

## **Competitive surfing : a dedicated approach / edited by Brian J. Lowdon, Margaret Lowdon, PhD**

### **Description**

If you are a surfer who wants to ride more waves and better understanding how to improve your skills in both free and competitive surfing, then this book is for you...Competitive Surfing: A Dedicated Approach provides a unique approach to improving your surfing skills. Never before has a book detailed the theoretical and practical passage to performance surfing.