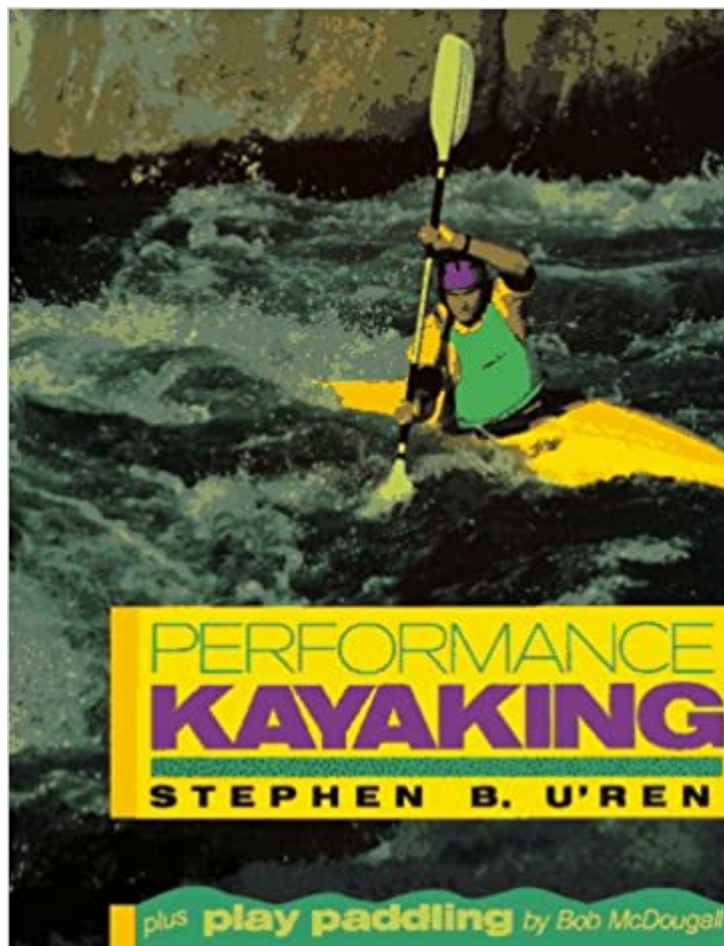


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Performance Kayaking



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Customer Reviews

This is a book about technique, both for beginners and for advanced white water kayakers. U'ren stresses technical skill, reading white water, and strategy, whether in recreational or racing situations. Brief chapters on boating and paddling basics are followed by extended discussions of strokes and maneuvers in fast water, squirting, and slalom racing. An expert play paddler has contributed a chapter on wave surfing, eddies, and white water rodeo. Finesse, not power, is the goal for U'ren. His detailed instructions and descriptions of strokes come from a champion. For a good general treatment of kayaking see Eric and Jay Evan's *The Kayaking Book* (Stephen Greene, 1988). U'ren's work is a manual for serious paddlers wanting to improve performance, to build on existing skill. Illustrations not seen.- Roland Person, Southern Illinois Univ. Lib., Carbondale
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