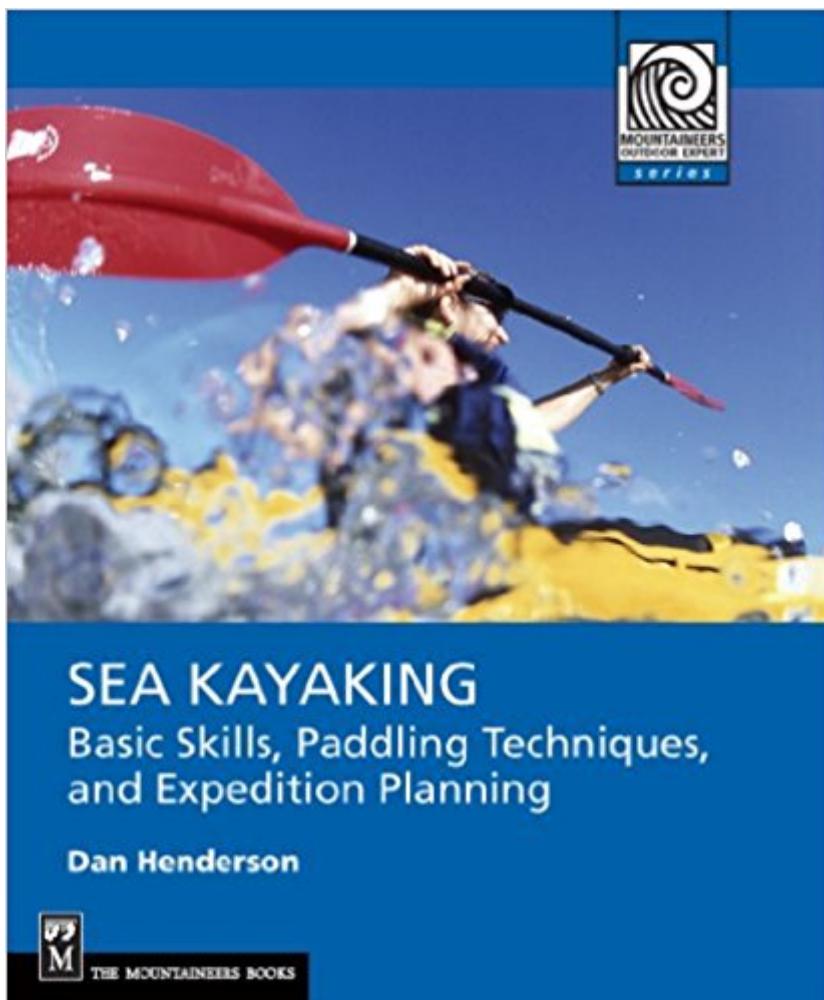


The book was found

Sea Kayaking: Basic Skills, Paddling Techniques, And Expedition Planning (Mountaineering Outdoor Experts)



Synopsis

CLICK HERE to download the section on sea kayaking "Safety: Self & Assisted Rescue" from Sea Kayaking* Features 130 demonstrative photographs and 30 charts and illustrations * Written by a veteran paddling coach and expert in kayak stroke efficiency * Advice from expert contributors throughout adds full range of experienceThe latest addition to the award-winning Mountaineers Outdoor Expert series, Sea Kayaking: Basic Skills to Advanced Paddling Techniques, offers authoritative advice for paddlers of all levels, from beginners considering their first gear purchase to competitive kayakers looking to perfect their forward stroke. As a longtime paddling professional and National Team coach, author Dan Henderson draws from a lifetime of personal experience, teaching, and his academic research in exercise science to instruct readers on everything they need to know to get out on the water, including: * Gear -- how to pick the right kayak for your body size, skill level, and lifestyle * Foundations of safety, how to plan and prepare, and must-know advice for assisted and self-rescue * Basic paddling styles to advanced techniques (side slipping, edging, bracing) * Techniques for a range of conditions caused by wind, waves, currents, swells, and more * Expedition planning and camping * Getting the most out of kayaking for fitnessÃ ÄÃ¢ Ã“DanÃ¢ Ã„cs participation in paddlesports is celebrated by a lifetime of contribution to the sport, friendships that span the globe and professional success across all disciplines of paddling. The opportunity to learn from DanÃ¢ Ã„cs experience will only add to your enjoyment and success in the sport.Ã¢ Ã• -- Joe Jacobi, Chief Executive Officer USA Canoe/Kayak

