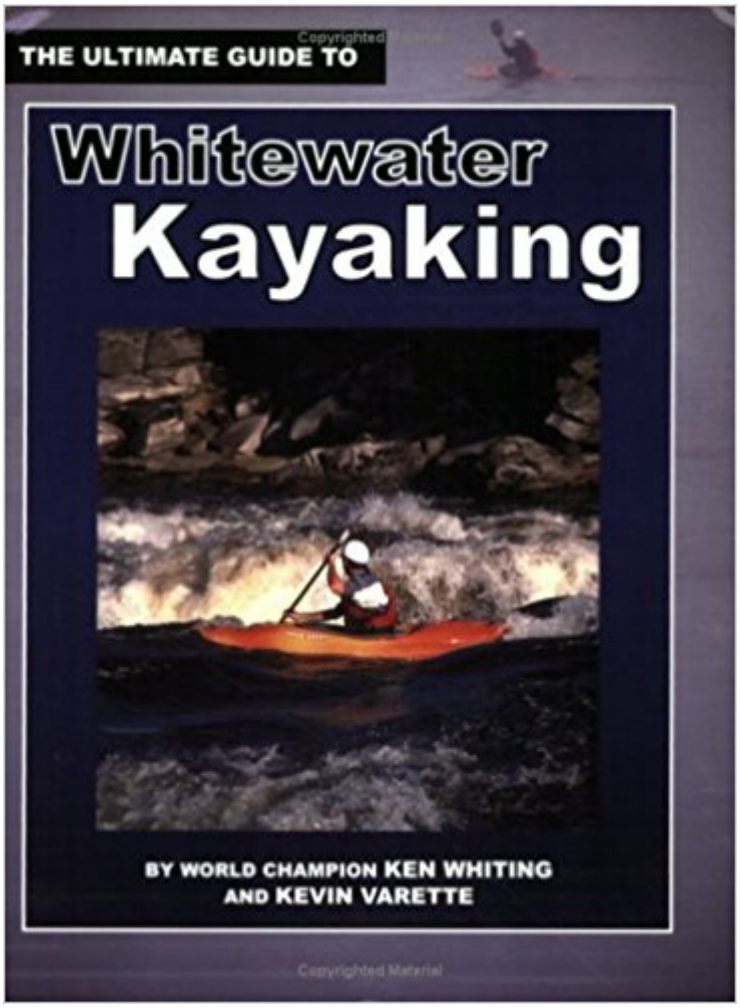
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The Ultimate Guide To Whitewater Kayaking



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Synopsis

The most comprehensive and valuable book on the sport. Includes detailed illustrations, stunning photos and literary contributions from the world’s most notable paddlers. Drawing on the combined 30 years experience of world-renowned paddlers and instructors, Ken Whiting and Kevin Varette, this manual 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: To choose the right equipment The essential strokes and paddling techniques The art of reading whitewater River running techniques River safety and rescue Playboating techniques Creek boating skills Big water skills Surf kayaking technique Squirtboating, slalom and much more

Book Information

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Customer Reviews

The Ultimate Guide to Whitewater Kayaking is the most useful book published on the sport of whitewater kayaking. It is a very big asset to my instruction in the sport. I find the diagrams and photos in the book to be very useful when referring to different river features or techniques. The photo on shoulder safety p. 27 in chapter 3, Essentials, particularly helps in showing and explaining shoulder safety when teaching proper stroke technique. Because I teach kayaking in an academic environment, I have many analytical students that benefit from the supplemental instruction that the Ultimate Guide to Whitewater Kayaking makes available. I also use this book in the classroom when talking about river features. Each chapter is easy to understand and provide a quick reference for my students. Even through my own personal reading of this book, I have found new ways to present

strokes and concepts. It offers excellent assistance to my explanation of the high brace and torso rotation. It has also helped me teach anticipation of the body and head leading into a turn or throwing down an initiation stroke for a cartwheel. After searching for and reading many books that might help supplement a whitewater kayaking class, this is the only guide that targets a range of students from beginner to advanced and aids individuals in developing their abilities in the sport. Thanks for the great product! --Martin H. Wiser, Kayaking Instructor at Utah State UniversityTerrific Instruction! --Toon, Editor, Kayak Session Magazine

World Champion kayaker, Ken Whiting is one of the most influential and respected paddlers in the world, and was recognized as such by Paddler Magazine as one of their 'Paddlers of the Century.' Ken was the 1997/98 World Freestyle Kayaking Champion, the 1998 Japan Open Champion, and a 5-time Canadian champion. Since 1998, Ken has written and produced a best-selling and award-winning series of instructional books and videos.

Great Book. Highly recommend. This book is like the bible for beginner paddlers looking to master whitewater. Ken Whiting is an amazing teacher. Easy to read and the pics are great.

I found this to be a good all-around introduction to the sport of WW kayaking, the most comprehensive I have found that actually deals with real world situations.

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