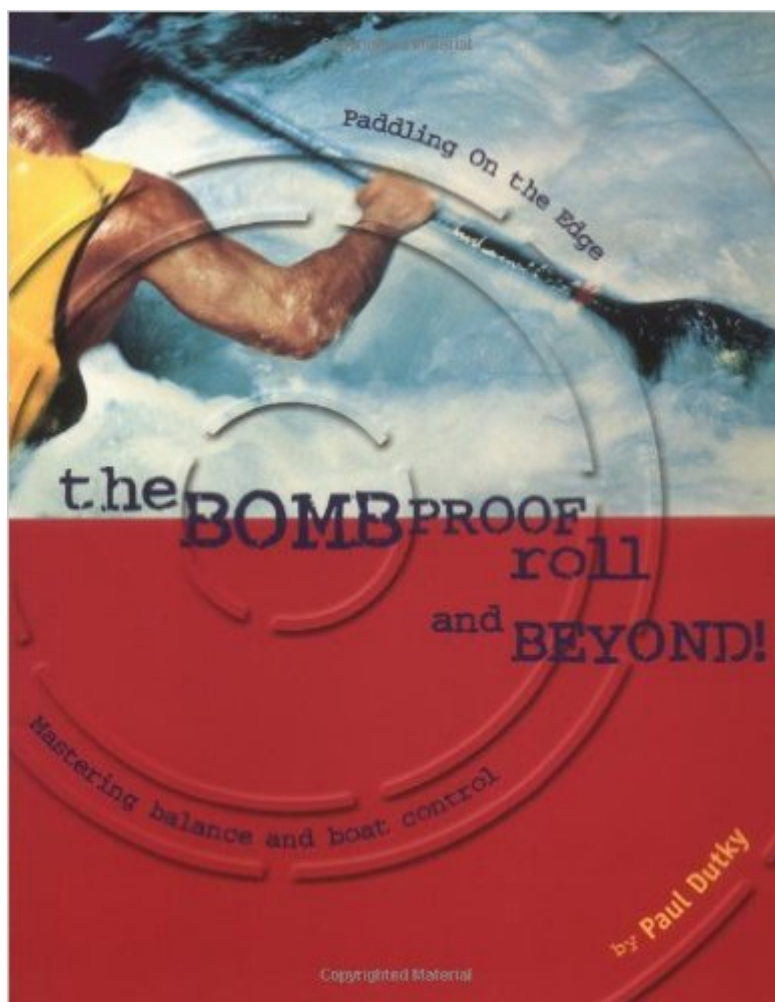


The book was found

The Bombproof Roll And Beyond



Synopsis

Wonderfully written text and detailed diagrams take paddlers through the basics of the roll, and into advanced rolls and surfing. A must for the kayaker who lives to surf.

Book Information

Paperback: 192 pages

Publisher: Menasha Ridge Press; 1 edition (July 1, 1993)

Language: English

ISBN-10: 0897320859

ISBN-13: 978-0897320856

Product Dimensions: 11 x 8.5 x 0.4 inches

Shipping Weight: 1.2 pounds

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (15 customer reviews)

Best Sellers Rank: #900,046 in Books (See Top 100 in Books) #43 in [Books > Sports & Outdoors > Outdoor Recreation > Kayaking > Whitewater Kayaking](#) #781 in [Books > Sports & Outdoors > Miscellaneous > Reference](#) #2761 in [Books > Sports & Outdoors > Water Sports](#)

Customer Reviews

The Bombproof roll and beyond is an essential book for any novice or intermediate kayaker. This book does an excellent job of explaining through both text and illustrations the different steps involved in just about any roll imaginable (c to c, sweep, back deck, hand roll). It also provides excellent tips for identifying and correcting problems with rolls. An outstanding book. An essential in any kayaker's library.

I bought this book around the time it first came out about nine years ago or so. Not only is it useful for learning the kayak roll, the author also covers "old school" playboating maneuvers such as wave surfing, side-surfing in holes, 360's, enders, and pirouettes. The illustrations are diagrammatic and especially helpful. Rolling techniques included are the "C-to-C" or snap roll, the sweep roll, back deck rolls, hands rolls as well as rolling strategies and exercises. Definitely one of the most helpful kayaking technique books I have read.

this book taught me to roll, on my own, no instructor. derek hutchinson's book is a classic but dutkey's is an instruction manual. personal creed: if you can't roll, don't go further than you can swim to shore. ergo, if you sea kayak, buy this book. forget the pawlata, it's impractical. go for the sweep

roll and relish the freedom having a bombproof roll brings to your paddling.

