watch?v=B_uEWNpnpY
Coastal Navigation – Danger Bearing	https://www.youtube.com/watch?v=rZ_iFR2sBYM
InterCoastal Waterway Markings	https://www.youtube.com/watch?v=XwpIWQLe5f8
Protractor Triangle for Paper Chart Plotting	https://www.youtube.com/watch?v=IN0O6XIU8j8
Coastal Navigation –s Two-Bearing Fix	https://www.youtube.com/watch?v=_fiOySPHvE8
Navigation Preparation for an Advanced Coastal Cruise	https://www.youtube.com/watch?v=uy6vs8FtH28
Storm Avoidance at Sea	https://www.youtube.com/watch?v=b8ou-Ylfcg
Weather Images and Text via SSB Radio	https://www.youtube.com/watch?v=1XmE-YHaxS4v
Weather Forecast Downloads – 1	https://www.youtube.com/watch?v=_IPyvgzpec
Radar Plotting for Collision Avoidance	https://www.youtube.com/watch?v=ek9VEi9-ZSs
Circumnavigating the DELMARVA Pen.	https://www.youtube.com/watch?v=JMtE6M8vExM
DELMARVA Circumnavigation	https://www.youtube.com/watch?v=tEWcKzA6zxM
Circumnavigating the North Atlantic	https://www.youtube.com/watch?v=uX4mWL57IDM
Compass Calibration the Easy Way	https://www.youtube.com/watch?v=iIRLTyp8vhg
Lee Shore Distances	https://www.youtube.com/watch?v=r2LWtMSaF6Y
No-Panic Docking	https://www.youtube.com/watch?v=TK09Xe_VcqA
Sailboat Rigging Tuneup	https://www.youtube.com/watch?v=GuhVrb1gI04
Offshore Sailing Emergencies	https://www.youtube.com/watch?v=MnnBBRFPJ_0



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Maryland School of Sailing	
Medical Preparations for the Offshore Voyage	https://www.youtube.com/watch?v=cH-c5jqMZDo

Carpe Diem Sailing (I really like these)

Carpe Diem Sailing (I really like these)	
Entire Playlist	https://www.youtube.com/watch?v=FhtQKFC1C-g&list=PL0ZXXuQk__sjMW8EgYWKPkBYD4EcD5sr9
Points of Sail	https://www.youtube.com/watch?v=4Dp4F-5Qu0o
Steering Effectively in Reverse	https://www.youtube.com/watch?v=4Dp4F-5Qu0o
ColRegs – Lights and Day Shapes	https://www.youtube.com/watch?v=9GTKeKiDRUM
Safe Winch Handling	https://www.youtube.com/watch?v=JZj2vjoheto
Coming About or Tacking – Beating	https://www.youtube.com/watch?v=rv8BXXBy0rsY
Excessive Heeling	https://www.youtube.com/watch?v=Cmmmjpr-DE4
Basic Knots	https://www.youtube.com/watch?v=Vw23pN8vPFc&t=329s
Navigation: The Nautical Chart	https://www.youtube.com/watch?v=iTMsNzvcn4
Navigation: Basic Plotting	https://www.youtube.com/watch?v=tvQBy3MsTP8
Navigation: The Compass	https://www.youtube.com/watch?v=7RHQ2FgKJZQ
Navigation – the Running Fix	https://www.youtube.com/watch?v=lsJ67QuAbJU
Understanding Navigational Aids (Aids to Navigation)	https://www.youtube.com/watch?v=PdV3bDWZNK8
Dressing for Sailing	https://www.youtube.com/watch?v=IQU_dE_y-0M
Advanced Knots & Whipping	https://www.youtube.com/watch?v=4cbaYXk3vag
Raising the Mainsail	https://www.youtube.com/watch?v=6s7pEnxRjtw
Tying Sail Ties (from above at 4:26)	https://youtu.be/6s7pEnxRjtw?t=264
Folding a Sail	https://www.youtube.com/watch?v=9Ok7_AZaexQ
Flaking a Mainsail	https://www.youtube.com/watch?v=NJnI4eQCz9s
Harnesses, Tethers, and Jacklines – Safety	https://www.youtube.com/watch?v=C7vqMNynIp0
Distress Signals	https://www.youtube.com/watch?v=zhnDzYjjSqc
Leaving the Dock – Single-Handed – Close Call	https://www.youtube.com/watch?v=4aPwZ6g_-ww
Raising the Mainsail – Single-Handed	https://www.youtube.com/watch?v=0peqq5M3zYI
Coming About – Single-Handed	https://www.youtube.com/watch?v=haPiODcVWUDU
Heaving To – Single-Handed	https://www.youtube.com/watch?v=lg_di8FuaT0



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Carpe Diem Sailing (I really like these)	
Heaving Lines and Throw Bags	https://www.youtube.com/watch?v=xXpmvG8yKoo
Reefing – Single Handed	https://www.youtube.com/watch?v=Y8IS6A0MH6w
Dealing With Prop Walk	https://youtu.be/l55FuEmX8U8
Safety at Sea: Pre-departure Checks and Prep	https://www.youtube.com/watch?v=6x046KgZG3Q
Gybing Single-Handed	https://www.youtube.com/watch?v=6M0AopV4BOw
Mooring Buoy – Part II	https://www.youtube.com/watch?v=2ENcxpC3bMk
Lowering the Mainsail – Single-Handed	https://www.youtube.com/watch?v=0zlcml4K8Ew
Marine First-Aid Kits	https://www.youtube.com/watch?v=EYpcpWtTibQ

