



The Ockam U Seminar Series

Ockam U is a seminar series that explains how to use any true-wind instruments to win races. Some of the principles can also be applied to any kind of sailing, including dinghys. The course will teach you how to:

- Use your senses better to steer a boat faster.
- Improve teamwork between helmsman and trimmer with target boatspeed.
- Employ the target boatspeed downwind to select the best sailing angle.
- Judge the right moment to shoot the finish line.
- Use the fastest course up and downwind in oscillating breeze (The Wally).
- Minimize your losses when you have to sail on the headed tack upwind.
- Adjust your sailing technique based on wind shear and gradient.
- Apply your knowledge of shear to predict wind shifts with 90% accuracy.
- Choose the best course to win a long distance race by using VMC sailing.

Classic Ockam U

This seminar explains

- True wind speed, angle and direction and why they're so important.
- What polars are.
- What Vmg is and why you shouldn't steer by it.
- What target speed is and how it produces optimal performance.
- The Wally, a way to get performance out of shifts when you can't tack.
- The idea of wind shear and gradient, and how it can predict the future.
- Vmc sailing, a way to get to the mark faster when there's a long way to go.

[An online excerpt...](#)

The Science of Optimization

This seminar explains

- How races are lost, not won.
- How to organize your tasks prior to and during the event
- Race day strategies based on weather patterns.
- Why calibration is important.
- Tacking
 - Cost vs. benefit.
 - How to improve your tacks.
 - When to and when not to tack and why.
- The Wally and how it helps when you shouldn't tack

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