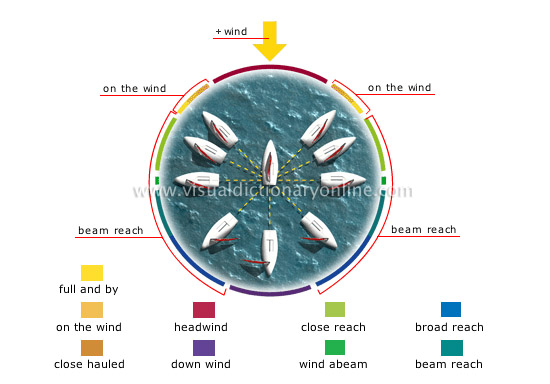
**UNIT 1**

**POINTS OF SAILING**

Courses of a sailboat relative to the direction of the wind; the sailboat navigates portside or starboard side, depending on which side the wind is coming from.



**Wind**

Displacement of air caused by variations in pressure between two regions of the atmosphere.

[](http://www.visualdictionaryonline.com/earth/meteorology/meteorological-measuring-instruments/measure-wind-direction.php)

**SAILING AND COURSE**

**Starboard**

Sailing with the wind coming over the starboard side of the vessel; as in: "A sailboat on a starboard tack has the right of way."

**On the wind**

Points of sailing in between a headwind and a close reach that are used especially when tacking; the sails are near the boat’s centerline.

**Close hauled**

Point of sailing of a sailboat traveling near the wind’s eye (axis), with its sail at an angle of about 45°; close hauled is the limit of sailing against the wind.

**Head wind**

Wind blowing against the sailboat’s course; it is impossible to make headway.

**Down wind**

Point of sailing of a boat going in the same direction as the wind.

**Close reach**

Point of sailing in which the sailboat comes up against the wind, with its sail at an angle of about 70°.

**Wind abeam**

Point of sailing of a sailboat traveling at right angles to the wind.

**Broad reach**

Fastest point of sailing, in between a beam reach and a down wind; the angle between the boat and the eye (axis) of the wind is wide.

**Beam reach**

Point of sailing in between a wind abeam and a broad reach; the sailboat navigates by following the wind at an angle of about 135°.

**Full and by**

Point of sailing of a sailboat going against the wind, with its sail at an angle of about 60°.

**VERBS FOR SAILNG**

**To haul aft**

To indicate that the relative wind direction is changing to forward of the beam, as in: “Take in the sheets; the wind is starting to haul.”

**To bear away**

To change direction from close hauled to a reach or run

**To moor**

To secure a boat to a mooring or permanent anchor.

**To tack**

Turning across the eye of the wind in order to fill the sails on the opposite side and make good a course toward a destination to weather.

**To ease**

To bear off slightly, or turn slightly away from the wind; as in: “Ease the sheet.”

**To flap**

to move or cause to move noisily the sails back and forth or up and down: the mainsail flapped in the breeze

**To luf**

The act of sailing closer into the wind. To steer a sailing vessel closer into the wind, especially with the sails flapping.

**To slacken**

To make slack as by lessening tension or firmness of sails, sheet, ropes during sailing