Sailing Virgins – fun, instructive videos	
Sailing Virgins – playlist	https://www.youtube.com/playlist?list=PLcefzdv8Vm-jprXGkeB4JFOij4FRbjk5C
01 Check In/Check Out a Charter Boat	https://www.youtube.com/watch?v=4cL7x9FbrW0
02 Great Sailing Knots	https://www.youtube.com/watch?v=o8Vx6m8n4F4
03 How to Dock Single-Handed	https://www.youtube.com/watch?v=w2nAliqnms8
04 Safety Briefings	https://www.youtube.com/watch?v=Y2K5iydPtCc
05 How to Anchor Your Boat	https://www.youtube.com/watch?v=DPbWh8MJkgE
06 Raising Sails	https://www.youtube.com/watch?v=z1xhpDNmWgQ
07 Anchoring Stern-To (Med Mooring)	https://www.youtube.com/watch?v=gr2cOksCGDU
08 Picking Up a Mooring Ball	https://www.youtube.com/watch?v=E2eTu5E7MZ0
09 How to Tack a Sail Boat	https://www.youtube.com/watch?v=dxFqc81CKvQ
10 How to Anchor to a Palm Tree	https://www.youtube.com/watch?v=82ix2eCh_5M
11 How to Find Your Perfect Crew	https://www.youtube.com/watch?v=Gne1LiBn1Yc
12 Morning Routine – pre-sail	https://www.youtube.com/watch?v=mN0oLoRs2ug
13 Top 10 Coolest Things in Sailing	https://www.youtube.com/watch?v=3dAChwZB9_s
14 Sailing Photography Tutorial	https://www.youtube.com/watch?v=Vrm1-BLX71U
15 Sailing for an Absolute Beginner	https://www.youtube.com/watch?v=Gne1LiBn1Yc
17 How to Build a Tunnel Raft	https://www.youtube.com/watch?v=XEspKNznUQw
19 Med Mooring with Slime Lines	https://www.youtube.com/watch?v=sQjnhQQAlqw



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Sailing Virgins – fun, instructive videos	
20 How to Build a Circle Raft (of boats)	https://www.youtube.com/watch?v=PoFNVEYSvCU
23 How to Gybe a Sailboat	https://www.youtube.com/watch?v=Th7cuGu2-7s
24 Passage Planning	https://www.youtube.com/watch?v=cMuQQuoOwHI
25 Croatia 7-day course	https://www.youtube.com/watch?v=IHbBQYbs5e8
26 Simplest Man Overboard Recovery	https://www.youtube.com/watch?v=5WoAT5RopNE
27 Night Sailing	https://www.youtube.com/watch?v=tURw-KVr5do
28 Cardinals and Danger Marks	https://www.youtube.com/watch?v=LK4LGt7Lftc
	https://www.youtube.com/watch?v=tTx2jdX7Eoo
29 Three Ways to Climb a Mast	https://www.youtube.com/watch?v=ChHakbWg0Io
31 Engine Checks on a Sailboat	https://www.youtube.com/watch?v=kwxQzoO_S4c
34 Catamaran or Monohull?	https://www.youtube.com/watch?v=RdfwrNcvnzU
35 Putting the Boat To Bed	https://www.youtube.com/watch?v=omCOheGeT6U
37 Sound Signals – Navigation Rules	https://www.youtube.com/watch?v=Q5do9rNaftY
38 Rules of the Road	https://www.youtube.com/watch?v=0a5v5X7WN10
39 Vessel Lights - basic	https://www.youtube.com/watch?v=etjnNDP-ofA
40 Performance – Sailing @ Over 20 Knots	https://www.youtube.com/watch?v=GfaSVI0heOo
41 Common Day Shapes on Boats	https://www.youtube.com/watch?v=Twtw7LaP_-E
42 Intro To Tides (Rule of 12ths)	https://www.youtube.com/watch?v=mZGnd97rCKk
43 IALA-A vs. IALA-B Buoyage System	https://www.youtube.com/watch?v=yJ7t8ERacOE

Upwind Mainsail Trim – SailZing	
Angle of Attack	https://www.youtube.com/watch?v=mkkUPWUpMHM
Camber	https://www.youtube.com/watch?v=mkkUPWUpMHMD
Draft Shape and Position	https://www.youtube.com/watch?v=yERm1lJq0ls
Controlling Twist	https://www.youtube.com/watch?v=Mq7gd27OAjU

Rigging Doctor – Sailing Wisdom	
Full Playlist – Sailing Basics	https://www.youtube.com/watch?v=UpkqJ4GRfSg&list=PLIDgR504BxwnKVWCvqpM7IvKGYeYgVOJw
How Do Sails Work?	https://www.youtube.com/watch?v=OFiifHB_C6I
Anchor for Heavy Weather – Bahamian Mooring – Star Mooring	https://www.youtube.com/watch?v=pOilmQn8TBA



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Rigging Doctor – Sailing Wisdom	
What is the best keel design?	https://www.youtube.com/watch?v=34s6RnPDnsk
Why two keels? – Bilge Keels	https://www.youtube.com/watch?v=7pddUJ8qgFI
What is the worst anchor? (Hint: Plow)	https://www.youtube.com/watch?v=fMbKx95T82w
Winch Maintenance	https://www.youtube.com/watch?v=Av5OKQjPWPU
How Rudders Work	https://www.youtube.com/watch?v=Eq9SLnDpJMc
This is the Best Rudder	https://www.youtube.com/watch?v=A8k3MRnjT_w
Navigating by the Stars (Celestial Navigation)	https://www.youtube.com/watch?v=_V0S8vLj4_E
Cotter Pin – Bend or Spread?	https://www.youtube.com/watch?v=M3nmk2AxsrE
How to Inspect Your Own Rigging	https://www.youtube.com/watch?v=rqZa3L9P2kg
How to Inspect Your Rigging	https://www.youtube.com/watch?v=pI5xRmAwrOw
What is the Best Sail Cloth	https://www.youtube.com/watch?v=Ov789rXB-4g
Aground – What Now?	https://www.youtube.com/watch?v=p_ppuOYA5-s
What to do in a Storm at Sea	https://www.youtube.com/watch?v=M-Z5kE87GwA
Preparing for the Storm	https://www.youtube.com/watch?v=yawaavwY30M
The Storm (Part 1)	https://www.youtube.com/watch?v=ZawRhTT93mc
The Storm (Part 2)	https://www.youtube.com/watch?v=ItrSrH_t8AE
Storm Tactics – Your Questions Answered	https://www.youtube.com/watch?v=rJiB76WoHp4
Boat Repairs and Beach Giraffe and Laundry	https://www.youtube.com/watch?v=-_hIw5BZch0
How to Tie a Marlinspike Hitch	https://www.youtube.com/watch?v=JfGIriz6_V4
Weather Routing Explained	https://www.youtube.com/watch?v=zXSfEP55c1Y
Is Hank-On better than Furling	https://www.youtube.com/watch?v=PLTDpT1TAVw
Which is Safer? Deck-stepped v. Keel-stepped Mast	https://www.youtube.com/watch?v=6yZxdqx_rQE
All About Propellers (and Prop Walk)	https://www.youtube.com/watch?v=E1dt19C_vxE
Why Two Masts (Ketch vs. Yawl)	https://www.youtube.com/watch?v=iWysnE-_ESM
Ten Ways Living on a Boat Changed Me	https://www.youtube.com/watch?v=GuZ_dvJdewc
Cheater Trick for Downwind Sailing – Twist	https://youtu.be/GJG2QI5h2e8?t=535
Dyneema and Soft Shackles	
Easiest Dog-Bone Soft Shackle (Hank)	https://www.youtube.com/watch?v=C2kJxtrn36Q
How to Make a Dyneema Deadeye	https://www.youtube.com/watch?v=9-4AYV7jKRA
(Introduction to) Soft Shackles	https://www.youtube.com/watch?v=sNRsDz2KTsE



