The Essentials of Surfing: The Authoritative Guide to Waves, Equipment, Etiquette, Safety, and Instructions for Surfriding

By Kevin D Lafferty

Overhead Press, United States, 2013. Paperback. Book Condition: New. Johnson Jr (illustrator). 224 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.The Essentials of Surfing is a textbook for surfing. You can t learn to surf by reading a book, but The Essentials of Surfing will give you the knowledge you need to be more confident about learning to surf, avoid conflicts with other surfers, and diminish your chances of becoming a productive member of society. The Essentials of Surfing has useful information for surfers of all levels, but it does not cover advanced topics, like pulling aerials, conquering big waves, or tube riding, nor does it teach other sports like bodysurfing, kitesurfing, or carsurfing. The Essentials of Surfing starts out by describing waves, the main resource of surfing. It then lists the many types of surfboards you will see in the water, explaining which ones work best for learning and how to care for your own board. You ll also get advice on what to wear in the water to protect you from sun, rashes, and the cold. Most importantly, The Essentials of Surfing lists the informal rules of surfing to help you get...

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