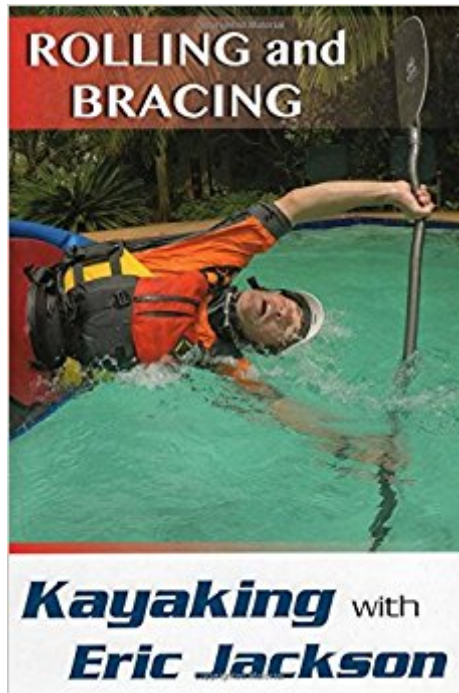




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# Kayaking With Eric Jackson: Rolling And Bracing



## Synopsis

From a four-time world-champion freestyle kayaker comes the definitive guide to one of whitewater kayaking's most fundamental techniques: the kayak roll. Learn how to enjoy kayaking safely and improve your skills with confidence. Best practices for kayaking in all water conditions Step-by-step instructions for learning and mastering the kayak roll and bracing Advice and theory for teaching kayaking to others

## Book Information

Paperback: 96 pages

Publisher: Stackpole Books (January 15, 2016)

Language: English

ISBN-10: 0811716732

ISBN-13: 978-0811716734

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 4 customer reviews

Best Sellers Rank: #353,574 in Books (See Top 100 in Books) #63 in Books > Sports & Outdoors > Outdoor Recreation > Kayaking #77 in Books > Sports & Outdoors > Outdoor Recreation > Canoeing #866 in Books > Sports & Outdoors > Water Sports

## 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.

I am a huge fan of Eric Jackson. He is THE MAN in kayak design and technique. However, I am a little underwhelmed by this "book". It is only 89 pages and less than a quarter inch thick. Its more like a booklet. The quality of the print and content is very good but for the price its a little slim. Making the book thicker just for the sake of bulk would be silly. But either a lower price point or combining the material with another book (such as *Strokes and Concepts*) would be my suggestion to good ol' EJ. For the consumer, I'd suggest that his *Rolling and Bracing Video*, even at the higher price, is a better value. Certainly seeing the motion of the techniques is a huge advantage. EJ has

an old standard resolution Rolling and Bracing video which features his son Dane as a small boy. CLASSIC. He has a new "Go Pro" version in HD. (You may have to go to the Jackson kayak site to buy it directly.) They are both very useful. I hope this was helpful.

Good explanations with simple illustrative photos.

excellent book

Finally I was able to spend the time to put my Rolling and Bracing program into a book instead of only DVD. Nothing is more important in your kayaking than these two skills! Enjoy! :)

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