



The Essentials of Surfing

Dr. Kevin D Lafferty

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Getting into surfing, or know somebody that is? The Essentials of Surfing is the authoritative guide to waves, surfboards, safety, and techniques for teaching the beginning and intermediate surfer. Professor Lafferty's idea was to write a text book for surfing – one understandable by all ages. Learning to surf is far harder than learning to drive or understanding Calculus, yet there is no manual and few places to turn to prepare beginners for a lesson or to use as a reference after a lesson. The Essentials of Surfing will give you the knowledge you need to be more confident about learning to surf, avoid conflicts with other surfers, and diminish your chances of becoming a productive member of society. The book starts out by describing waves. It then lists the types of surfboards you will see in the water, explaining which ones work best for learning and how to care for your own board. You'll also get advice on what to wear in the water to protect you from sun, rashes, and the cold. Most importantly, The Essentials of Surfing lists the informal rules of surfing to help you get along with other surfers in the line up. This book outlines common hazards and how you can protect yourself from them. It also includes a detailed step-by-step lesson in surfing your first wave. The book then gives advice on how to advance beyond the beginner level. A glossary at the end of the book lists some technical jargon and slang specific to surfing. Read this book straight through to get the big picture. Then, use it as a reference as you learn. When you're done, teach a friend and give it to them.

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