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Rigging Doctor – Sailing Wisdom	
Integrated Soft Shackle	https://www.youtube.com/watch?v=PnYfCxocZnK
Synthetic Standing Rigging (SSR) Stay with a Deadeye	https://www.youtube.com/watch?v=MctpeFJ4AuY
Does Dyneema Rigging Work?	https://www.youtube.com/watch?v=ZqPf-i1jy10
SSR – Initial Setup	https://www.youtube.com/watch?v=8iGYomvRNZU
[Part 1] Replace Your Rigging	https://www.youtube.com/watch?v=TcmwRF9iHuc
[Part 2] Measuring Rigging	https://www.youtube.com/watch?v=8mG2MDXQmUU
[Part 3] How to Splice Your Stay	https://www.youtube.com/watch?v=DGYu82M-xoA
[Part 4] Installing SSR	https://www.youtube.com/watch?v=pVzHyC2EgoY
SSR – How to Tension Stays - Shroud Frapping Knot	https://www.youtube.com/watch?v=9ptuywtXM_E
The real problem with SSR	https://youtu.be/-Uye1oWpZOw?t=344
Why did our rigging get so loose?	https://youtu.be/4pV6uMIeSHM?t=792
The best kind of Rigging!	https://www.youtube.com/watch?v=Az9NDIG3LMg
How Tight Should Rigging Be?	https://www.youtube.com/watch?v=VIjQpgv-ERw
Dyneema Eye Splice	https://www.youtube.com/watch?v=UpkqJ4GRfSg
Repairing Synthetic Lifelines with Locked End to End Splice	https://www.youtube.com/watch?v=91B-5pE9mwQ
How Does Synthetic Rigging Attach to the Mast	https://www.youtube.com/shorts/Q5L_CxqYDJM

Tom Cunliff on Renewing Standing Rigging <https://www.youtube.com/watch?v=hidRml3JCGI>

Deploying a Life Raft <https://www.youtube.com/watch?v=cYLOxLmDAMM>

Shipboard Firefighting Strategies <https://www.youtube.com/watch?v=1gmG1WF0CQc>

Fighting Shipboard Fires https://www.youtube.com/watch?v=T_1_SW-htfU

Improve Sailing	
Ten Most Common Keel Types Compared	https://www.youtube.com/watch?v=PU5i4TyTG70
Swing Keels and Centerboards Explained	https://www.youtube.com/watch?v=6LcWIkT3pow
Boat Hull Types Explained (11 examples)	https://www.youtube.com/watch?v=VaZC0aMLOkQ
Sail Types Explained (9 examples)	https://www.youtube.com/watch?v=yWyHjqGRRCA
Different Sailboat Rigs Explained	https://www.youtube.com/watch?v=3ZL4iG9MfGQ
Sailboat Parts Explained – Overview	https://www.youtube.com/watch?v=hJHkil8HOHo
The Hull – Sailboat Parts Explained	https://www.youtube.com/watch?v=utNBAsSMIOk



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Improve Sailing	
Standing and Running Rigging – Sailboat Parts	https://www.youtube.com/watch?v=BXNANoQ2BbE
Sail Parts Explained	https://www.youtube.com/watch?v=CVWIquQKWyc
Sailboat Length and Speed (Longer = Faster)	https://www.youtube.com/watch?v=V15LgUKwfvU

Navigation	
Coastal Navigation – Set and Drift - Calculate	https://www.youtube.com/watch?v=80Ad8Y4bZJM
Coastal Navigation – Set and Drift Explained	https://www.youtube.com/watch?v=AyqGBa9fexA
Set and Drift – White Board 1	https://www.youtube.com/watch?v=gkS-u42OzzM
Set and Drift – White Board 2	https://www.youtube.com/watch?v=gkS-u42OzzM
Coastal Navigation – Running Fix	https://www.youtube.com/watch?v=63O4drvKtI8
Ded(uctive) Reckoning – White Board	https://www.youtube.com/watch?v=8_uBYkIiLfs
Chart Navigation (Part 1)	https://www.youtube.com/watch?v=VKKpZwPOvU8
Course to Steer (Part 2)	https://www.youtube.com/watch?v=LZ4TQ3sZQak
Course Per Standard Compass	https://www.youtube.com/watch?v=QKMWnOnYQdQ
Backup Cockpit Navigation System	https://www.youtube.com/watch?v=sZN7_1rg3EU
See also Maryland School of Sailing (above)	

Informed Sailor Tutorials

K1 – Terminology (Keelboats)	https://www.youtube.com/watch?v=yUdeku8qosU
L2.5 Positions	https://www.youtube.com/watch?v=EVcVVfZikcs
L5.3 Centres of Effort and Lateral Resistance Explained	https://www.youtube.com/watch?v=l61u232PW4A

