

## Longboarder's start-up : a guide to longboard surfing / by Doug Werner

### Description

Basic Skills, Classic Noseriding, Progressive Maneuvers From basics to high performance: In the first half, Longboarder's Start-Up covers the basics of longboard equipment, wave selection, courtesy, and surfing technique through standing up. The second part gets into intermediate and advanced longboarding skills including: cross-stepping and trimming, turning and turning maneuvers, essential noseriding and, finally, some of the breathtaking tricks that the pros execute so flawlessly.