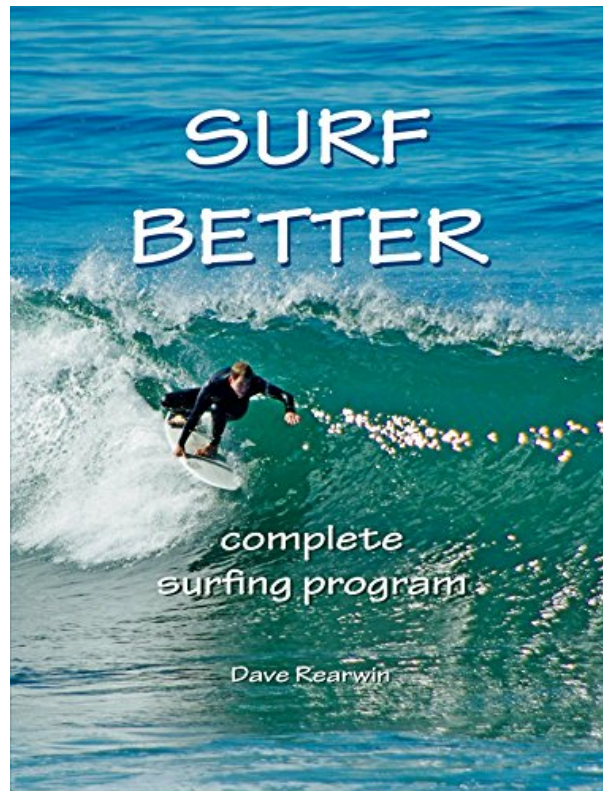
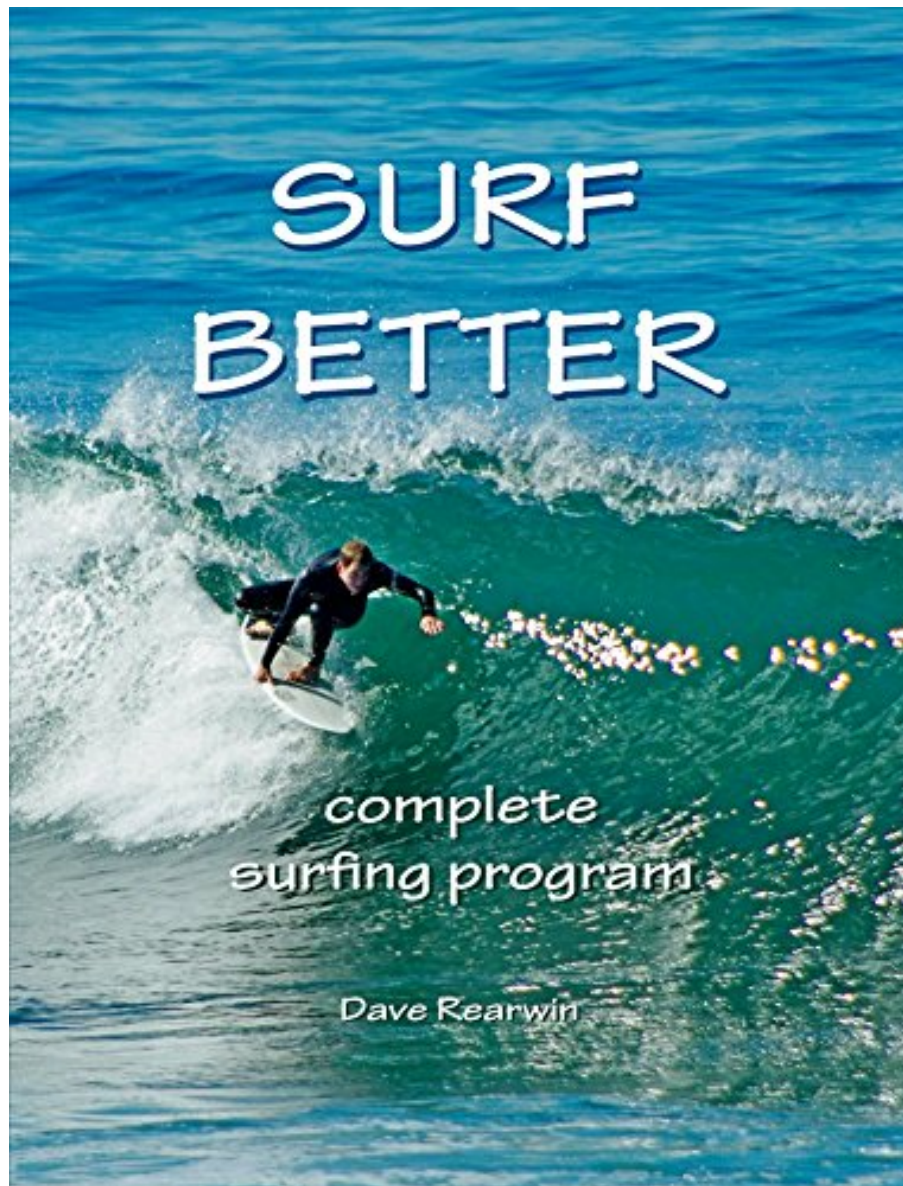


SURF BETTER -- COMPLETE SURFING PROGRAM BY DAVE REARWIN



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About the Author

Dave Rearwin grew up surfing in Southern California in the 1950s with a crew that included legends like Rick Naish, Carl Ekstrom and Butch Van Artsdalen. He transitioned from balsa to foam, from longboards to shortboards, and from the no-leash, no-wetsuit era to the ease and comfort we enjoy today.

