

## TACKING WITH A STERN MAINSHEET

## FROM ABOVE



**1** Begin to turn the boat by pushing the tiller away from you



**2** Continue to push the tiller further and lean back



**3** Ease the mainsheet slightly and place it under the thumb of the hand that is holding the tiller extension; let go with the other hand. As the boat begins to roll on top of you, start to move to the opposite side; face the stern of the boat as you move, pushing the tiller extension in front of your body



**4** As you reach the halfway point take the tiller in your 'new' steering hand and grasp the mainsheet in your 'new' sheet hand



**5** As the boat turns through the eye of the wind and begins to heel in the new direction, 'land' on the other deck



**6** Sit on the new side, steer straight ahead and pull in the mainsheet once again; check that you are on a good close-hauled course by observing the luff of the sail (and wind indicator)

## FROM BEHIND



**1** Begin to turn the boat by pushing the tiller away from you



**2** Continue to push the tiller further and lean back



**3** Ease the mainsheet slightly and place it under the thumb of the hand that is holding the tiller extension; let go with the other hand. As the boat begins to roll on top of you, start to move to the opposite side; face the stern of the boat as you move



**4** As you reach the halfway point take the tiller in your 'new' steering hand and grasp the mainsheet in your 'new' sheet hand; as the boat turns through the eye of the wind and begins to heel in the new direction, 'land' on the other deck



**5** Sit on the new side, steer straight ahead and pull in the mainsheet once again



**6** Check that you are on a good close-hauled course by observing the luff of the sail (and wind indicator)