



Girls Gotta Surf: Entry Level: White Water Queen

Cathy Lawler

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Girls GOTTA Surf: Entry Level: White Water Queen, is a step-by-step guide for easing into the world of surfing. It is the first book totally dedicated to the novice female surfer, and teaches the basics of surfing on the "bunny hill of surfing," the white water. These pages offer encouragement and explain, in detail, how the novice can progress gradually into a competent surfer. (An entire chapter is devoted to "The Art of Standing Up!") If you are having fun, feel safe and use proper techniques from the start, you will progress without even realizing it! You can learn to surf by tackling one skill at a time, one step at a time, one wave at a time. You will appreciate the clearly described techniques that are illustrated with over 200 superb color photographs and graphics. Encouragement is offered through personal stories of frustration and eventual success. Overcoming the unique challenges of the female surfer and taking advantage of her strengths are also discussed. Other topics covered include: safety, best beginner's surfboard, carrying your board, ocean conditions best suited for "white water" surfing, getting through the break, tummy riding, paddling, the importance of surf lessons, how to stand up quickly on the board, stance, maneuvering tips, timing, and surfing the more powerful white water waves. With practice and perseverance, you will soon be ready for the next levels: In the Blue and Surfin' Savvy. Check out our website www.girlsgottasurf.com for more info!

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