



## Surfing: The Essential Guide

By Kathryn Dawes

Need2Know. Paperback. Book Condition: new. BRAND NEW, Surfing: The Essential Guide, Kathryn Dawes, Surfing is a lifestyle choice as well as an activity which requires a high level of fitness, confidence in yourself and good technique. This guide aims to teach you everything you need to know about surfing, from choosing and buying the right equipment, where to look for second hand bargains and your first ride, to advanced manoeuvres like riding the barrel and hitting the lip. The book also covers how waves work, the best surf spots, and the culture, history and competitive aspects of surfing. This book is the definitive guide for anyone just starting surfing as a hobby and also for those who have been surfing for some time but would like to become more advanced. There is also advice on improving your fitness levels and the environmental issues associated with oceans. The surfing bug has bitten millions of people around the world, and whether you want to ride a longboard or a shortboard, rip it up or cruise, this guide will set you up for a lifetimes fun in the ocean.



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### Reviews

*Complete guideline! Its this type of great read through. it absolutely was writtern quite perfectly and helpful. I am very happy to explain how this is basically the best book i actually have read through during my personal life and can be he very best book for at any time.*

*-- Joshua Gerhold PhD*

*A very awesome book with perfect and lucid reasons. It really is basic but shocks within the 50 percent of the book. Its been designed in an exceptionally easy way and is particularly merely right after i finished reading this ebook where in fact changed me, change the way i think.*

*-- Meagan Roob*