Kayaking is a very complex sport. Paul does a great job of breaking down complex manoeuvres into their basic elements, and provides suggestions for drills on how to improve skills in these areas. I have been kayaking for several years (intermediate level), but even in the first few chapters I gained insight on things I could improve. I recommend this book for any kayaker, from the extreme novice to the expert. Even if you can do the things that Paul describes....he will help you understand HOW you do them; thus begins the journey to enlightenment and improvement.....

I can echo the comments of the other reviewers of this book. It is very well written, clear with very practical and useful drills. I am a sea kayaker so some of the material will not apply, but with that said I would recommend this book to anyone who wishes to understand the forces behind a good roll and various braces and who wishes to accomplish rolls in the most efficient manner. I wish us sea kayakers could get Paul interested in longer boats, choppy seas, and beach waves. We need his expertise.

The Bombproof Roll and Beyond contains some key elements on learning how to roll. I already have a bombproof roll, but reading this book gave me a few more techniques that I would not have otherwise had. There are interesting tips later in the book on hole escapes and hole rolling. Although this book is better oriented for the beginner, the nature of the information is of great use to experienced paddlers as well

This book was actually my first ever .com purchase almost 10 ago. It is a must have for anyone new to the sport of kayaking and just getting down the art of the bombproof roll, something essential for Class 4 whitewater or greater. This is a book with excellent illustrations and in-depth explanations, which allow one to visualize how a specific roll is done, even if there is nobody there showing you first-hand. This book has it all: the regular Eskimo roll, the two-handed roll, the one-handed roll, and even the no hands roll. And even non-roll techniques are presented here, such as wave surfing. Practically whatever you want to learn, it is in this book. I heartily recommend this.....a must-have to anyone new to the sport.

Classic book for those wanting to learn to roll reliably. No fluff, just lucid instruction. I learned to roll from this book many years ago, and have yet to find a better guide. In many ways, this book is

better than a video, due to its clearly drawn, step-by-step diagrams and easily understood text. Thank you Paul (not Pat).

[Download to continue reading...](#)

The Bombproof Roll and Beyond Best Asian Recipes from Mama Li's Kitchen BookSet - 4 books in 1: Chinese Take-Out Recipes (Vol 1); Wok (Vol 2); Asian Vegetarian and Vegan Recipes (Vol 3); Egg Roll, Spring Roll and Dumpling (Vol 4) Vegan Spring Rolls & Summer Rolls: 50 Delicious Vegan Spring Roll Recipes and Summer Roll Recipes (Veganized Recipes Book 10) Spring Roll Recipes: Scrumptious Spring Roll Recipes for Breakfast, Lunch, Dinner and More (The Easy Recipe) Top 50 Most Delicious Spring Roll Recipes (Egg rolls - Egg roll recipes) (Recipe Top 50's Book 21) A Macat Analysis of Eugene Genovese's Roll, Jordan, Roll: The World the Slaves Made Bets, Drugs, and Rock & Roll: The Rise and Fall of the World's First Offshore Sports Gambling Empire More Layer Cake, Jelly Roll and Charm Quilts Vegetarian For Weight Loss: 80 quick and delicious recipes, a guide to meal planning that works - including 5 ready to roll meal plans Building a Roll-Off Roof or Dome Observatory: A Complete Guide for Design and Construction (The Patrick Moore Practical Astronomy Series) How I Roll: Life, Love, and Work After a Spinal Cord Injury Buzzwords: A Scientist Muses on Sex, Bugs, and Rock 'n' Roll Easy Riders Raging Bulls: How the Sex-Drugs-And Rock 'N Roll Generation Save Rock and Roll Fantasy?: The Reality of Going from Garage Band to Superstardom (SpringerBriefs in Business) Guerrilla Radio: Rock 'N' Roll Radio and Serbia's Underground Resistance (Nation Books) Don't Jump: Sex, Drugs, Rock 'N Roll... And My Fucking Mother Vegan Mastery Cookbook: Simple Vietnamese Spring Roll Recipes to Cook at Home (International Vegan Cookbook Series, Vegan Spring Rolls, Vietnamese Spring ... Vegan Recipes, How to Make Spring Rolls) How Marbles Roll More Jelly Roll Quilts (Annie's Quilting) Animated Animal Toys in Wood: 20 Projects that Walk, Wobble & Roll

[Dmca](#)