



# The Kiteboarding Manual: The essential guide for beginners and improvers

*Andy Gratwick*

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*The Kiteboarding Manual* is your complete practical guide to this fast-paced and addictive sport. It'll get you started with the kite and take you through to flying it on the water, jumping, tricks and racing, as well as covering weather, wind and tide theory and helping you select the right kit. Sections cover:

The origins of kiteboarding and massive rise in popularity in recent years

How a kite flies and basic weather principles as well as background on tides and currents, waves, and wind vs tide

Getting started on land – LEI rigging, assembly, launching and flying, body-dragging

How to master your board skills – turns, stopping, rules of the road

Going upwind, riding toeside, turning and transition

Moving fast and riding waves; learning to tack and gybe

Details on all kiteboarding disciplines from speed kiting to kiting on land

How to improve your performance and enjoy incredible airtime!

Packed with step-by step photo sequences explaining the basic moves all the way through to more advanced tricks, and including information on competitions and becoming an instructor, this is a book no kiter will want to be without.

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Playing with family in the park, coming to see the ocean world or hanging out with buddies is thing that usually you have done when you have spare time, in that case why you don't try matter that really opposite from that. 1 activity that make you not feeling tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of information. Even you love The Kiteboarding Manual: The essential guide for beginners and improvers, you could enjoy both. It is good combination right, you still need to miss it? What kind of hang type is it? Oh can happen its mind hangout men. What? Still don't understand it, oh come on its known as reading friends.

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