Surf Better is the product of his long and varied experience with all phases of surfing.

Responding to the needs of surfers of all skill levels, including those returning after long layoffs or recovering from injuries, he also developed a series of non-destructive, zero-impact, surf-specific exercises—exercises which proved their worth by allowing him to get back into surfing after non-surfing injuries forced a layoff of several years. These are included in the Dry Land Surf School section.

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Latest edition: v.2.0, revised, expanded and improved. Longboard + Shortboard, with new images and detailed explanations. Includes detailed Shortboard section* with multiple images and analysis of common moves including off-the-lip and aerials, plus common errors to avoid.

- New information, additional graphics, more detailed explanations.
- New layout for easier reading (and Kindle viewing).

*For an all-shortboard experience try the DVD: Surf Better - Shortboard in both Regular and Goofy-foot editions.

Surf Better is a must-have book for surfers, ocean-goers and anyone looking for a simple, effective way to get in shape and stay there. A complete surfing program including fitness, tactics and techniques, wave knowledge, and more. Fully illustrated.

- Instructional surfing photos
- Surfing technique and check list
- Dry Land Surf School with workouts and agility drills
- Understanding waves and swell direction
- Surfing a new break
- How to read waves, rips and boils
- Using tides and currents.

PART I: SURFING TECHNIQUE

Preparation and Takeoff – Getting pitched, pearling: waves & tactics – Takeoff tips – Dealing with Backwash – Turns – Shortboard Action: Turns, Off-the-lip/foam, Air – Turning: Arm, Shoulder and Upper-body Action – Outside arm snap – Form Follows Function – Turning off of the Foam – Turn or Snap off the Lip – Off the lip/Snapback: step by step details – Off the Lip and Air – Getting Air – Common Errors – Foot Position – Frontside vs. Backside – Cross-stepping and Nose riding – Technical Practice Checklist – Leash Management and the “Houdini Moment”

PART II: KNOW YOUR OCEAN

Sea, swell and waves - Wave formation and propagation – How waves travel – How fast do waves move? – What defines “deep water” and “shallow water?” – Ocean facts

PART III: KNOW YOUR BREAK

Swell direction and the "magic number" - Tides - Wave refraction and Island wave shadows - The effects of wind – How waves behave in shallow water - Interpreting swell information – Understanding size vs. power – Using reef boils – Using currents

PART IV: DRY LAND SURF SCHOOL

Full flexibility, agility and surf simulation section with dozens of exercises and workout packages.

“...then he floated an "Off the lip, center my ass by bringing my board back under me recovery"—pretty awesome move and proof that his book is working.”

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Most helpful customer reviews

4 of 4 people found the following review helpful.

Something for everyone

By Landlocked Surfer

Dave Rearwin's Surf Better is actually two excellent books in one. The thoroughly researched first half of the book offers a detailed analysis of ALL of the components of surfing. Chapters cover wave formation, tides, currents and how to interpret a surf report as well as everything from surfing technique to proper wave etiquette. Discussions of weight distribution, foot placement and body position are accompanied by photographs and detailed analysis. Checklists are given covering every stage of your wave from pre-ride through turning. Those new to the sport as well as experienced surfers will find it a valuable reference book.

The second half of the book contains what I feel is the real gem - the exercise program. Accompanied by photo illustrations of each exercise from start to finish, the exercises are simple and effective, requiring no special equipment other than a set of hand weights. You can do them all, or customize them to create a program that suits your needs. While these exercises are designed to complement surfing, the focus on flexibility, agility, strength and core stability form the foundation of any sensible exercise program. Whether you are an athlete, recovering from an injury or just want to be stronger and more flexible, these exercises will help you to reach your goals both safely and effectively.

4 of 4 people found the following review helpful.

i really liked this book

By pain doc

i have been surfing off and on for 46 years. i really never got really good at it although i have had my share of great waves.

this book has really helped me understand many things about surfing that i honestly never would have figure out on my own.

and it is all very practical help.

i wish i could find a book like this for everything in my life.

4 of 4 people found the following review helpful.

One of the better books for intermediate surfers

By Michael W Radcliffe

One of the few books I've seen for intermediates that goes into foot placement and mechanics without all of the "shredding" hype. My only complaint is the photos are really poorly reproduced and blurry.

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