

# Sailing Fundamentals



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Written by America's foremost instructional authority, the new edition of SAILING FUNDAMENTALS is widely recognized as the official 'learn-to-sail manual' of the American Sailing Association (ASA) - and used in the training programs of many yacht

clubs, colleges, and sailing groups, including the U.S. Coast Guard Auxiliary nationwide. While most introductory sailing books reflect the biases and idiosyncrasies of their authors, SAILING FUNDAMENTALS is extensively pretested by ASA professional instructors to ensure it offers only the fastest, easiest, most systematic ways to learn basic sailing and coastal cruising. This invaluable guide covers every aspect of beginning sailing-from hoisting sail to docking and anchoring - and specifically prepares readers to qualify for sailing certification according to international standards.

作者介绍:

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标签

英文原版

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评论

我在国外学帆船时,培训班就发了本书作为教材.总体而言,本书逻辑性不强,可读性差.但是确实包含了帆船的所有基本知识和很多有价值的窍门.如果结合实践,该书还是很有价值的.

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书评

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