

<b>K1 Tuning</b>	<b>Very light 1-4 knots</b>	<b>Medium light 5-11knots</b>	<b>Medium heavy 12-19 knots</b>	<b>Heavy 20+knots</b>	<b>Notes</b>
<b>Spreader deflection</b>	12	12	12	12	12cm deflection (measured from aft edge of track to tight line between shrouds) is a good all-round setting for variable conditions - this can be reduced slightly for heavy sailors
<b>Spreader Length</b>	33	33	33	33	3 holes showing
<b>Rake (hole no.)</b>	12-13	12-13	12-13	12-13	For an all-round setting remove most of the slack in shrouds when mast is at rest in aft position in deck gate – usually gives hole 12 or 13 on shroud plate
<b>Shroud Tension</b>	Tight	Tight	Tight	Tight	Used to both to provide forestay tension and control bend of the mast. Use full travel of rig tension block and tackle.
<b>Mast deck puller/chocks</b>	None	Add chock so mast is straight up to spreader with rig tension on	Same chock, or a little less to allow more mast bend to flatten sail	Less chock - more mast bend to flatten sail	Aim is to bend mast to flatten sail in very light or windy, with straighter mast in medium. Note that chock setting has a greater effect on mast bend than spreader angle.
<b>Mainsail bridle</b>	Slack	Slack – sheet block near centreline	Tight	Tight	Aim is to keep the boom close to the centreline in medium light wind, but further out in a breeze
<b>Mainsail Outhaul</b>	Almost tight	Ease so foot curved - up to 12cm at centre	Tighten to reduce foot curve	Tight	Aim to flatten sail in very light or windy, but fuller in medium
<b>Cunningham</b>	Off	Off, or just remove creases	Remove horizontal luff creases	Tighter to pull draft forward	Remove most (not all) horizontal creases
<b>Main Kicker - Upwind</b>	Loose	Loose – use mainsheet	Tight	Tight, but ease a little if gusty	No need to use any kicker upwind until overpowered, then apply some kicker, tighten bridle and ease mainsheet to keep boat sailing at correct heel angle (gunwale just touching water)
<b>- Downwind</b>	Loose	Just on	Quite tight	Tight, but ease a little for gybes	
<b>Mainsheet</b>	Slack – do not centre boom	Centre boom, aim is to get the top telltale just stalling	Boom off centre, ease in gusts to prevent heeling too much, kicker prevents twist	Ease to maintain steady optimum heel angle	
<b>Jib Outhaul</b>	Almost tight	Ease so foot curved	Tight	Tight	Aim to flatten sail in very light or windy, but fuller in medium
<b>Jib Kicker - Upwind</b>	Loose	Some tension to limit twist	Tight	Tight	Jib kicker tension – usually increase tension for downwind to limit pole lifting and reduce for upwind unless windy
<b>- Downwind</b>	Loose	Tight	Tight	Tight	
<b>Jib sheet</b>	Slack – keep slot open	Tight enough to close slot to approx 30cm from pole end to centreline (not less than this)	Ease jib sheet to give 35cm to 40cm from pole end to centreline, tight jib kicker used to prevent twist	Ease in gusts to open slot when mainsheet eased	Ease jib together with mainsheet when sailing in a breeze to keep boat sailing at optimum heel angle and to keep jib slot open.

Note: Above guide is based on mast foot stepped in forward-most position. Also first check that spreaders are square to boat