



## Surf Better: Complete Surfing Program

By Dave Rearwin

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 234 pages. Dimensions: 8.9in. x 6.0in. x 0.6in. 2014 expanded edition Longboard Shortboard its all here. New Shortboard section with multiple images and analysis of common moves including off-the-lip and aerials, plus common errors to avoid. New information, additional graphics, more detailed explanations. New layout for easier reading (and Kindle viewing). For an all-shortboard experience try the DVD: Surf Better - Shortboard in both Regular and Goofy-foot editions. Surf Better is a must-have book for surfers, ocean-goers and anyone looking for a simple, effective way to get in shape and stay there. A complete surfing program including fitness, tactics and techniques, wave knowledge, and more. Fully illustrated. Instructional surfing photos Surfing technique and check list Dry Land Surf School with workouts and agility drills Understanding waves and swell direction Surfing a new break How to read waves, rips and boils Using tides and currents. PART I: SURFING TECHNIQUE Preparation and takeoff Turns Shortboard Moves Integrated vs. delayed rotation Off the lip Air Foot position Frontside vs. Backside Technical practice checklist Leash management and the Houdini Moment PART II: KNOW YOUR OCEAN Sea, swell and waves -...



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### Reviews

*This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You wont feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).*

-- **Prof. Kirk Cruickshank DDS**

*This kind of book is every little thing and taught me to looking ahead of time and a lot more. I am quite late in start reading this one, but better then never. I found out this book from my dad and i encouraged this pdf to find out.*

-- **Justus Hettinger**

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### **DK Readers Animal Hospital Level 2 Beginning to Read Alone**

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DK CHILDREN. Paperback. Book Condition: New. Paperback. 48 pages. Dimensions: 8.9in. x 5.9in. x 0.1in. Are aliens from other planets visiting Earth? Read these amazing stories of alien encounters -- and make up your own mind! The 48-page Level 3 books, designed for...



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### **Patterns and Sequence Stick Kids Workbook, Grade K Stick Kids Workbooks**

Creative Teaching Press. Paperback. Book Condition: New. Paperback. 56 pages. Dimensions: 8.8in. x 6.4in. x 0.2in. Knowledge of patterns enables us to make predictions and solve problems. Noticing patterns in nature and in home routines and observing the sequence of daily events strengthens...