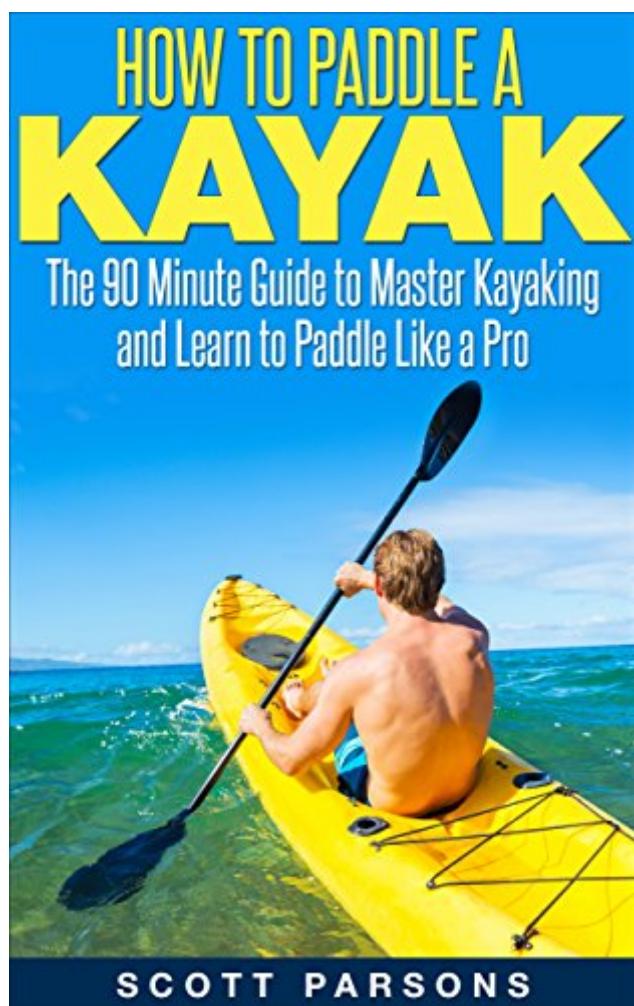


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# How To Paddle A Kayak: The 90 Minute Guide To Master Kayaking And Learn To Paddle Like A Pro



## Synopsis

Kayaking is an exhilarating sport ideal for fitness, upper body strength and improved flexibility. Yet with all sporting activities, you face real danger and threats each time you head into the water. It is vital that you have knowledge on how to avoid the risks and have fun safely while kayaking, whether you are a complete beginner or have some previous experience. In "How to Paddle a Kayak" you will find heaps of valuable information that will prepare you for your kayaking experiences and give you a head start before you even hold a paddle in your hands. The book focuses on lifesaving topics such as: How to read and manage the currents and tides using weather/water condition techniques Safety and recovery procedures and actions should you fall in the water Common paddling mistakes and how to avoid them This guide will also teach basic techniques that beginners can master in no time. Learn skills such as: How to select the right kayak and paddle Everything you need to know about buying kayaks for speed, lakes and open waters Launching your kayak The correct use of a paddle Staying centered and balanced while in the water Paddling a kayak correctly and effectively When heading to the water the more knowledge you have the more successful the kayaking experience will be. Don't take risks; learn the skills on how to avoid hazards and risks using techniques shared by the experts. This book will teach you the basics, ideal for those inexperienced and new to whitewater kayaking, additionally you will find an abundance of information to support your progress as you begin to gain confidence and attempt extreme kayaking. "How to Paddle a Kayak - The 90 Minute Guide to Master Kayaking and Learn to Paddle Like a Pro" - the must read for anyone seeking thrills from whitewater, ocean and extreme kayaking. This book will make all of your kayaking experiences positive and fun through clear and simple guidance. Grab yourself the must have read for all the guidance you need on safety, technique, strength and fitness through one of the most popular water activities. Don't launch your kayak until you have read this book! Check Out What Others Are Saying... "I'm a raft guide and I liked this book a lot. It's a short read that covers the basics and doesn't go too deep into any one area. And that's good; kayaking is one of those things you have to just put down the book and go do if you want to figure it all out. I liked the focus on safety and preparedness, especially for people who don't know anything about the sport. The author put in plenty of youtube links to explore - that's really, really cool! For example, he talks about how to get back into your boat when it flips and then there are video links to help put all the concepts together. So it's a really good combination of written and video presentation that makes things flow and gets you thinking about what you're getting yourself into." - M. Sean Eppers (Washington,

