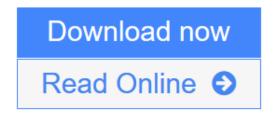


The Art of Surfing: A Training Manual for the Developing and Competitive Surfer (Surfing Series)

Raul Guisado



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Covers boards and other equipment, the anatomy of waves, body position and stance, and techniques for everything from paddling to walking the nose. Special chapters on competition and training, biomechanics, and the psychology of surfing round-out this first-of-its-kind textbook for the developing surfer.

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