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Sea Kayak Handling: A Practical Manual, Essential Knowledge For Beginner And Intermediate Paddlers



Synopsis

This is a practical guide that will help the reader to master the skills needed to manoeuvre a sea kayak efficiently. For beginner and intermediate paddlers. Doug draws on his personal and coaching experience to help the reader master sea kayak handling skills and techniques. Accurate sequential photos and simple concise language make the descriptions easy to follow and understand. The foundation skills of posture, connectivity (how your body is connected to the kayak), power transfer and learning to 'feel' how the boat responds, are explored initially. The author then goes on to tackle forward paddling, keeping the kayak on course, reverse paddling, edging, turning on the spot, forward turns on the move, reverse turns on the move, stern rudders, moving sideways, support strokes, and the use of skegs and rudders. "Sea Kayak Handling" is recommended as support material for the British Canoe Union 3 and 4 Star (Sea) awards. (The 1 star is a novice 'encouragement' award, the 2 star covers basic generic kayak skills, the 3 star basic/intermediate sea specific skills and experience, and the 4 star covers intermediate sea specific skills and leadership in moderate conditions).

Book Information

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Customer Reviews

Doug has spent a lifetime playing and working in the outdoors! He is at his happiest when exploring new parts of the world or challenging himself and others to improve their skills; this he has been doing for over twenty years. With a constant lust for adventure, Doug has sea kayaked all over the world including Greenland, Iceland, Norway's Lofoten Islands, Canada, Ireland, Scotland, Wales, Corsica, Sardinia and Croatia. His whitewater kayaking and mountaineering has also taken him on

adventures around the globe. At present Doug works as Head of Paddlesport at Glenmore Lodge, Scotland's National Outdoor Centre. Here his love of helping others learn and improve is met every day, when he works as a BCU Level 5 Sea and Whitewater Coach, Level 4 Surf Coach and a Mountain and Ski Instructor. In addition to this, Doug co-authored Scottish Sea Kayaking (Pesda Press), a selective guide to sea kayaking in Scotland.

This is a very detailed breakdown of the basic sea kayaking strokes. Explanation and verbal illustration is kept to an absolute minimum. In place of them, the author provides hundreds of pictures as well as a satellite website where you can download videos of each stroke from multiple angles. This is a bare-bones practical reference manual. If you're looking for in-depth theoretical account, look elsewhere. I think the book is excellent at what it aims to achieve--provide detailed description on how to perform basic through intermediate sea kayak strokes. The only reason I don't give it 5 stars is because I was left thirsting for more. Note that the author has another book on Rough Water Kayak Handling where he covers advanced kayak strokes in advanced conditions.

shows all possible moves and how to

This is the Holy Grail of sea kayaking books. But it.

Solid information. Not just for beginners, but will help more experienced paddlers improve their technique.

The book was in perfect condition, thank you!

I had already bought and almost finished this book so bought another copy for a friend because I think it has so much good info.

I'd purchased the book thinking that a BCU 5 star coach would have a very updated and somewhat unique approach to boat handling and stroke production. Unfortunately I found that the approach was, frankly; dry, outdated and quite unlikely to have inspired anyone to learn more. In an era where BCU and ACA coaches are striving for new, original, fun, motivational, and experiential methods of teaching, Mr. Cooper would seem to have fallen down. The lack of expected insight and inspiration was disappointing.

Great book on sea kayak skills. All aspects broken down and explained in great detail. Doug Cooper has done a terrific job with the book. This is a very high quality product printed on heavy paper with probably a couple hundred color photos. I would highly recommend this book to anyone interested in understanding and developing their kayaking skills.

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