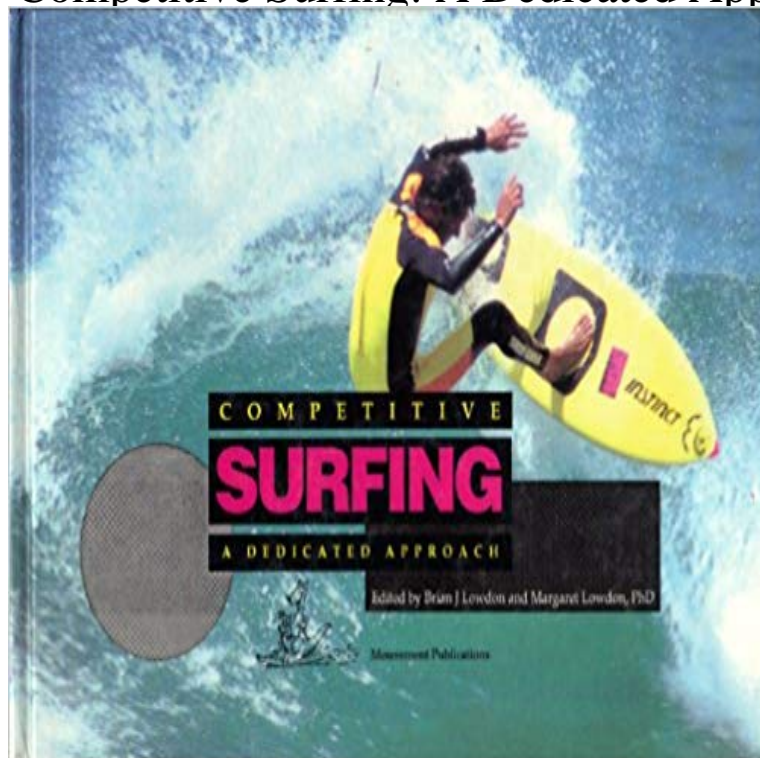


Competitive Surfing: A Dedicated Approach



If you are a surfer who wants to ride more waves and better understand how to improve your skills in both free and competitive surfing, then this book is for you. Written by some of the worlds foremost surfers, and by renowned coaches and surf scientists. It provides a unique approach to improving your surfing skills. Never before has a book detailed the theoretical and practical passage to performance surfing.

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