Captain John’s Skipper Tips

Captain John’s Skipper Tips (videos) usually quite short	
Captain John’s Skipper Tips - playlist	https://www.youtube.com/channel/UCc4M-E6DFyvpQI8DcMDguCw
How a Boat Sails in Apparent Wind	https://www.youtube.com/watch?v=8xo0ySZ98oc
How to Trim the Mainsail Leach - using leach telltales	https://www.youtube.com/watch?v=vgHY6cxvRww https://www.youtube.com/watch?v=eqjaEX5cS5U
How to Trim Sails for Reaching	https://www.youtube.com/watch?v=nxgfywN0OKA
How to Make Reach to Reach Tacks	https://www.youtube.com/watch?v=a2jdmQnPB8



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Captain John's Skipper Tips (videos) usually quite short	
How to Reef your Mainsail and Avoid Damage	https://www.youtube.com/watch?v=7Ay4tyvObtQ
Five Ways to Reduce Heeling (and why)S	https://www.youtube.com/watch?v=dQtLYaMRCqc
Five Signs That It Is Time to Reef	https://www.youtube.com/watch?v=HZn01LXF9zg
How to Trim a Genoa or Jib - using Genoa telltales	https://www.youtube.com/watch?v=bNT64BmMezc https://www.youtube.com/watch?v=aZGomgh5NJ0
How to Heave-To Your Sailboat	https://www.youtube.com/watch?v=nUSYSquI3bY
How to Heave-To at Sea	https://www.youtube.com/watch?v=rABvrW90O1s
COB – Heave-To Method	https://www.youtube.com/watch?v=HBXfd1ezZFI
How to Rig a Boom Preventer	https://www.youtube.com/watch?v=xMAi5TdacBo
How to Sail Windward Fast	https://www.youtube.com/watch?v=AzuCEyZ7gOQ
Increase your Mainsail Power (45%)	https://www.youtube.com/watch?v=LxvAoLr-KME
Control Windward Sailing with Magic Limit Lines	https://www.youtube.com/watch?v=71-CeEEzL60
Sail Up to a Dock Under Sail Alone	https://www.youtube.com/watch?v=O7gZXvphDeo
Dock Your Boat Under Sail With Wind Astern!	https://www.youtube.com/watch?v=oYMz-qh3Z88
How to Dock Your Boat with a Forward Bow Spring Line	http://www.youtube.com/watch?v=zhA_m3x4x8c
Dock Your Boat Smooth and Easy with Rudder Control	http://www.youtube.com/watch?v=CFuErEmXiBw
Using a Lark's Head Knot to Attach Jib	https://www.youtube.com/watch?v=6fk4nT3Clbk
How to Undock Using the Aft Bow Springline	https://www.youtube.com/watch?v=7_Y5G1ke6n8
Elevator Technique for Bringing MOB aboard	https://www.youtube.com/watch?v=Q9tY6YU3Kdg
Using Your Wake Trail to Recover MOB	http://www.youtube.com/watch?v=uHw6TpqOygg
How to Turn a Boat Around in a Narrow Channel	https://www.youtube.com/watch?v=ZBGZsWNGAho
How to Remove a Jammed Sheet from a Sailboat Winch	http://www.skippertips.com/public/Learn_to_Sail_Video__How_to_Removed_a_Jammed_Sheet_from_a_Sailboat_Winch.cfm
Keep Clear of this Sailing Line 'Danger Zone'	https://www.youtube.com/watch?v=OTU16OOoutA
Entering or Leaving an Inlet	https://www.youtube.com/watch?v=A9SYv5Zn2CQ
Backup Cockpit Navigation System	https://www.youtube.com/watch?v=sZN7_1rg3EU
How to use the Mainsail Outhaul	https://www.youtube.com/watch?v=fgGmUU2jxAw
Using Natural Ranges – Coastal Navigation	https://www.youtube.com/watch?v=jhU50zMrz9Y



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Captain John's Skipper Tips (videos) usually quite short	
Ten Ways to Sail Safer in Low Visibility	https://www.youtube.com/watch?v=qmX3VqTtTiI
The Five Foils of Sailing	https://www.youtube.com/watch?v=7bceeXedYvg
Spring Line Lingo, Boat Docking Success	https://www.youtube.com/watch?v=2dXVJt8Fbsk
Avoiding Running Aground – Charts	https://www.youtube.com/watch?v=Rz1428eicpY
Using the Mainsail Cunningham	https://www.youtube.com/watch?v=mQkG4CR7_EI
MOB Elevator Recovery Method	https://www.youtube.com/watch?v=GTj9WP2CXVw
Defensive Action Steps to Avoid a Collision	https://www.youtube.com/watch?v=39IHDdQV2K8

Captain Lang Sailing Tutorials – mostly 3-5 minute videos	
Entire Playlist	https://www.youtube.com/playlist?list=PLHDYTDUdR_xgfj6XhH2JAgFAYciQIZ1Qmp
How to Tack a Sailboat	https://youtu.be/qOIada4_-No
How to Sail Upwind in a Narrow Channel	https://youtu.be/oz4Fg9pkXVc
How to Sail Downwind Using the Traveler, Preventer and Whisker Pole	https://youtu.be/KLGczl1nqIo
How to Heave-To – note, you would want to do this to end up on starboard tack	https://youtu.be/IB7jgYn9dEk
When, Why, and How to Reef Your Sails	https://www.youtube.com/watch?v=4vgu060sYkA
How to make a Tripline Anchor Buoy for Safer Anchoring	https://youtu.be/dvD7C3HukrM
Using Prop Walk to Turn in a Narrow Channel	https://youtu.be/Swq0Q5Pywnc
Boat Tour Showing many of my Unique Modifications	https://youtu.be/EPndVo9AO9E
Checking and Tuning Your Standing Rigging	https://youtu.be/H1h0tZDbmRI
How to Clear a Seaweed Clogged Prop	https://youtu.be/TvkQnskXW6s
Advanced Sail Trim Made Easy, Part 1	https://youtu.be/11gODoC0Ihw
Advanced Sail Trim Part 2	https://youtu.be/cEjbsRdFKoE
Introduction to Charts and How to Check Your Compass	https://youtu.be/gcnNNYpbcHg
How to Prevent and Cure Sea Sickness	https://youtu.be/md5n7y-o1Aw
Sea Sickness Prevention Exercise	https://youtu.be/O2nRy9NG_pg
Sea Sickness - Test and Review of the EmeTerm Electronic Seasickness wristband	https://youtu.be/uVdG542VVMk



