



Aloha Surf Guide A Beginner's Guide for the Vacationing Surfer

Rusty Farrell and Dave Hill

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This is a thorough guide for anyone who wants to learn to surf or just learn more about surfing. *Aloha Surf Guide* introduces the reader to the sport with a concise chapter on surf history. It takes the reader through a step-wise progression from the equipment they will need for surfing, to how to carry and stand on a surfboard, to the culminating act of standing up and riding waves.

But that's not all--*Aloha Surf Guide* is chocked full of useful information to help you feel more comfortable and safer in the water. It explains important local water movements like rip tides , longshore currents , undertow and how to deal with them. There is detailed information on hazards that may exist in the ocean and how to avoid them. It even describes the rules of the road that surfers acknowledge while out in the water.

The final chapters of the book include a series of stretching and strengthening exercises that will physically prepare the reader for their next surf trip. These exercises require little equipment and are specifically chosen for those of all fitness levels.

Aloha Surf Guide is complete with over 150 full color photographs and diagrams making the instruction within easily understood even for those readers who are inexperienced in the ocean. Follow that up with its section on further reading and complete index and *Aloha Surf Guide* becomes a complete primer for anyone heading to the beach to catch waves.

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