Book Information

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Customer Reviews

DAN HENDERSON is president of Cascade Canoe & Kayak Centers, Inc., one of the most popular outfitters in the Northwest, with two locations in the Puget Sound area. Henderson often speaks at paddle shows and symposiums and has written numerous articles for Wavelength, Canoe & Kayak, Sea Kayaker, and other publications. As the co-author of the International Canoe Federation Coaching Manual (the world and Olympic governing body for kayak and canoe racing) and many articles on paddling technique, as well as being a Master's candidate in Biomechanics with a focus on the kayak forward stroke, Dan is a world leader in writing, research, and understanding of kayak forward stroke efficiency. Stay in touch with Dan on his blog. Dan's lifetime paddling distance equals nearly three times the length of the equator, a milestone that he almost exceeded in the fall of 2008 during an attempt to circumnavigate Vancouver Island. (He had to call off the effort on October 5th due to emerging storm patterns.) Other paddling accomplishments include: * Open canoe touring, flatwater to class 3. * Decked canoe whitewater to class 5, slalom and downriver; member 1988 US Wildwater Team. * Flatwater canoe sprint 1978 to present; member US Flatwater Team 1982-88; trained and raced in Hungary 1981-83 and 1985-86; Pan American * Championships bronze medals 1983 and 1987; multiple national championships in flatwater Senior canoe events and Masters canoe and kayak. * Flatwater canoe/kayak sprint coach 1989 to present; Seattle Canoe and Kayak Club Head Coach 1989-93; US National Development Coach 1993-96; * Cascade Canoe & Kayak Racing Team Head Coach 1997 present; Seattle University Canoe and Kayak Team Head Coach 2007 present; US **World Championship Team Leader 1995 and 2003; US Junior World Championship Team Coach 1993. * Sea kayaker 1989 to present; instructor 1990 to present. * Washington State Boating Commission, paddlesports representative.

I read this book in conjunction with another titled ""Sea Kayaking Illustrated; A Visual Guide to Better Paddling" by John Robison, which covers essentially the same subject matter. Both are good beginner books, but the medium of Robison's guide is hand-drawn line illustrations and humor, while Henderson's is mainly black and white photographs and a more sober approach, full of cautions and safety information. Henderson must be a group kayaking guide because his writing style is that of a group leader thinking in terms of responsibility for a group of kayakers. I don't knock this because I thought his information was insightful and ultimately valuable, especially for it's

emphasis on safety and detail. It was first published in 2012, so the information contained is timely and I have lots of yellow sticky notes protruding from my copy, marking things I want to reference later. However, I was glad I also had the Robison visual guide on hand, for its humor and entertainment value. If I wanted a complete introduction to sea kayaking, I'd consider buying both (as I did) and reading them together to obtain the insight of the contrasting styles.

I'll start by saying that Dan Henderson has probably forgot more about kayaking than I have learned to date and that his experience and technical efficiency would probably result in him paddling circles around me. However, after reading Dan's "About the Author" in the book, I can see how his being a "world leader in research and understanding of kayak forward stroke efficiency" and his time spent coaching and participating in kayak racing leads the book to gloss over much of the basic information about sea kayaking and spend a good bit of time on paddling theory. I do understand that a shotgun approach allows little room to fully delve into details, but the section on clothing takes a page and a half. The section on life jackets is one paragraph that pretty much says "put on a life jacket". In contrast, it takes nineteen pages to breakdown the science of the forward stroke. A number of topics provide just enough information to get you pointed in the right direction, but will require additional resources for the details and practical application. I did find the chapter on kayak design very well done and informative. Don't bother with the chapter on course plotting and navigation...pick up a copy of Simple Kayak Navigation by Ray Killen. Overall, I did find a fair amount of useful information in this book to justify the cost...just not the five star ratings provided by the other reviewers.

I have looked at a number of beginning and beyond beginning level books and this is about the best I have read so far. It covers a very broad range of information about all sorts of paddling issues - actually more than I was interested in. However it is very well written and a pleasure to read and on occasion even to re-read the areas I am particularly interested in about sea kayaking.

The author is clearly a very details-oriented person. The combination of his extraordinary knowledge -- and fantastic writing/editing -- results in a lucidly written book that is both complete and correct, while being easy and enjoyable to read. One example of how well he described detailed information is where he describes how to remount a capsized kayak. There are many details involved that an experienced kayaker might think too trivial to mention. However, for the benefit of those less experienced, an adequately detailed explanation is helpfully included. Overall, this book strikes me

in a fashion similar to if basketball's famous "Coach K" were to write a manual for how to play H*O*R*S*E. The author obviously knows of what he speaks, but as voluminous as the knowledge imparted in this book is, his profile indicates that his knowledge and experience is greatly larger in scope. And just as H*O*R*S*E players would benefit from Coach K's treatise, Sea Kayakers similarly benefit from this book. The one word that best sums up this book: Encyclopedic. This book is not only the most authoritative book on sea kayaking that I've seen, but it is the most authoritative such book that I can imagine. It should be on every sea kayaker's bookshelf as a reference book. That goes not just for beginners, but for intermediate and even advanced folks. I'm extremely impressed by this book.

I have been an avid kayaker for 20 years. I do winter paddling and racing and surfing with my 4 different kayaks. This is the best kayak book I have ever read. There is information in here on numerous subjects that you will not find anywhere else. This book is written for both the beginner and the advanced kayaker. It is unique in that it also covers how our body and muscles work so that we can train and perform better, whether you are in a sea kayak or a surf ski.

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