

# Surfing



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著者:Almond, Elliott

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New in the Mountaineers Outdoor Expert Series: The definitive how-to surfing guide! Surfing's not just for rebels anymore: anyone with the desire to ride a wave is grabbing a board and heading to the beach. Each year, this artform-cum-sport gains popularity as business executives, grandmas, teenagers, coastal dwellers, and adventure travelers get stoked to catch swells. This new guidebook by sports writer and waterman Elliott Almond is a primer for the uninitiated as well as a handbook for the experienced ready to build on their fundamental skills. Covering topics ranging from basic techniques to fitness prep (including exercises to get your arms ready for all that paddling and stretches to keep you limber) and from history, surf culture, and a complete explanation of gear, to how to find the right board for you, this book also features insights from industry leaders, pro surfers, and instructors. With more than three decades of surfing experience to share, Almond offers clear, authoritative guidance to help those venturing into uncharted waters find their way safely and confidently. \* Covers gear, fitness, safety, lingo, and rules of the water \* Includes basic to intermediate techniques, surf culture, and competitive surfing \* Author is an award-winning journalist and life-long surfer

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