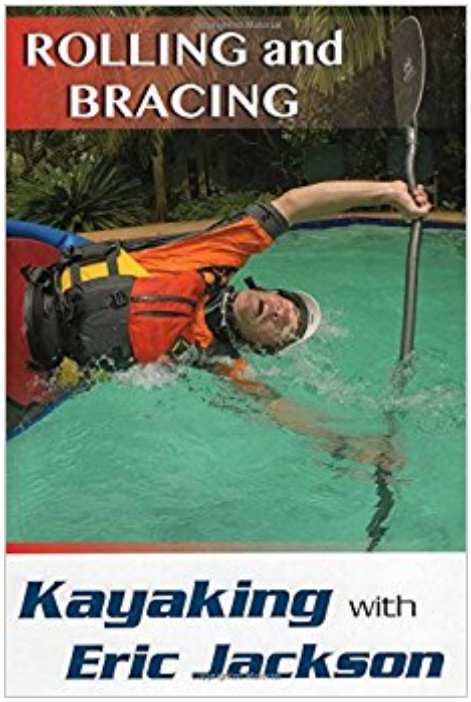
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Kayaking With Eric Jackson: Rolling And Bracing



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Synopsis

From a four-time world-champion freestyle kayaker comes the definitive guide to one of whitewater kayaking’s most fundamental techniques: the kayak roll. Learn how to enjoy kayaking safely and improve your skills with confidence.Best practices for kayaking in all water conditionsStep-by-step instructions for learning and mastering the kayak roll and bracingAdvice and theory for teaching kayaking to others

Book Information

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Average Customer Review: 4.7 out of 5 stars 4 customer reviews

Best Sellers Rank: #353,574 in Books (See Top 100 in Books) #63 inÃ Â Books > Sports & Outdoors > Outdoor Recreation > Kayaking #77 inÃ Â Books > Sports & Outdoors > Outdoor Recreation > Canoeing #866 inÃ Â Books > Sports & Outdoors > Water Sports

Customer Reviews

Eric Jackson has won over 100 kayaking events--the most of any kayaker in history--including three menÃ¢â ¬â„¢s pro World Championships, two Pre-World Championships, and one World Cup within the past fifteen years. He is the author of the bestselling kayaking books Whitewater Paddling: Strokes and Concepts and Playboating. Eric has also coached several kayaking teams to win major events, including teams with his children, who are both world champions. He lives in Walling, Tennessee.

I am a huge fan of Eric Jackson. He is THE MAN in kayak design and technique. However, I am a little underwhelmed by this "book". It is only 89 pages and less than a quarter inch think. Its more like a booklet. The quality of the print and content is very good but for the price its a little slim. Making the book thicker just for the sake of bulk would be silly. But either a lower price point or combining the material with another book (such as Strokes and Concepts) would be my suggestion to good ol’ EJ. For the consumer, I’d suggest that his Rolling and Bracing Video, even at the higher

price, is a better value. Certainly seeing the motion of the techniques is a huge advantage. EJ has an old standard resolution Rolling and Bracing video which features his son Dane as a small boy. CLASSIC. He has a new "Go Pro" version in HD. (You may have to go to the Jackson kayak site to buy it directly.) They are both very useful. I hope this was helpful.

Good explanations with simple illustrative photos.

excellent book

Finally I was able to spend the time to put my Rolling and Bracing program into a book instead of only DVD. Nothing is more important in your kayaking than these two skills! Enjoy! :)

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