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Captain Lang Sailing Tutorials – mostly 3-5 minute videos	
Jackline Redesigned	https://youtu.be/LS06AKfIkIk
How to Shoot Video on a Boat at Sea	https://youtu.be/SlgEw2PT_vA
The Difference Between True and Apparent Wind	https://youtu.be/yyN8kaghCvU
Line Handling	https://youtu.be/2IIDDQia0mI

Anchoring 101 <https://www.youtube.com/watch?v=2g6Is6sf6Vw>

Tom Cunliffe explains how to make anchoring stress-free
https://www.youtube.com/watch?v=rkg4iGqOo_8

North Sails: Sail Trim Webinars – Royal Sydney Yacht Squadron	
How Sails Work – Sail Depth & Angle of Attack	https://www.youtube.com/watch?v=ttYJGdOU9Gs
How Sails Work – Part 2	https://www.youtube.com/watch?v=T5riMnhQVI0
Mainsail Trim	https://www.youtube.com/watch?v=q-W9fA7Vgro
Jib Trim	https://www.youtube.com/watch?v=juBRA7-mZNC
Spinnaker Trim	https://www.youtube.com/watch?v=KP2fX4ckeBo
Asymmetrical Spinnaker Trim	https://www.youtube.com/watch?v=h5efahpobuw
Sail Trim Review	https://www.youtube.com/watch?v=rs8ZsXNfb0M
RSYS Videos	https://www.youtube.com/@RoyalSydneyYachtSquadron1862/videos
Cruising – Flag Etiquette Afloat	https://www.youtube.com/watch?v=aOGAQ5K7YbU
Rules Corner – Upwind Legs	https://www.youtube.com/watch?v=yu8Spqat9SE
Rules Corner – Marks and Obstructions	https://www.youtube.com/watch?v=evdVM-pXlrc
Rules Corner – Starting	https://www.youtube.com/watch?v=evdVM-pXlrc
Rules Corner – Twilight Rules	https://www.youtube.com/watch?v=k2AJ2ZbKBrA
Rules Corner – Protests	https://www.youtube.com/watch?v=QB-MOXR08c4

The Shape of Speed – older North Sails Video <https://www.youtube.com/watch?v=2gA-3T-95YQ>
Very Good video ~ 45 minutes looks at Main, Jib, and Spinnaker

Sails: How Much Do You Know? – Emily & Clark’s Adventure
<https://www.youtube.com/watch?v=FSopZN2Wnl0>

Basic Sail Trim (including balanced sails) <https://www.youtube.com/watch?v=FteHvGKfFTo>

Basic Sail Trim # 2 – Scenarios https://www.youtube.com/watch?v=x6XOKA_DkOw



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Sailing Skills Playlist – 10 videos on nuances

<https://www.youtube.com/watch?v=ogYVMsU3Gg0&list=PLHYHl1pnaL6p-L4dWuRIAsACJRdtrN2Ud>

Miscellaneous

The Physics of Sailing – KQED QUEST <https://www.youtube.com/watch?v=yqwb4HIrORM>

The Fluid Mechanics of Sailing <https://www.youtube.com/watch?v=6D-4bRXMtwI>
(contains some math – made on Hoofer boats)

Rules of the Road; Intro, Application, Definitions Rules 1-9
https://www.youtube.com/watch?v=V5lk_3E1ABU

Rules of The Road; Narrow Channel Rules, 10-11
<https://www.youtube.com/watch?v=H9Swk9dp2LM>

Rules of Road: Lights and Shapes Part 1 <https://www.youtube.com/watch?v=n8x4Tvpzefw>

Rules of Road: Lights and Shapes Part 2 <https://www.youtube.com/watch?v=qVrobvNg9hk>

Misconceptions of Aerodynamics – see around 15 minutes in
<https://www.youtube.com/watch?v=QKCK4JLQHU>

Sailboat Into the Wind – Hewitt-Drew-It Physics 146
<https://www.youtube.com/watch?v=jJtvGF8vZbE>

Basic Cruising with Owen – from an Engineer's perspective

The Physics of Sailing 1 – A refresher on adding and subtracting arrows, or vectors
<https://www.youtube.com/watch?v=UiyR54fUDY4>

The Physics of Sailing 2 – Drive in Sails https://www.youtube.com/watch?v=wN_0PhuFi-s

The Physics of Sailing 3 – Basic Sail Trim <https://www.youtube.com/watch?v=xSLKlyyGO4w>

The Physics of Sailing 4 – True and Apparent Wind <https://www.youtube.com/watch?v=ndL1FcTRPwU>

The Physics of Sailing 5 – Points of Sail <https://www.youtube.com/watch?v=txuMs6dBqT8>

The Physics of Sailing 6 – Weather Helm <https://www.youtube.com/watch?v=F929sfZaKkc>

(Sailboat Parts Explained)

Sailboat Parts Explained: Overview and Names <https://www.youtube.com/watch?v=hJHkil8HOHo>

Rigging Explained: Standing & Running <https://www.youtube.com/watch?v=BXNANoQ2BbE>

Sailboat Keel Types: 10 Most Common Keels Explained
<https://www.youtube.com/watch?v=PU5i4TyIG70>

Types and Functions of Sailboat Keels <https://www.youtube.com/watch?v=w4MuCz1Z8-k>

Different Sailboat Rigs Explained (Tall Ship, Gaff) <https://www.youtube.com/watch?v=3ZL4iG9MfGQ>

Swing Keels and Centerboards: Pros and Cons Explained
<https://www.youtube.com/watch?v=6LcWIKT3pow>



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Boat Hull Types Explained for Beginners (with 11 Examples of Different Styles)

<https://www.youtube.com/watch?v=VaZC0aMLOkQ>

How Fast Can a Foiling Sailboat Actually Go? https://www.youtube.com/watch?v=SWGBgR_Np3E

The Winch - a short evolution <https://www.youtube.com/watch?v=g-F1IYQm87A>

How to Use a Winch https://youtu.be/IryQ-x2-_Yk?si=Npzll3oYLJbEb5Om&t=23

How to unfurl (roll out) a furling jib <https://www.youtube.com/watch?v=36FoAFUGRzM>

