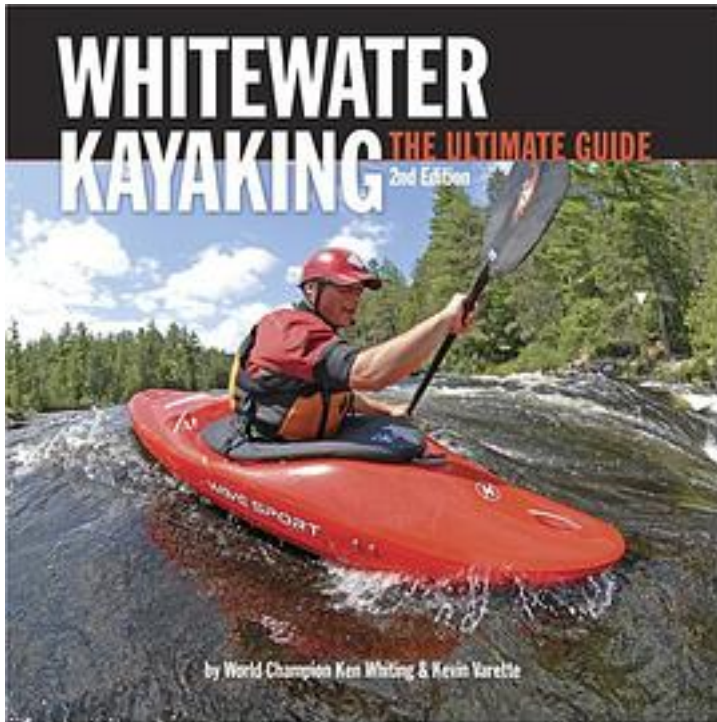


Whitewater Kayaking



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著者:Ken Whiting

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Now in its second edition, Whitewater Kayaking: The Ultimate Guide has become the established, definitive guide on the sport. Drawing on the combined 30+ years of experience of world-renowned paddlers and instructors Ken Whiting and Kevin Varette, this comprehensive guide covers everything from the most basic skills and concepts to the most advanced, cutting-edge paddling techniques. Whatever you need, you'll find it in this essential whitewater kayaking reference. YOU'LL LEARN ABOUT: Choosing the right equipment The essential strokes and paddling techniques The art of reading whitewater River running River safety and rescue Playboating Creek boating Paddling in big water Surf kayaking Squirt boating Kayak tripping And much more...

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