



Tricktionary 2: La biblia suprema del windsurf - Edicion Espanola (Spanish Edition)

Michael Rossmeyer, Sandra Schennach

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Editado teniendo en cuenta todos los niveles, el TRICKTIONARY II lleva a los principiantes a través del windsurf más básico, explicando como hay que iniciarse y como funciona el equipo. Los aficionados de nivel medio, mejorarán sus trasuchadas, viradas y las variaciones, así como las elitistas maniobras de la “old school”. Los saltos más complicados y las últimas maniobras de freestyle se vuelven posibles gracias a las secuencias de fotos y textos explicativos. El nuevo capítulo dedicado a las olas, hará muy felices a los amantes de las surfeadas y los saltos ..., y a los que quieren dar el salto a esta apasionante disciplina.

Cada maniobra, puede ser examinada con la ayuda de las secuencias de fotos ilustrativas. Los textos que acompañan las imágenes, examinan los problemas más comunes y ofrecen soluciones prácticas, así como consejos que aceleran el proceso de aprendizaje. Información adicional sobre fitness y salud, una guía para aparejar y un especial sobre speed / slalom completan este detallado libro de entrenamiento.

Para un mejor aprendizaje, utiliza el Tricktionary junto con el Tricktionary DVD. Ambos funcionan individualmente, pero juntos ... ¡Son un equipo invencible!

A parte del autor, Michael Rossmeier, otros ocho windsurfistas profesionales de toda Europa demostraron su destreza ante la cámara de Sandra Schennach.

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