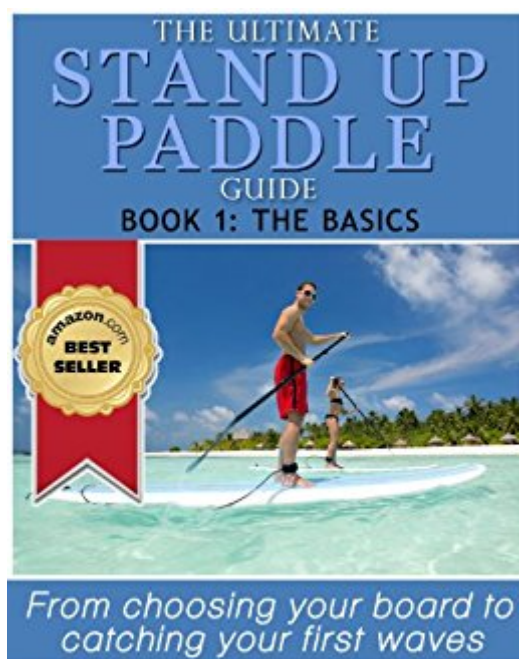


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# The Ultimate Stand Up Paddle Guide - Book 1: The Basics (Stand Up Paddle Guides)



*Jon Michaels*



## Synopsis

Updated 2017 Edition #1 BEST SELLER in watersports and receiving 5 STAR REVIEWS. "Well presented professional guides... concise and easy to follow..." "Good guide, helpful videos" "Awesome value book" "You can buy both books together as a complete series... recommend doing that..." "Great value for money" "Anybody interested in taking up or improving their abilities in stand up paddle surfing should get this guide" Description: Want to learn how to Stand Up Paddle? Want to learn the skills required to do one of the world's fastest growing sports correctly and safely? Then this Guide has all the information you need, from choosing your board right through to catching your first waves. Jon Michaels has used his years of experience of Stand Up Paddle Boarding, watersports, and instructing, to put together this series of Stand Up Paddle guides that make it EASY for you! Book 1: The Basics, will guide you through each step of Stand Up Paddle Boarding and make sure you have the knowledge to do it safely and correctly right from the start. It will take you through your very first experiences and move through skill progressions and onto more advanced steps and in-depth knowledge. This also means that there is plenty of information useful to the novice Stand Up Paddle Boarder who has some basic experience already. Learn about all about the gear, choosing the correct gear for you, preparations for your first paddle, understanding the water, safety considerations, and of course specific paddling techniques from basic to advanced strokes. This guide also includes links to approved instructional videos that compliment the knowledge you will gain from the book. This guide you will arm you with ALL the knowledge you need to get out safely and confidently on the water for the first time, or build on the skills you have already gained as a novice. So scroll up and click "BUY NOW" to start learning how to Stand Up Paddle Board straight away!

## Book Information

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## Customer Reviews

Well illustrated basic primer on paddle boarding. A good instructional manual. What i like is that he references free video tutorials and gives the link to these to augment the book. The only reason that I gave it a 4 is due to poor formatting which is disconcerting. The reviewer is the author of the new Kindle book entitled: SEX EDUCATION FOR ADULTS SECRETS TO AMAZING SEX AND HAPPILY EVER AFTER TOO

This is a guide that will take you all the way through from buying your board, up to learning what you need to do when out on the water. It teaches you the skills you will need to have to stand up paddle effectively, and more importantly, how to be safe when doing it. It is nice and simple while still being really thorough. This is a really great guide for the beginners and experienced alike. Anybody interested in taking up or improving their abilities in stand up paddle surfing should get this guide.

This is a really good guide to Stand up paddle boarding. I hadn't done any paddle boarding but have read the guide and been out a few times now. Loving it! There's a lot of useful descriptions of different strokes with photos. Also, at the end of the book, there's a link to videos that correspond to stuff you learn in the book. They don't go into as much depth as the book, but I found them really helpful after having read it. Awesome value book.

Both of the books in this series are well presented professional guides with all the necessary information to get out paddle boarding. Also, they're concise and easy to follow which is just what I was after. I see now you can buy both the books together as the complete series. If you're

considering it, I'd probably recommend doing that, as the second one follows on nicely from the first, and it doesn't cost much more than buying just one.

I bought this book (and subsequently the second book) to learn a bit more about Stand Up Paddling, after I had tried it a few times and enjoyed it. I found the guide to be an excellent source of information that was well presented. It includes many helpful diagrams and photos, filled in some holes in my understanding, and has many useful tips too. An excellent guide and great value for money.

I've done some stand up paddling before but thought I'd read more about it. This book helped me with paddling technique, and other general considerations that I wasn't aware of. I liked the videos too, they make it really easy to understand everything that is described. Good book, great value for money. Definitely a worthwhile purchase.

I downloaded this to help me begin my steps in getting started. It was very helpful in what to look for when choosing a board and the pros and cons of renting vs buying. The beginner techniques were very helpful and user friendly. I can't wait to gear up and head out!

Just the basics - perfect for a family of beginners trying it out during a week at the lake. Basic, easy to understand techniques as well as safety information. Will keep this in the library for reference when we try it in the surf!

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