How to Unfurl a Jib/ Genoa Headsail

https://youtu.be/aVNLN0aYOQE?si=t__eVU1QTl0c8LuN&t=23

How to furl away a Jib/ Genoa Headsail

https://youtu.be/W5eilLHVA5g?si=y9OW_wse0em1vPGB&t=26

Hoisting a Roller-Furling Jib (Sail Fanatics) <https://www.youtube.com/watch?v=NcaoM9ELgwU>

Inspecting Your Roller Furling <https://www.youtube.com/watch?v=c9wLG5GHCn0>

How to dock a 40ft Yacht like a Professional every time

<https://www.youtube.com/watch?v=9Y4XlbruPhU>

This Rope Killed Two Sailors! https://www.youtube.com/watch?v=7ceqKa_4cJU

How to Trim Sails with Carol Haase – Head Sails <https://www.youtube.com/watch?v=lwX66PKrIdE>

The Mainsheet Traveler and Weather Helm <https://www.youtube.com/watch?v=XSDjjZYH7I0>

Why Are the Wheels on Sail Boats So Big? <https://www.youtube.com/shorts/DD9-ztj1NCI>

Single-handed Docking Stern-To With Lazy Lines <https://youtu.be/-OPs960oR88>

Cruising Etiquette – Do's and Don'ts <https://www.youtube.com/watch?v=Uzj6NzhUsEU>

Good video of keelboat race at windward mark showing Spinnaker raise

<https://www.youtube.com/watch?v=ISITqyNl0zI>

Sailing Wing-on-Wing <https://www.youtube.com/watch?v=QZadjhHANck>

Reefing the mainsail (Navy Sailing) <https://www.youtube.com/watch?v=tOao0jsDoDg>

Tom Cunliffe explains how to reef safely and without fuss

<https://www.youtube.com/watch?v=nfXrEbjwRrM>

Reefing a J-24 – does not show use of reef ties in the sail - SailVision

<https://www.youtube.com/watch?v=ddyB9GwAkI8>

Reefing – Clew Reef error – Doyle Sailmakers <https://www.youtube.com/watch?v=XbXIEsrlo1s>

How Sails Really Work 1 – the Model <https://www.youtube.com/watch?v=Gq5g0SeHkIY>

How Sails Really Work -2 – the Jib and the Mainsail

<https://www.youtube.com/watch?v=1JlbeS294vk>



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How Sails Really Work – 3 - the Hull and VMG

<https://www.youtube.com/watch?v=AIV9eJC9MZQ>

How Sails Really Work 4 – Reefing the Mainsail

<https://www.youtube.com/watch?v=Gq5g0SeHkIY>

How Sails Really Work 5 – Sail Shape <https://www.youtube.com/watch?v=IJ4er8vvTPw>

How Sails Really Work – Answers to Tricky Questions

<https://www.youtube.com/watch?v=TPTqalXrjsM>

How Sails Really Work – Summary Video <https://www.youtube.com/watch?v=vtjqX7xoB1Q>

Using the VHF Radio (Emily & Clark's Adventure <https://www.youtube.com/watch?v=Y6yn0Bmr748>

Springing Off (could be better) <https://www.youtube.com/watch?v=DYZnRekYwnc>

Sailing Backwards – Backwinding the Mainsail <https://www.youtube.com/watch?v=qN86Q2GRK3s>

Marine Diesel Engine Maintenance Raw Water System

<https://www.youtube.com/watch?v=wVqMaXZjrMA>

Engine Belt Checking – Sailing Academy <https://www.youtube.com/shorts/6fRvhUcFv8U>

How to Avoid a Gybe Broach (UK Sailmakers <https://www.youtube.com/watch?v=iP4yK4mIr3E>

Tacking and Gybing – Laser – John Emmett

https://www.youtube.com/watch?v=BR6ec_nPWbw

Marine VHF Radio

How to use a Marine VHF RADIO [Capable Cruising Guides] (25-minute video) (*This is a good video but the radio shown is more advanced than those used at hoopers.*)

<https://www.youtube.com/watch?v=Y6yn0Bmr748>

Marine VHF Radio – the Basics (modified for Lake Mendota and Hoopers)

<https://www.dropbox.com/scl/fi/6ddpwpui8fbbhfahnehmb/Marine-VHF-Radio-The-Basics-2023-07-23.pdf>

The Problem With Marine VHF Radios

<https://www.youtube.com/watch?v=pZVZqVLhE04>

Marine Radio Etiquette

<https://www.youtube.com/watch?v=CNWyXweNF1U>

The Number One Mistake People Make Using the VHF Radio

<https://youtube.com/shorts/hZXddPgOvH0?si=V1nuV-OhJevlwwLg>

How to Send a Mayday

<https://www.youtube.com/watch?v=xkqUqcT4q-E>

The whole of the RYA VHF GMDSS Course

<https://www.youtube.com/watch?v=KX1nUJYHI1c>

VHF - An interview with the US Coast Guard and some basic procedures

<https://www.youtube.com/watch?v=l2dCSKR1jVs>



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Boating and using VHF boat radio basics. Do we still need marine VHF radios?

<https://www.youtube.com/watch?v=c-bZ7DUhoBY>

How to Use a Marine VHF Radio (Australia)

<https://www.youtube.com/watch?v=bzNrBDQd9oY>

HOW TO MAKE AN EMERGENCY DISTRESS CALL - May Day Pan Pan & Sécurité

<https://www.youtube.com/watch?v=j-ooHzzwjIE>

Mistakes to Avoid - VHF Radios: Experience from a Captain

<https://www.youtube.com/watch?v=t35F8JRcNK0>

Aids to Navigation and Right-of-Way Rules

NavAids 101 (short) <https://www.youtube.com/watch?v=G1m09KD3GFw>

US Captains Training <https://www.youtube.com/watch?v=z7-yCYECTvo>

Bennett Sailing <https://www.youtube.com/watch?v=qJbocZHi5rk>

Maryland School <https://www.youtube.com/watch?v=RIen2AOKsa0>

Rules of the Road Review – US Captains School (1 hr. 20 min.)

