



Whitewater Paddling: Strokes & Concepts (Kayaking with Eric Jackson)

Eric Jackson

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Techniques illustrated in on-the-water photographs of a champion paddler When a kayaker perfects fundamental strokes before attempting to tackle whitewater, he is rewarded with efficiency, simplicity, control, and speed. Expert kayaker Eric Jackson provides detailed lessons on 16 such strokes, each illustrated in step-by-step photos of EJ in action on flat water and in the rapids. Each section includes advice on the early correction of common paddling mistakes, warm-up and practice drills, as well as how each lesson combines with others to improve technique.

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