USA)"If your looking to get in to Kayaking, this book holds all the answers. You can read it from start to finish or use it as a reference manual. Either way it's a must have for Kayakers."- TJ (USA)"Well written for beginner and other full of bad habit, like me this book simple but accurate to its description have given me a bit of confidence after been away from the water for a long time cheers for sharing"- Philippe

## **Book Information**

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## **Customer Reviews**

I have never gone kayaking before, but I always wanted to try it. This book changed my perspective and opened my eyes to world of kayaking. I saw it as a fun experience. The contents of this book are very informative, and educative. I always wondered on the origin of the word "kayak" after reading this book I then got knowledge on the history of kayaks and kayaking as an art. It provides insight to the skills of kayaking starting with the basics. After reading this book, I got to know the importance of life jackets/PFDs, clothing to put on when kayaking, the weather condition and waters to go on, the various kinds of

kayaks and waters they should be on. It taught me how to paddle, which I will start practising soon. The pictures and illustrations in the book were adequate and helped in my learning process, it made the book easy to comprehend. I found this book to be an excellent primer as I have started getting into kayaking, the pace and flow of the book was great. It is easy to read and understand, it provided the basic skills and advice on how to avoid and handle dangerous situations when kayaking, above it is a very clear and concise book, plus provides a lot of links for more info.

went kayaking last weekend with my buddy for the first time. he said he'll teach me what he called "the art of paddling" but i don't like to come unprepared so got this book. what can i say? was exactly what i needed. true that if i go to all the sources and videos it would take more than 90 min, but you always have a chance to stick to the basics. while we were kayaking, i showed off with some 'moves' and terms i picked up from the book, which impressed him. lol. there are a lot of images and links to vids which were extremely helpful in teaching me how to paddle. reading this book made a huge impact on my weekend and i really saw how fun it is to kayak.

This guide to kayaking serves reasonably well as an intro-level set of lessons. [NB: I have the Kindle version.] Basic terms are introduced and usually fairly well-defined, though not always. Types of kayaks are described, though the characteristics which most heavily define them are not well-enough discussed. The text covers, rather succinctly if not at times tersely, basic techniques for kayak and water entry/exit, including the important wet-exit maneuver, and paddling skills. Links to helpful videos are offered (which for whatever reason my Kindle Fire device had troubles playing), but some things relied a bit too much on the video--good verbal description helps form the mental picture that must be properly built up to learn a skill, especially as skills become more complex. Introductory remarks about more advanced forms of kayaking and concomitant techniques are also offered, ranging from the appropriately cursory to more in-depth than necessary in a beginner's book. In all, though, moderately to well effective teaching is offered, and clearly presented.

I have been considering taking up kayaking for number of years now. I have had day dreams about getting back in nature. As a child, I remember early morning fishing trips with my grandfather. As we watched the Loon drive below the dark water of the lake and my memories of the rocky coast line of the lake as we trolled past by in our small boat. Now - that I am in my 40s, I wanted

to find a way to share this experience with my son. Could Kayaking be a cheaper alternative to a motorized boat? Found this book to be very helpful and thought provoking. For instance, I never even imagined the safety aspect of Kayaking. In fact, in my day dream, I had envisioned jumping into a Kayak and then just paddling down the river. But, there are a whole lot of safety issues you must prepare for before you even enter the water with a Kayak. For example what to where, what to bring with you, what to do when you capsize your Kayak and even how to paddle in different water conditions. This book does a great job at covering all the safety factors, you should consider before embarking on your first Kayak trip. Plus, you will learn what techniques to practice that will help & keep you safe in your adventures. The knowledge in this book might even be lifesaving in dangerous situations.

I'm a raft guide and I liked this book a lot. It's a short read that covers the basics and doesn't go too deep into any one area. And that's good; kayaking is one of those things you have to just put down the book and go do if you want to figure it all out. I liked the focus on safety and preparedness, especially for people who don't know anything about the sport. The author put in plenty of youtube links to explore - that's really, really cool! For example, he talks about how to get back into your boat when it flips and then there are video links to help put all the concepts together. So it's a really good combination of written and video presentation that makes things flow and gets you thinking about what you're getting yourself into.

I saw this e-book online and am glad I did. This book is just as described, a primer on paddling. This would be outstanding book for those interested in trying kayaking; ensuring that accurate expectations are made on the material, knowledge, and physical ability/strength needed to perform on the water. I particularly like how it introduced sea kayaking and whitewater kayaking and some of the more advanced skills required for these disciplines. Of final note, I am very happy that the author emphasizes safety and PFD use throughout the book; these are too often overlooked and stowed instead of worn. As someone who has been caught in a strainer and had to be rescued by others in my party, I can say that my PFD is never stowed, always worn, regardless if I'm paddling a flat lake or fast water.

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