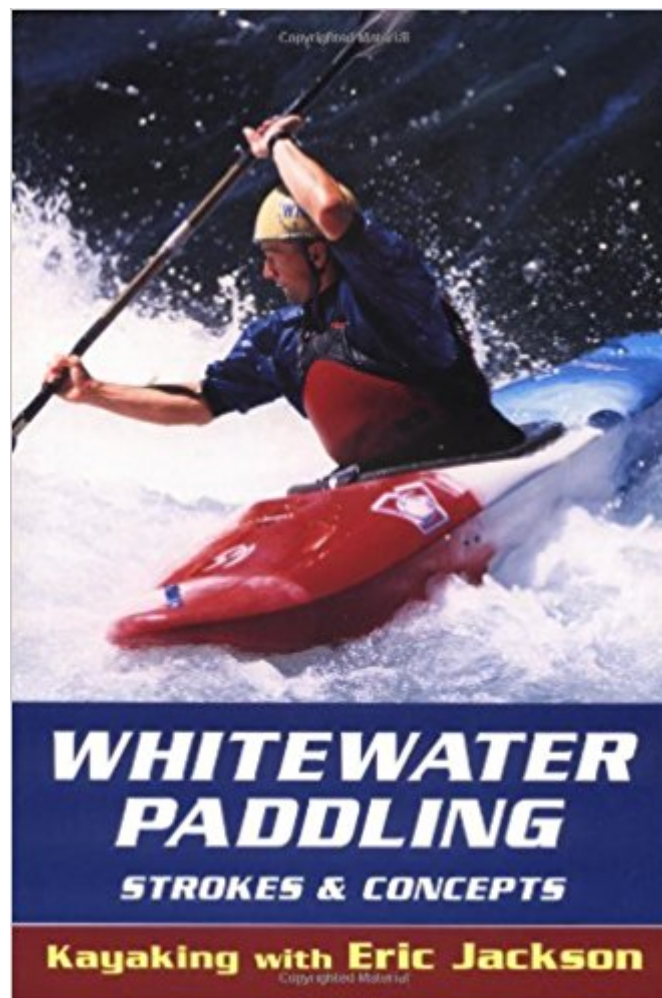




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# Whitewater Paddling: Strokes & Concepts (Kayaking With Eric Jackson)



## Synopsis

Expert instruction in beginning and advanced whitewater strokes Techniques illustrated in on-the-water photographs of a champion paddler When a kayaker perfects fundamental strokes before attempting to tackle whitewater, he is rewarded with efficiency, simplicity, control, and speed. Expert kayaker Eric Jackson provides detailed lessons on 16 such strokes, each illustrated in step-by-step photos of EJ in action on flat water and in the rapids. Each section includes advice on the early correction of common paddling mistakes, warm-up and practice drills, as well as how each lesson combines with others to improve technique.

## Book Information

Series: Kayaking with Eric Jackson

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Average Customer Review: 4.4 out of 5 stars 10 customer reviews

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## Customer Reviews

Eric Jackson has won over 100 kayaking events--the most of any kayaker in history--including three men's pro World Championships, two Pre-World Championships, and one World Cup within the past fifteen years. He is the author of the bestselling kayaking books *Whitewater Paddling: Strokes and Concepts* and *Playboating*. Eric has also coached several kayaking teams to win major events, including teams with his children, who are both world champions. He lives in Walling, Tennessee.

Everybody knows EJ's an innovator and a great paddler. What I like is the explanations are so clear and there are drills which any level paddler can use to refine your skills.

Very informative

Excellent book!!! thank very much..I received ok!!!

All the new concept of the new era Kayaking . Is very useful Book. I am surest to translate to Spanish

I am very left-brained and this book is very easy to follow and he includes good color pictures and step-by-step directions and he includes exercises to reinforce the methods.

Great book for ww paddler, A movie would be better, Oh, I did purchase his video on rollig and that was excellent.

Eric Jackson has put together the most concise and well thought-out book in modern kayak technique to have come out in years. An experienced class V+ kayaker myself, I found improvements I could apply to my every paddlestroke from this book. Even expert boaters will benefit on key points regarding modern school techniques from catching eddies and snapping sprayskirts to finding the optimal pressurization for floatbags. A must read for all serious paddlers.

If you can't take an EJ clinic, this is the next best thing. This book discards much of the "old school" of kayaking which was appropriate for older, longer boats, and replaces it with newer, smarter techniques appropriate for today's fast-turning playboats. Eric clearly understands the physics of kayaking, and communicates this to his readers in a concise, easily understandable style. This book is a wealth of information in a small package.

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