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# Kayaking With Eric Jackson: Strokes And Concepts



## Synopsis

World-champion kayaker teaches basic paddling strokes and concepts  
Four-time world champion kayaker, Eric Jackson teaches basic paddling strokes and concepts so that whatever water you choose to navigate youâ™™ll be equipped to kayak efficiently and proficiently with control and speed. Each stroke instruction includes warm up and practice drills, advice on how to correct common mistakes, and lessons to improve essential maneuvers such as eddy turns and ferrying. Fully illustrated with step-by-step color photos, this resource is the key to improving your kayaking technique.

## Book Information

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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.

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