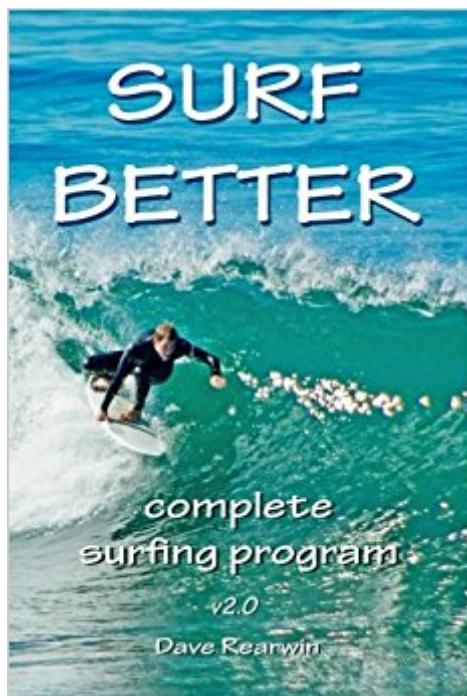


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# Surf Better: Complete Surfing Program



## Synopsis

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. • NOTE on the images Some readers have expressed dissatisfaction that the images in the book are black and white, not full color. Using color images in the print edition would have required a price of \$40 or \$50 per book just to break even. Clearly this was not an option. (The images in the Kindle edition are all the original full color.) There have also been some comments about the quality of the images. One problem is that printing on glossy or semi-gloss paper (which would have preserved the image quality) would also raise the cost to a prohibitive level. Again, the images in the Kindle edition look better than those in the print

edition because there is no issue of paper quality. The other problem is that the best image in terms of quality is not always the best image to illustrate the point at hand. Taking good surf pictures is really pretty easy (shoot at 7 to 12fps and you're guaranteed to capture some great moments), but getting a good, clear image to illustrate a particular point, with the surfer's foot or arm or body in exactly the position you want to discuss, is amazingly hard. For the purposes of this book, sometimes demonstrating the point had to take precedence over maximum quality.

## **Book Information**

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## **Customer Reviews**

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.

I think I've read through all of the material once. It's not too dense and is mostly readable (it does get a bit too deep/technical when he starts explaining stuff about deep water waves). I read it out of order since I picked topics that appealed to me first. I've been surfing on and off for the last 5 years and I wish I had a book like this before going out and trying to learn on my own. I never knew or

understood why tides, wave periods, and certain aspects of surfing were important. But now I know thanks to this book. This book covers basic information about paddling, popping up, angling my board, and going down the line. All of these things have already improved my surfing significantly in the last couple of weeks. I'm more open to going backside now and I'm more aware of my previously poor technique. I'm trying to rid myself of old habits. I have not been able to do tricks or crazy turns yet, but I think this book will make it possible and has allowed me to progress much further and faster compared to if I had not bought this book. I also have a better feel for what the conditions are going to be like and I can actually use some of the other forecast information other than wave height to guesstimate how good the surf's going to be and how kind of shape it's going to be. Good for beginners to intermediate surfers. I would recommend this book for someone who never had any formal education/training about surfing and is trying to improve. He doesn't cover stuff about surfboard type, fins, board shapes, but he does talk about some safety issues about the leash. He talks about doing turns, cutbacks, foot position, getting air, off-the-lip. He demonstrates maneuvers in pictures and words for front-side and back-side for both goofy and regular foot surfers. Pictures are not of high quality and are black and white, but it's good enough to understand the general principles. The workout exercises are interesting, there are 36 different stretches/workouts. There's a stretching section, a section that works on agility, a section that works on the lower body, and a section that works upper body. Each workout is numbered you can mix and match exercises or go with the 15 minute routine/combinations that they give you. There are very light exercises and you're using 3 lbs weights at the most if any. I say light because I used to lift weights and do sprints to look ripped and that was taxing. These exercises seem just enough to get you past getting warmed up, but if you do it fast enough and a lot of repetitions it can be a pretty good workout - many workouts are supposed to simulate surfing as well. Dozens of other priceless tips and pointers that has progressed and will continue to progress my skills. Just FYI, I ordered on on Nov 13th, arrived on Nov 17th and I look on the last page of my book indicating it was printed on Nov 14th (My book was made fresh, hot off the press!).

This is a great book for learning how to surf better. For most of us, surfing lessons are just going out and doing it but as the author points out you don't get many practice waves per hour. I have learned better foot placement and weight transfer skills that would have taken longer without the book. Also, the author's explanation of waves and tides is excellent. Most any surfer can understand the words and intent of the wave and tide explanations. These are very complex subjects and many experts want to jump into vector calculus but the author uses minimal

math to describe waves and what it means to us surfers.

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.

My surfer guy has really enjoyed this and has taken away many pointers, thank you!

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.

The book is a great reference in the theory, tactics and some of the practical aspects of surfing. The exercises are great as they help build muscle memory in addition to providing nice workouts. Dave seems to speak from the heart so the book is not a dry technical manual but more so advice of a very good surfer to other surfers. That said the technical stuff is quite good.

Fantastic book! Very informative and clearly written...great illustrations with nice photos. Looking forward to ordering another book by Dave Rearwin for my home library. Thanks Dave for sharing your wealth of knowledge and surfing experience along with valuable life lessons.

I've been surfing for a while, but it the book still had some tricks and tips that were interesting reading. Also some conditioning programs related to surfing.

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