



Kayaking with Eric Jackson: Strokes and Concepts

Eric Jackson

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"A must-read for paddlers of all abilities."--Ken Whiting

According to champion kayaker Eric Jackson, a kayaker should perfect the basic paddling strokes *before* attempting to negotiate whitewater in order to achieve efficiency, control, and speed. In this illustrated guide, he uses his innovative teaching methods to reintroduce the fundamental strokes in detail.

Warm-ups and practice drills

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