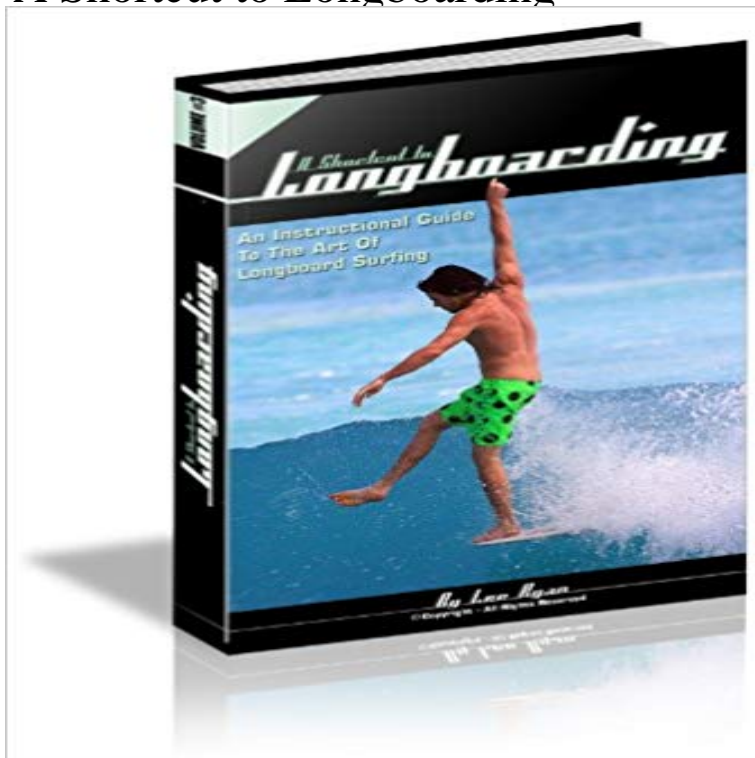


A Shortcut to Longboarding



Are you new to the sport of longboard surfing and want to fast track your learning program? Or are you a veteran of the sport who needs to iron out some bad habits you have picked up along the way? Either way, I can help you get the most out of your next surf session, so you leave the water with a smile on your face! I am a former professional longboard surfer who competed on the Association of Surfing Professionals (ASP) World Tour for the past 10 years. I have numerous titles to my name, including nine British National Longboard Titles and was ranked in the top 10 in Europe and the top 20 in the world throughout my professional career. When I was not competing, I coached surfers of all ages and abilities on a one-to-one personal basis to give them my undivided attention and help them achieve their personal goals. I have coached the British and New Zealand Junior Teams at various team training sessions leading up to the European Championships and the ISA World Surfing Games and am now the Coaching Director for Surfing New Zealand. Surfing often takes me travelling and away from home, so I am not always available to teach on request. With surfing being so reliant on having the right conditions, wind direction, tides, and swell etc., its not always possible to have perfect waves to go out in and pass on my skills to students. So I have put all my coaching ideas and tips into this instructional book on longboarding. Therefore, no matter where you are, and whether the waves are 1ft onshore or 6ft offshore, you can have my instructional book full of handy tips to make the most of your next surf session at any time! Benefits of reading this ebook Heres what you can expect from this ebook: Learn how to improve your jump up, stance and style, walk the board, hang five, hang ten, perform drop knee cutbacks, paddle out in big surf and many more surfing techniques. You will receive top tips

from the worlds best professional longboarders, including 2012 World Champion Taylor Jensen (USA), 2009 World Champion Harley Ingleby (AUS) and 2006 World Champion, Josh Constable (AUS). Information on board design, fin design, fin placement and choosing a new longboard. Learn Surfing Etiquette. Surf Fitness - How to train to be a better surfer. Colourful photos explaining each manoeuvre in detail. PowerPoint Tutorials breaking down the manoeuvres and make them easier to understand. Instant access to the information you need when YOU want it, any time - 24 hours a day. Yours to keep forever... It wont fade or get eaten by the dog! Here is some feedback on my coaching that Ive received from past students: Thanks for a very enjoyable two days. I really appreciated your analytic approach, and it has given me a lot to work on. You have an excellent inspirational coaching technique.--Tony Wright Just a note on behalf of us all Glen, Jon, Mark and Damian, to say thanks for all your help, guidance and enthusiasm over the last few days. Until Thursday, Id never been anywhere near a surfboard... But now, every time I close my eyes, Im catching waves. Not much gets me up at 5.00 am on a Sunday morning, so suffice to say Im hooked! Well be back!--Glen Just wanted to say thank you for spending time with Stuart and I on Wednesday and Thursday. We both got so much out of meeting you. All those little tips about warming up, paddling out and wave selection will make a huge difference to me. Once I have nailed those, I can really push on with the turns and cutbacks using the weight adjustment I hope! So, thanks again and very much looking forward to having another coaching session with you.--James Sheehan This is just a short note to thank you for the session we had a fortnight last Thursday morning. Following my recovery over the Friday, the Saturday before my return home turned out to be one of my best sessions! This undoubtedly is due to your tuition and confidence building. - Richard

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