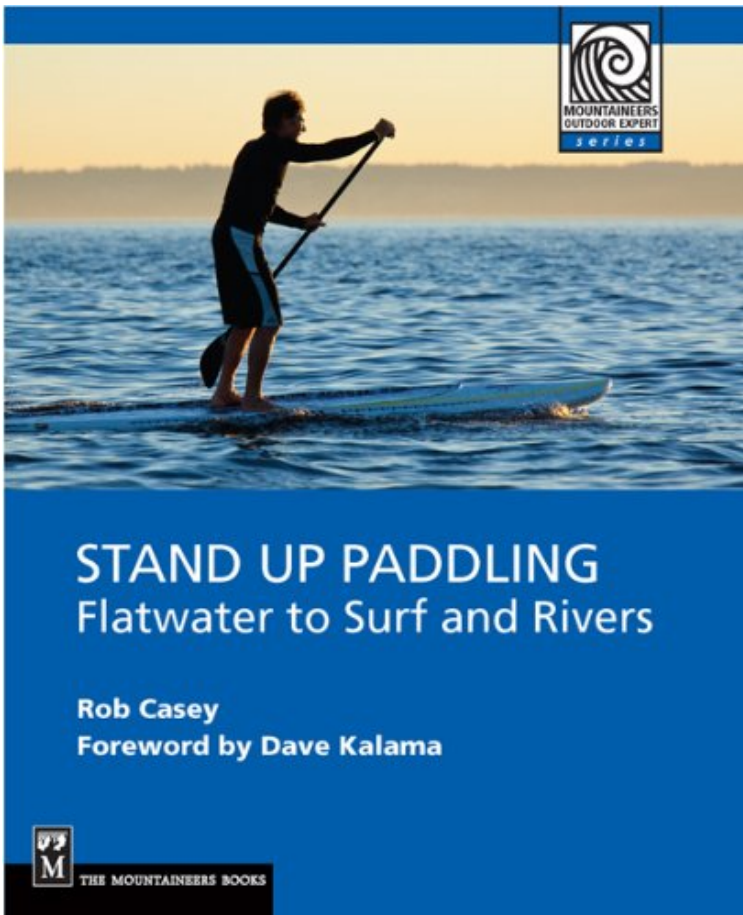


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# Stand Up Paddling - ebook: Flatwater to Surf and Rivers



*Par Rob Casey*

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## Description :

Prsentation de l'diteur\* Stand Up Paddling (SUP) is the fastest growing outdoor sport\* The first comprehensive guidebook to how to SUP at all levels\* SUP appeals to everyone, from fitness enthusiasts to paddlers looking for a new challengeHawaiians were stand up paddle surfing (known as SUP) in the '50s and '60s, but the sport was first seen on the U.S. mainland in the early 2000s, when surfers Laird Hamilton and Rick Thomas brought it to California. Now you see SUP popping up everywhere--it's ranked as the fastest growing sport in the U.S. by the Outdoor Industry Association.Longtime stand up paddler and instructor Rob

Casey has authored the first comprehensive guide to the sport. From choosing the right gear to stroke techniques (pivot turn, Tahitian, sculling brace) and fitness advice, Rob will have you stand up paddling in no time. Specific chapters focus on flat-water paddling, paddle surfing, and river paddling to show you exactly what you need to take your SUP skills and knowledge to a specific environment. Whether you want to learn about fitness or expedition planning in flat water, how to forecast waves and current for surfing, or how to use river eddies to your advantage--it's all here in this easy-to-reference guidebook from a SUP

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