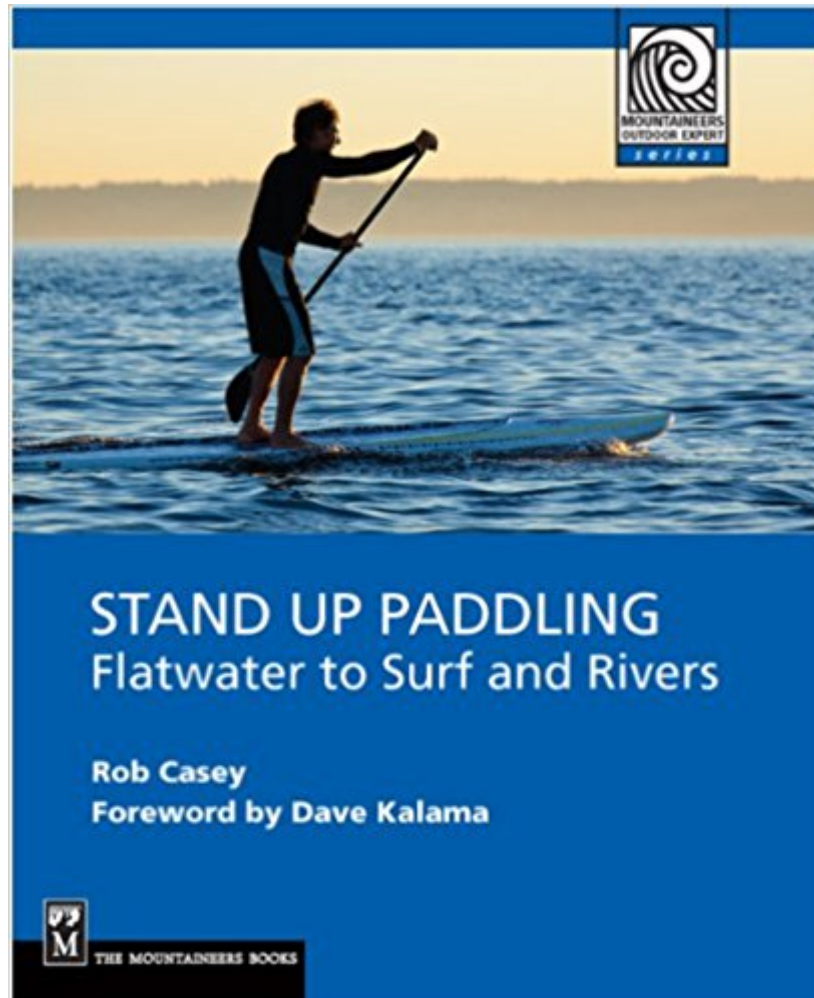




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Stand Up Paddling: Flatwater To Surf And Rivers (Moes)



Synopsis

Be sure to download the "Rivers" chapter for free so you can try the book before you buy! * 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 and only comprehensive guide to the sport. From choosing the right gear to stroke techniques (j-stroke, 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 expert. If you want to know more about Stand Up Paddling author Rob Casey be sure to check out his amazing photography, and for more frequent updates from our SUP paddling guru be sure to check out his blog, Facebook page, Twitter account, or even his YouTube page!

Book Information

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Customer Reviews

"You will learn about fitness, expedition planning, surfing and how to use river eddies to your advantage--it's all here." -Jim Miller, Werner Paddles."Whether you're interested in boarding at home or while vagabonding,Ã A Stand Up PaddlingÃ A can help you get set up the right way to enjoy the water." - Rolf Potts, Vagablogging.

I wrote this book to offer readers an easy to use guide to learn stand up paddling. Ã A When I started paddling SUPs in 2007, there was no instruction available in my area and few friends had any idea how paddle the boards. Ã A As stated in my book, my first experience was on a tippy board too narrow for my 6'-5" frame, so I couldn't stand up, and even thought it wasn't for me. Ã A In time, I was able to try wider more stable board and immediately stood up and was hooked. Ã A It's fun to know that with one SUP board, you can run a river, do an overnight trip, go surfing, catch a few fish, race, spin in circles in a whirlpool of a tidal rapid, paddle casually on flat water, and even surf thousands of miles from the ocean. Ã A With a background in sea and surf kayaking, I quickly adapted many kayak strokes such as sweep strokes, the stern/tail, bow/nose rudder, and the use of edging to turn the board. Ã A I've had fun since learning to master new skills such as the pivot turn and the cross bow turn for quick directional control. Ã A Since my first day on the water, the SUP community in my area has grown considerably with year round races, surfing contests, and I've met many new friends. Ã A Every day I get on the water, I learn a new skill or see a fresh perspective. Ã A I hope this book is useful and you find your own stoke as I did. Ã A

This book is an excellent reference and resource for entry level through advanced paddlers. The content is to the point and the author has left out the fluff found in some of the other texts. Mastery of the techniques described will take years and I know very few advanced paddlers who would not agree they need to refresh themselves on the skills described. While some more pictures would be helpful I have found simply spending time on the water practicing has answered the questions I had during reading. If you are interested in or serious about paddling this book needs to be part of your equipment.

I found this book to be very informative. Being a surfer who picked up stand up paddling as a way to spend more time on the water, my technique with a paddle probably leaves something to be

desired. While it one on one instruction is best, I now feel informed enough to really start working on my paddling efficiency. This book has a ton of great pointers for paddling and turning technique, as well as equipment to bring and different aspects of SUPing. There are definitely parts of this book that will be getting reread from time to time just as refreshers and I will be loaning out my copy of the book to my friends that have expressed an interest in the sport. This book is to SUP what Freedom of the Hills is to mountaineering.

Whether you're a beginner or Expert on the sport of Stand Up Paddling(SUP), This book as you covered in all areas of the sport! Nothing flashy here, just great resource of information and knowledge that everyone needs to begin and get started on SUP. Great Book for the Beginner looking to get into the sport, or an intermediate to expert on one area of the sport looking to expand their horizons and take up a new challenge whether it be in the Surf, river, racing, long distance expedition type paddling. Rob Casey's "STAND UP PADDLING, Flatwater to surf and rivers" book has it all for you at a very resonable price!

I've been paddling for a little over a year, but was entirely self-taught. This book showed me some of the negative habits I had picked up and finally I know how to properly execute a stroke. Very well written and informative!

Great book. Very informative and explained in easy to understand language and in pictures. Good for the new stand up paddle boarder. Highly recommend this book for anyone who wants to try paddleboarding.

good book, lots of information. I was hoping for more help for complete beginners with regard to paddle strokes and where to stand on the board and what effect these things have on the board.

Good Beginner SUP Book, pretty much everything you need to know with a good amount of pictures. Also gets into surfing. Well worth the low price

A great overview in regard to safety and paddling on a stand up paddle board. Includes surfing and river sup safety and techniques.

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