



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

Raul Guisado

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A Training Manual for the Developing and Competitive Surfer

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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The actual book The Art of Surfing: A Training Manual for the Developing and Competitive Surfer (Surfing Series) has a lot details on it. So when you make sure to read this book you can get a lot of gain. The book was authored by the very famous author. Mcdougal makes some research just before write this book. This specific book very easy to read you may get the point easily after scanning this book.

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