

A Comprehensive Training Manual for Developing and Competitive Surfers - The Falcon Guide



Are you a budding surfer looking to take your skills to the next level? Or perhaps you're a competitive surfer aiming to dominate the waves and reach new heights in your career? Look no further! This comprehensive training manual, *The Falcon Guide to Surfing*, is the ultimate resource for surfers determined to enhance their abilities and succeed in the world of competitive surfing.

Get Ready to Ride the Wave of Success

Surfing is not just a sport; it's a way of life and a thrilling experience. Whether you're a beginner or an intermediate surfer, this training manual is designed to

take you through every step of the learning process, helping you develop a strong foundation and master the techniques needed to become an elite surfer.



The Art of Surfing, 2nd: A Training Manual for the Developing and Competitive Surfer (A Falcon Guide) (Surfing Series) by Raul Guisado(Kindle Edition)

★★★★☆ 4.6 out of 5

Language : English

File size : 19955 KB

Text-to-Speech: Enabled

Screen Reader: Supported

Word Wise : Enabled




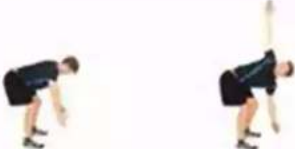

Print length : 240 pages

Lending : Enabled



The Falcon Guide covers a wide range of topics that are vital for any surfer's growth, such as:

- Choosing the right surfboard and equipment
- Understanding different surf breaks and ocean conditions
- Perfecting your paddling technique
- Mastering the art of pop-ups and maneuvering on the board
- Learning how to read waves and positioning yourself for optimal rides
- Executing powerful turns, airs, and tube rides
- Building strength and endurance through dedicated training routines

<p>Balance Board Squats</p> <ul style="list-style-type: none"> Stand on the balance board and perform a squat by pushing your hips back as you squat. Make sure you brace your core and keep your chest up and try to maintain your balance. 		8
<p>T-Pushup</p> <ul style="list-style-type: none"> Perform a standard pushup then as you push back up, rotate your body to one side and reach your arm above your body. Alternate sides each repetition. 		8
<p>Aeroplanes</p> <ul style="list-style-type: none"> Stand on one leg with your knee slightly bent and arms out to the side. Bend forward from your hips and extend your other leg out behind. Once your body is parallel to the ground, return to the start position. 		6 / leg
<p>Reverse Lunge with Overhead Twist</p> <ul style="list-style-type: none"> Lunge backward and lower your back knee towards the floor stopping just short of touching. Your knee should end up above your foot. Rotate your upper body to the same side as your front leg. Pause, then reverse back up to the start position. 		6 / side
<p>Bent Over Reach</p> <ul style="list-style-type: none"> With your knees bent slightly bent forward at your hips and hand your arms down straight. Brace your core and rotate and reach one arm as high as you can. Pause, then return to the start position. 		6 / side
<p>Wall Slides</p> <ul style="list-style-type: none"> Stand with your back against a wall and arms bent greater than 90 degrees. Keeping your shoulder blades squeezed together and wrists pushed back into the wall slide your arms up and down the wall. 		6

Become a Competitive Force

Being a competitive surfer requires a unique set of skills and mindset. The Falcon Guide delves deep into the strategies and techniques needed to succeed in surfing competitions, providing invaluable insights from experienced professionals. From perfecting your heat strategies and wave selection to honing your aerial and carving maneuvers, this manual will equip you with the knowledge

and expertise necessary to outshine your opponents and leave a lasting impression on judges.

Unveiling the Hidden Gems

As you dive into the pages of The Falcon Guide, you'll discover numerous hidden gems and expert tips that will elevate your surfing experience. The manual is filled with stunning photographs, detailed illustrations, and step-by-step instructions, making it an engaging read for everyone interested in the sport.



Additionally, the Falcon Guide delves into the rich history of surfing, paying homage to the legendary surfers who shaped the sport and providing an understanding of the cultural significance behind riding the waves. It also explores the evolution of surfboard design, allowing surfers to appreciate the craftsmanship and science behind their essential tool.

Unlock Your Surfing Potential Today

Whether you dream of becoming a professional surfer or simply want to improve your skills and enjoy the thrilling experience of riding waves, The Falcon Guide to Surfing is a must-have manual for any surfing enthusiast. Each chapter is designed to build upon the previous one, creating a systematic and progressive approach to your growth as a surfer.

So, gear up, grab your board, and dive into the world of surfing with The Falcon Guide. Let it be your trusty companion on your journey towards becoming a skilled surfer capable of conquering any wave that comes your way!



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Surfing has evolved from a relatively obscure pastime to one of the fastest growing sports in the world. Today, there are millions of surfers across the globe. *The Art of Surfing* was the first book of its kind to avail participants, both beginner and advanced, with the same training and coaching principles of the more established and traditional sports. It has empowered both recreational and competitive surfers to prepare for and catch the best waves.

This thoroughly revised and updated new edition—with 160 color photos—covers boards and equipment, the anatomy of waves, body position and stance, and techniques for everything from paddling to walking the nose. Special chapters on competition and training, biomechanics, and the psychology of surfing round out this first-of-its-kind textbook for the developing surfer. Inside you'll find information on:

- The basics of boards and other gear, the anatomy of waves, and a review of basic maneuvers
- Advanced techniques for everything, from paddling to turning to walking the nose
- Basic and advanced exercises for improving flexibility, balance, and stability
- Strength-training and power-building routines
- Cardiovascular endurance workouts, as well as cross-training options
- Tips on performance nutrition, and the latest advances in sports psychology

A chapter on surf contests rounds out this coaching and training manual. Let *The Art of Surfing* help you develop a game plan to boost your physical, technical, and mental performance--and prepare to catch the next wave.



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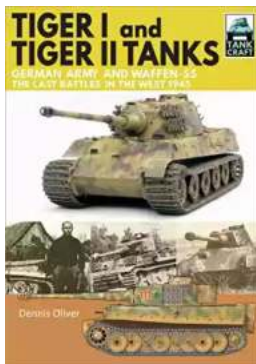
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