Surf Better: Complete Surfing Program (Paperback)

By Dave Rearwin

Createspace Independent Publishing Platform, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.2015 Edition: v.2.0, revised, expanded and improved. Longboard + Shortboard, with new images and detailed explanations. Includes detailed Shortboard section* with multiple images and analysis of common moves including off-the-lip and aerials, plus common errors to avoid. New information, additional graphics, more detailed explanations. New layout for easier reading (and Kindle viewing). *For an all-shortboard experience try the DVD: Surf Better - Shortboard in both Regular and Goofy-foot editions. Surf Better is a must-have book for surfers, ocean-goers and anyone looking for a simple, effective way to get in shape and stay there. A complete surfing program including fitness, tactics and techniques, wave knowledge, and more. Fully illustrated. Instructional surfing photos Surfing technique and check list Dry Land Surf School with workouts and agility drills Understanding waves and swell direction Surfing a new break How to read waves, rips and boils Using tides and currents. PART I: SURFING TECHNIQUE Preparation and Takeoff - Getting pitched, pearling: waves tactics - Takeoff tips - Dealing with Backwash - Turns - Shortboard Action: Turns, Off-the-lip/foam, Air - Turning: Arm, Shoulder and Upper-body Action...

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