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## Surfing: The Essential Guide

By Kathryn Dawes

Need2Know. Paperback. Book Condition: new. BRAND NEW, Surfing: The Essential Guide, Kathryn Dawes, Surfing is a lifestyle choice as well as an activity which requires a high level of fitness, confidence in yourself and good technique. This guide aims to teach you everything you need to know about surfing, from choosing and buying the right equipment, where to look for second hand bargains and your first ride, to advanced manoeuvres like riding the barrel and hitting the lip. The book also covers how waves work, the best surf spots, and the culture, history and competitive aspects of surfing. This book is the definitive guide for anyone just starting surfing as a hobby and also for those who have been surfing for some time but would like to become more advanced. There is also advice on improving your fitness levels and the environmental issues associated with oceans. The surfing bug has bitten millions of people around the world, and whether you want to ride a longboard or a shortboard, rip it up or cruise, this guide will set you up for a lifetimes fun in the ocean.



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