<https://www.youtube.com/watch?v=J4gLCwLWLK0>

Understanding Marine Bouyage <https://www.youtube.com/watch?v=jAQPjdB-3ko>

Self Tests <http://allships.com.au/>

ColRegs in Depth – The Casual Navigator	
Playlist https://www.youtube.com/watch?v=rY0GUwvakEs&list=PLhumSvKZ_j2KRLs4dccnPQx47T1PeiwCn	
Rule 5: Look Out	https://www.youtube.com/watch?v=k7US_zTTfes
Rule 6: Safe Speed	https://www.youtube.com/watch?v=f7654LIZ_GU
Rule 12: Sailing Vessels	https://www.youtube.com/watch?v=X16GbslsHt0
Rule 13: Overtaking	https://www.youtube.com/watch?v=zz8TZ7ataEo
Rule 14: Head-On Situations – 2 power boats	https://www.youtube.com/watch?v=xGd_vJ9DMSE
Rule 15: Crossing Situations – 2 power boats	https://www.youtube.com/watch?v=E11GonKfKUs
Rule 16: Action by the Give-Way Vessel	https://www.youtube.com/watch?v=BXC---Zsu8w
Rule 17: Action by the Stand-On Vessel	https://www.youtube.com/watch?v=tslbq8hbuM8
Rule 18: Responsibilities Between Vessels	https://www.youtube.com/watch?v=1zv3mpR4rxU
Rule 19: Conduct of Vessels in Restricted Visibility	https://www.youtube.com/watch?v=slATe0045W8

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Sailing Exercise and Stretching – Preventing Injury!

Pre-Sailing Warm-ups and Stretches – AusSailing Team

<https://www.youtube.com/watch?v=zJzJRvUwJrk>

Sailing Fitness - Warm up - with RYA and British Sailing Team Sports Scientist Tim Jones

<https://www.youtube.com/watch?v=4UbdL3KZnDA>



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Quantum Fitness - How to train like a sailor

<https://www.youtube.com/watch?v=1W4JrA125KQ>

Dry Suit: Cold weather Secret weapon? or Not worth it?

<https://www.youtube.com/watch?v=NqCVxSHGOVo>

For Fun

Sailing Soma on a Sunday

<https://www.youtube.com/watch?v=vNBs1ocneSc&list=PL014492A9F6716314&index=1>

(This is my playlist. Mostly Soma, all Lake Mendota!)

Always On – Flying on the World’s Fastest Sailboat

https://www.youtube.com/watch?v=QP_9rFbvY_Q

Joshua Slocum – Sailing Alone Around the World

<https://www.youtube.com/watch?v=iciZer5cbJ8>

<https://www.youtube.com/watch?v=ATJ8wMG9VNE>

(Our boat, “The Spray” was named after this boat.) – 44 min.

The Narrative of Arthur Gordon Pym of Nantucket by Edgar Allen Poe

University of Virginia <http://xroads.virginia.edu/~ma98/silverman/poe/fulltext.html>

Gutenberg Project <https://www.gutenberg.org/files/2149/2149-h/2149-h.htm>

YouTube reading: <https://www.youtube.com/watch?v=CuqmCFqXpyg>

2014 Race to Mackinac Aboard Denali <https://www.youtube.com/watch?v=5GCQx0ExO08>

How a Sailor Catches Lobster <https://www.youtube.com/watch?v=aNK6oue7a0M>

Wind – the Movie: <https://www.youtube.com/watch?v=c3shpTH59Qk>

Captain Ron’s Docking: <https://www.youtube.com/watch?v=8alNxLjCBJc>

Flying the World’s Fastest Sailboat https://www.youtube.com/watch?v=QP_9rFbvY_Q

Not Videos – Informational Links

Sailing Glossary: <https://www.dropbox.com/s/ggw55a6hqemnt2f/Glossary%20of%20Sailing%20Terms.pdf?dl=0>

Origin of Naval Terminology (fun): <https://www.history.navy.mil/research/library/online-reading-room/title-list-alphabetically/o/origin-navy-terminology.html>

Sailing Terms <http://www.selfmadesailor.com/index.htm?glossary.htm&2>

Stop Embarrassing Yourself! Pronounce nautical terms correctly.

<https://www.youtube.com/watch?v=x-ZKi4oBHIY>

Why They are Called Knots <https://www.youtube.com/shorts/CRHR-TSY41c>

Safety Reports – US Sailing

<https://www.ussailing.org/competition/offshore/safety-information/safety-reports/>

Hooper Sailing Club Safety Manual (PDF)

https://s3-external-1.amazonaws.com/hoopers.clubmanagercdn.com/HSC_Safety_Manual.pdf



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Required Safety Equipment – US Coast Guard

<https://www.boatsafe.com/us-coast-guard-minimum-requirements-recreational-boats/>

How to Conduct a crew safety briefing on a small boat or sailing yacht

<https://www.youtube.com/watch?v=GnAe79Loqlw>

US Coast Guard Auxiliary – Float Plan Central

<https://floatplancentral.cgaux.org/>

Wisconsin Boating Regulations

<https://widnr.widen.net/s/0vw8hwrae3>

Boat Line Definitions <http://denverrope.com/definitions.htm>

Navigation Rules Flash Cards <http://www.navcen.uscg.gov/navigation-rules-flash-cards>

Bernoulli Force has nothing to do with it (NASA Incorrect Lift Theory!)

