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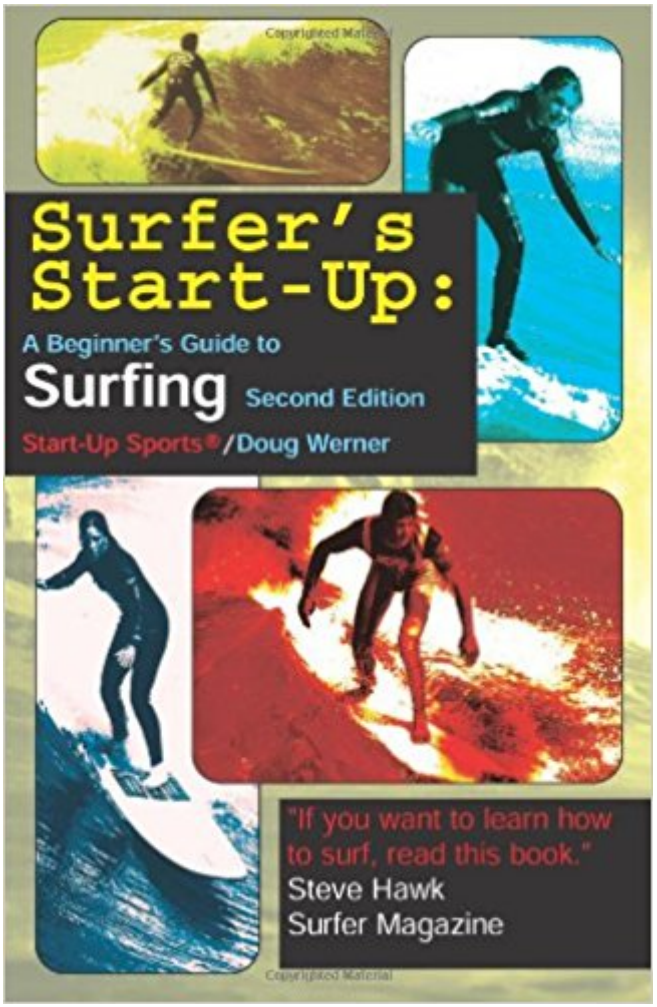
Surfer's Start-Up: A Beginner's Guide To Surfing (Start-Up Sports Series)



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Synopsis

Recommended by the United States Surfing Federation as a book that every beginning surfer should read, this instructional guide details the basics of surfing gear, conditions, safety, etiquette, and history. Written by someone who went through the learning process, topics are covered with just enough detail to get the reader riding the waves quickly and safely. It teaches the beginner surfer the fundamentals of the sport; what to expect in the first days of learning; and how to cope with waves, learning frustrations, and crowds. This edition has been updated with the latest information on equipment, technique, and resources.

Book Information

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Customer Reviews

Grade 7 Up-This second edition of a standard instructional guide features new photographs, updated text, and a new and very extensive list of resources, including Web sites. Using a relaxed, casual approach that is entirely appropriate to the subject matter, Werner covers basic instruction, surfing gear, safety, etiquette, and history. In addition, there is a fairly detailed discussion of different types of waves and of localism, the tendency of regulars at a particular surfing spot to band together to drive away outsiders. Minimizing neither the inherent difficulty in learning the sport nor the potential dangers involved, the author provides a solid and at times inspirational guide. More of a "how to" book than for reports, the title’s usefulness may be limited to those areas where the sport is actually practiced.Richard Luzer, Fair Haven Union High School, VT Copyright 1999 Reed Business Information, Inc.

This basic text provides a handy reference for those who need to learn about proper surfing technique and other fundamental information. Werner, an avid surfer from San Diego, manages to cover all the main points of the sport in its most elementary form. Chapters entitled "Surfing Gear," "The Right Waves," "Before You Paddle Out," and "Angling" all get to the meat of the matter. The author then fills in the big picture by including a brief history of surfing after the lessons. A glossary of surfing terms, list of resources (magazines, organizations, etc.), and some thoughtful, useful illustrations complete the package. Werner generally eschews the cutesy surfin' safari lingo that often plagues books such as this. An inexpensive and possibly useful purchase for those libraries that discern a need in their collections.- David M. Turkalo, Social Law Lib., BostonCopyright 1993 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Great intro guide to surfing. I'm going to learn to surf this year and this book made me feel comfortable digging in and doing it. The writing was pleasant and the book's pace was brisk. There were no awkward moments or boggy sections. I finished it quickly and got a lot of information from it.

I really liked this book.The first 2 chapters are an introduction to boxing and what equipment you'll need as you go deeper into training.Chapter 3 through chapter 10 are the fundamentals - from stance (very important) through sparing.Each function and mechanic of a technique is described very well and great and useful detail is given.The section regarding wrapping your hands - don't worry too much if you don't get it here. It takes a while to figure out how to wrap. They have dvd's and videos dedicated to just wrapping your hands so don't stress out.The writing has personality and the teaching isn't preachy or too butch or too vague. It's a nice and easy introduction to the fundamentals. Again - this is a beginners guide and is really for the beginner - NOT exclusively as I got some good detail regarding throwing a hook punch.Also the pace of the book builds as your skill builds - the order of chapters and tools taught are exactly where they should be.Chapter 11 is a brief history of boxing which I enjoyed.Chapter 12 consists of the author's journal entries(a newcomer to boxing)- they are his first 6 months of lesson's with Alan Lachica - who sounds like one very cool guy and one of the best coaches out there for those interested in practicing the Sweet Science.Great book for the beginner

Great little book for beginners. Clear and concise. Thank you!

Excellent for beginners

Got this book for my 10 yr old. Explains simple basics on surfing. Easy to understand. Lots of pictures!Definitely a great buy.

This is a good read if you are interested in beginning a boxing program for exercise or competition. However, it shouldn't replace training with a real boxing trainer especially at first to get you started right.

HELPS U UNDERSTAND THE HOW'S AND WHY'S OF TRAINING.....IT ALSO STRESSES THE IMPORTANCE OF KEEPING YOUR BOXING STANCE

I think this is a helpful book for coaches that teach beginners or folks entering their first foray into the sport of boxing.

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