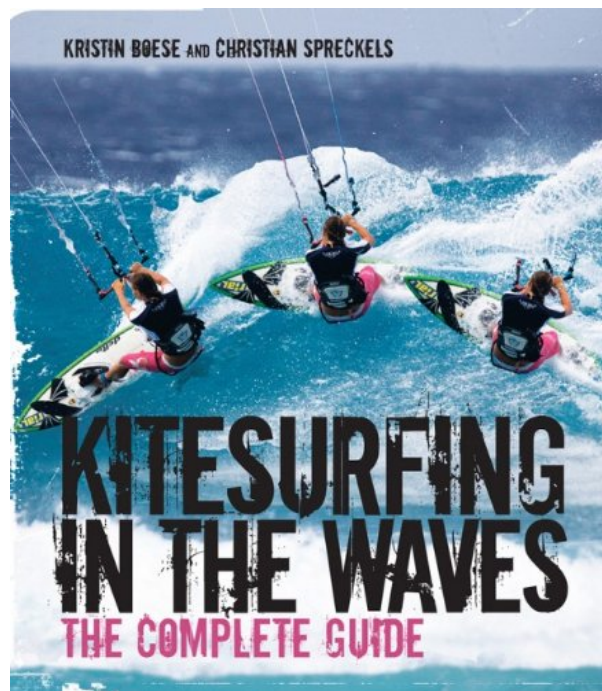
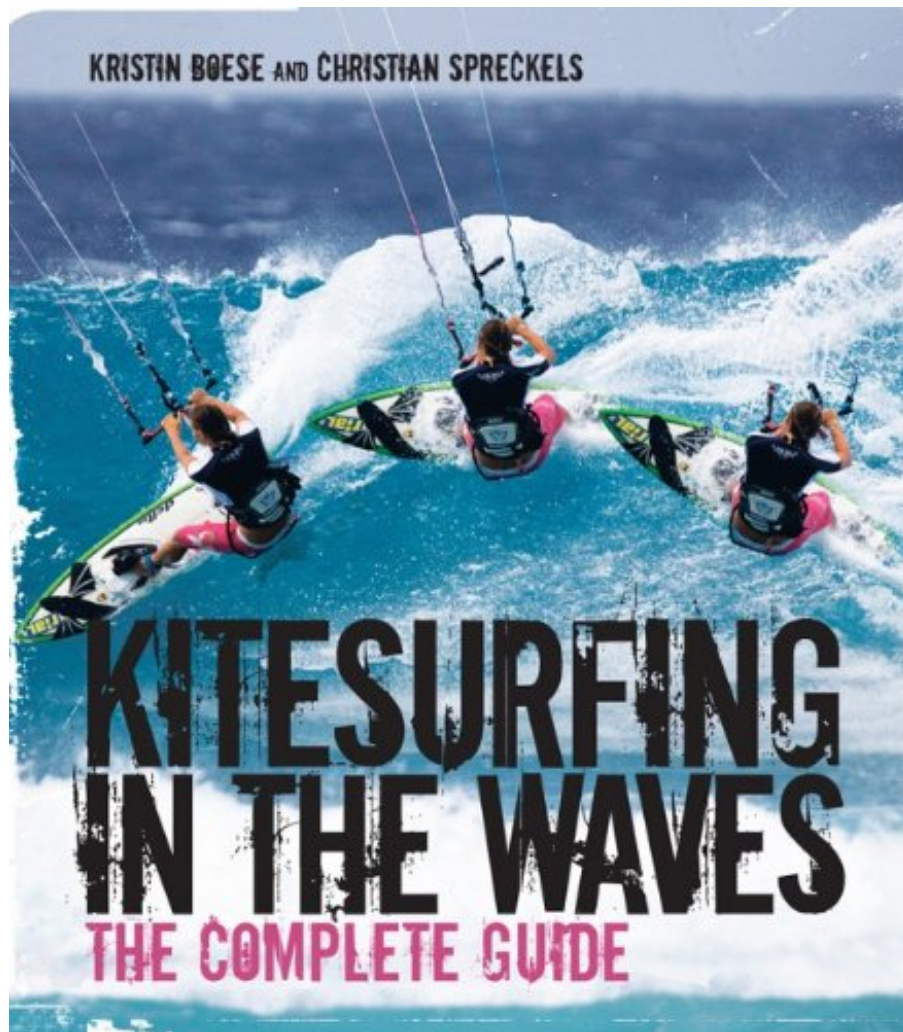


KITESURFING IN THE WAVES: THE COMPLETE GUIDE BY KRISTIN BOESE, CHRISTIAN SPRECKELS



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KITESURFING IN THE WAVES: THE COMPLETE GUIDE BY KRISTIN BOESE, CHRISTIAN SPRECKELS PDF

Let eight-time world champion kitesurfer Kristin Boese and Christian Spreckels take you to the next level and into the thrill of the waves. Hundreds of dramatic step-by-step action photographs take you into the surf and introduce basic tricks like the cut back and olly, before you move on to more advanced tricks like riding a barrel. Each trick is not only shown with breathtaking photography, but with the added bonus of expert advice on learning each manoeuvre. Kitesurfing in the Waves includes: * Wind and waves * Choice of location * Safety * Tips on training * Starting and riding * Turning manoeuvres * Basics for kiting in the waves * Surfing basics * Wave manoeuvres/tricks for advanced kites Kristin and Christian explain the equipment, how to stay safe on the water, weather patterns and wave creation before introducing you to extreme tricks. Take your kitesurfing into the surf and experience bigger waves, longer rides and more impressive tricks.

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8 of 8 people found the following review helpful.

A Unique & Effective Guide

By Granville Dunbar

Those lucky enough to live where kitesurfing conditions are regularly good usually build a network of kiting buddies who will point out where they are making mistakes and advise them how to improve their skills. For others, like me, going kiting involves a 1500km expedition and as a relative foreigner (to Cape Town) it's a lot more difficult to build this network. Kitesurfers are generally very supportive of each other, but if you don't live there you don't get regular practice or the constant input. The occasional lesson helps but it's not the same.

This is where Kitesurfing in the Waves really fills a gap. As a relative newcomer to the sport (20 months) with limited ability to get on the water regularly, the visualisation methods of "seeing" and "feeling" taught in the book are great for offline training, mental preparation and rekindling enthusiasm.

Each manoeuvre is shown with the kitesurfer in a sequence of positions within a single picture, much like

multiple exposures on a single frame whilst the manoeuvre is executed. This form of "movie in a picture" is easy to retain and re-visualise, quickly building confidence and the urge to get back on the water to try it for real.

For example, it far easier to visualise switching feet in a gybe turn rather than trying follow a step-by-step process of when to move which foot to where whilst the kite has a mind of its own. Too many things are happening at the same time - you've wiped out before you're half way if you try on this basis! This book shows you how to "feel it" right.

I've bought other books, watched training DVDs and read lots of web articles and can only say that this book is in an entirely different league. I recommend it highly for any intermediate kitesurfer who wants to venture into the waves - especially those 5 to 7m monsters that feature regularly off Bloubergstrand of Cape Town!

3 of 3 people found the following review helpful.

Very helpful

By Anderson

For people who prefer to have printed material rather than DVD, or for me for example to have it in a kite shop to instruct customers, this is what I'd say the best. Fully illustrated with pics and carefully written in all ways from safety to maneuvers. Great choice!! Recomend it.

See all 2 customer reviews...

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