



Tricktionary II - Die ultimative Windsurf Bibel - Deutsche Ausgabe (German Edition)

Michael Rossmeyer, Sandra Schennach

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Bewusst auf alle Könnernstufen ausgelegt, zeigt das Tricktionary II von den Grundlagen des Windsurfens, bis hin zu sämtlichen Manövern alles, was man zum Erlernen dieses Sports und zur Verbesserung seiner bereits erlangten Fähigkeiten braucht. Ausführliche Materialerklärungen sowie ein kompletter Anfängerkurs bieten Einsteigern die Möglichkeit, Windsurfen von Grund auf kennen zu lernen. Fortgeschrittene bekommen Einblicke in Halsen- und Wende-Variationen sowie in old school Manöver. Selbst kompliziertere Jumps sind nun endlich nachvollziehbar!

Auch im neu gestalteten, großen Wave-Kapitel kann mit Hilfe von Bildsequenzen jeder Ablauf genau verfolgt werden. Erklärender Text, Probleme und dazugehörige Lösungsvorschläge sowie hilfreiche Tipps beschleunigen den Lernprozess.

Zusätzliche Features wie etwa die Fitness- und Gesundheits-Seiten, ein Trimmguide und ein Speed-Slalom-Special komplettieren dieses umfassende und aufwändig gestaltete „Trainingsbuch“.

Für den ultimativen audiovisuellen Erfolg, lerne und trainiere mit dem Tricktionary Buch und der Tricktionary DVD gemeinsam! Beide Produkte sind getrennt voneinander einsetzbar, bilden zusammen jedoch ein unschlagbares Team!

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