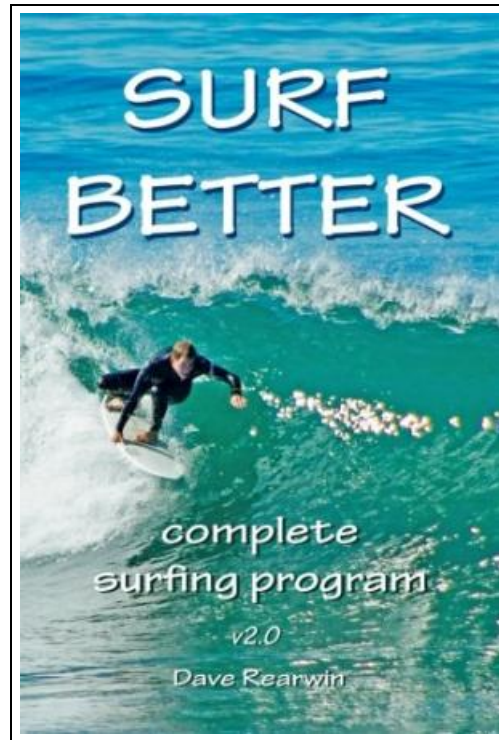


## Surf Better: Complete Surfing Program



Filesize: 5.31 MB

### **Reviews**

*A very amazing book with perfect and lucid answers. it absolutely was writtern quite flawlessly and useful. I am just easily will get a satisfaction of reading a created publication.*

*(Pearl Turcotte)*

## SURF BETTER: COMPLETE SURFING PROGRAM

[DOWNLOAD](#)

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 - Wave formation and propagation How waves travel How fast do waves move What defines deep water and shallow water Ocean facts PART III: KNOW YOUR BREAK Swell direction and the magic number - Tides - Wave refraction and Island wave shadows - The effects of wind How waves behave in shallow water - Interpreting swell information Understanding size vs. power Using reef boils Using currents PART IV: DRY LAND SURF SCHOOL Full flexibility, agility and surf simulation section with dozens of exercises and workout packages. then he floated an Off the lip, center my ass by bringing my board back...

[Read Surf Better: Complete Surfing Program Online](#)[Download PDF Surf Better: Complete Surfing Program](#)

## Relevant Books



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

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.9in. x 5.8in. x 0.1in.This Level 2 book is appropriate for children who are beginning to read alone. When Jack and Luke take an injured...

[Save](#) [Document](#)

»



### DK Readers Duckling Days

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.9in. x 5.9in. x 0.2in.This Level 1 book is appropriate for children who are just beginning to read. Six ducklings follow mother duck everywhere. One...

[Save](#) [Document](#)

»



### Lans Plant Readers Clubhouse Level 1

Barron's Educational Series. Paperback. Book Condition: New. Paperback. 24 pages. Dimensions: 8.9in. x 5.7in. x 0.3in.This is volume six, Reading Level 1, in a comprehensive program (Levels 1 and 2)for beginning readers. Two nine-book sets...

[Save](#) [Document](#)

»



### DK Readers Invaders From Outer Space Level 3 Reading Alone

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!...

[Save](#) [Document](#)

»



### NiRV Outreach Bible

Biblica. Paperback. Book Condition: New. Paperback. 1344 pages. Dimensions: 8.4in. x 5.6in. x 2.5in.This low-cost New International Readers Version Bible (NiRV) is affordably priced for giving away, and is a very effective translation for children,...

[Save](#) [Document](#)

»