<https://www.grc.nasa.gov/www/k-12/airplane/wrong1.html>

Hoofer Manuals

<http://www.hoofersailing.org/?q=instruction/manuals>

A Sailor's Guide to Weather (Hoofer Sailing Club)

<https://drive.google.com/file/d/0BywZ-rLn0R8hanNQRGJXTkjmV2FLQldONU1KRmRsTVNic3d3>

Cloud Charts from NOAA

<https://www.noaa.gov/clouds/naaawise>

Lake Mendota – Depth Chart – scalable – (fishing) with an app you can purchase [https://fishing-](https://fishing-app.gpsnauticalcharts.com/i-boating-fishing-web-app/fishing-marine-charts-navigation.html?title=Lake+Mendota+boating+app#11.85/43.1053/-89.4183/-8.2)

[app.gpsnauticalcharts.com/i-boating-fishing-web-app/fishing-marine-charts-](https://fishing-app.gpsnauticalcharts.com/i-boating-fishing-web-app/fishing-marine-charts-navigation.html?title=Lake+Mendota+boating+app#11.85/43.1053/-89.4183/-8.2)

[navigation.html?title=Lake+Mendota+boating+app#11.85/43.1053/-89.4183/-8.2](https://fishing-app.gpsnauticalcharts.com/i-boating-fishing-web-app/fishing-marine-charts-navigation.html?title=Lake+Mendota+boating+app#11.85/43.1053/-89.4183/-8.2)

The Spray Checklists

<https://www.dropbox.com/s/y4q94cepnceyr01/The%20Spray%20Checklists.pdf>

Practical seamanship: Leadlines

<https://www.yachtingmonthly.com/sailing-skills/practical-seamanship-leadlines-28316>

Depth Sounding

https://en.wikipedia.org/wiki/Depth_sounding .

The Lead Line -- Construction and use

<http://navyandmarine.org/planspatterns/soundingline.htm>

Sheetbend knot

<https://www.dropbox.com/s/4mx2r0zxfg79jf/The%20Sheetbend.pdf>

Square knot

<https://www.dropbox.com/s/ffdomqixe7knlm7/Square%20Knot.pdf>

Marlinspike Links – Knots, Lines and Splicing

<http://addbalance.com/Sail/Knots/Links%20Marlinespike.pdf>

Aids to Navigation

<http://www.uscgboating.org/ATON/index.html>

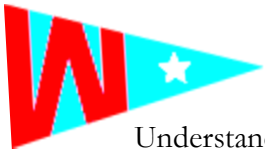
<http://www.uscg.mil/d13/dpw/docs/usairstonavigationsystembooklet23dec03.pdf>

Good Tacks Start With the Release

<http://www.sailingworld.com/how-to/good-tacks-start-release>

Sailing Backwards

<http://www.cautionwater.com/article.aspx?articleid=88>



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Understanding a Lee Shore <https://asa.com/news/2022/10/11/understanding-a-lee-shore/>

UCI J-22 Manual <http://www.campusrec.uci.edu/sailing/includes/J22-manual.pdf>

Balance Your Helm for Speed by John Ellsworth
http://johnellsworth.com/writing/nautical/balance_helm/balance.html

Weather and Lee Helm <http://www.schoolofsailing.net/weather-helm-and-lee-helm.html>

Understanding Apparent Wind by John Ellsworth
http://johnellsworth.com/writing/nautical/understand_appwind/understand_appwind.html

Two Years Before the Mast by Richard Henry Dana, Jr. (book)
<http://ia801403.us.archive.org/34/items/twoyearsbeforem00welsgoog/twoyearsbeforem00welsgoog.pdf>

Physics of Sailing and Sails

Forces on Sails (Wikipedia) https://en.wikipedia.org/wiki/Forces_on_sails

The Physics of Sailing by Ryan M. Wilson
<http://grizzly.colorado.edu/~rmw/files/papers/PhysicsofSailing.pdf>

The Physics of Sailing by Bryon D. Anderson in Physics Today
(webpage) <https://pubs.aip.org/physicstoday/article/61/2/38/413188/The-physics-of-sailingSails-and-keels-like>
(pdf) https://gewa.gsfc.nasa.gov/clubs/sailing/RESOURCES/Physics_of_sailing.pdf

An Explanation of **Sail** Flow Analysis – Stanford Yacht Research
<http://syr.stanford.edu/SAILFLOW.HTM>

How a Sail Works: Basic Aerodynamics <https://nomadicsailing.com/blog/how-a-sail-works-basic-aerodynamics/>

Busting the Hull Speed Myth (Sailing Monthly 2023) <https://www.yachtingmonthly.com/sailing-skills/busting-the-hull-speed-myth-82832>

The Truth of Hull Speed <https://www.youtube.com/watch?v=aYII3WK2WIw>

Hull Speed (wikipedia) https://en.wikipedia.org/wiki/Hull_speed

Hull Speed Calculator <https://www.omnicalculator.com/sports/hull-speed>

Hull Speed <https://www.schoonerman.com/science-of-sailing/hull-speed.html>

Sailor Explains: What Caused the Fastnet '79 Disaster

<https://www.youtube.com/watch?v=GmT0SAMwDVI>

Physics of boats and waves – excellent!

Planning a Day Sail (ASA) <https://asa.com/news/2022/06/27/planning-a-daysail/>

Planning a Short Sailing Cruise (ASA) <https://asa.com/news/2023/12/04/how-to-plan-a-short-sailing-cruise/>

Many of the handouts used in Intro to Keelboat are based on the book [Sailing Fundamentals](#), which is available at Outdoor UW or from [Amazon.com](#).



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Stretching and other Exercises for Sailing

Fitness Means Flexibility – Sailing World

<http://www.sailingworld.com/how-to/fitness-means-flexibility>

Pre-Sailing Exercises – US Sailing

<http://www.ussailing.org/pre-sailing-exercises/>

Sailing Fitness: - The Importance of Proper Stretching – Sail1Design

<https://www.sail1design.com/sailing-fitness-stretching/>

Sailing Exercises – Offshore Sailing School (Strength as well as flexibility)

<https://www.offshoresailing.com/exercises-for-sailing/>

Sailing Stretches and Flexibility Exercises – Stretch Coach

<http://stretchcoach.com/articles/stretches-for-sailing/>

A Winter Fitness Program for Sailing Windsurfing and Kite Surfing

<http://iglimpse.co.uk/blog/2013/02/a-winter-fitness-program-for-sailing-windsurfing-and-kitesurfing/>

Pirate Movies – a list with reviews

<https://www.thepirateking.com/movies/index.htm>

Note about updates and changes – Ver. 24.55 - 4 Apr 2024

I intend to be modifying this extensively. It is intended to be used in pdf format so that the links are active. However, I show the full links without underlining so that they are easier to read. This pdf has extensive bookmarks corresponding to the table of contents. **If any of the links do not work, please let me know.** Here is a link to email me: Sail@addbalance.com

Here is a [link](#) to the latest version.

<https://addbalance.com/Sail/Sailing%20Links.pdf>

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