



# The Ultimate Guide to Whitewater Kayaking

*Ken Whiting, Kevin Varette*

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The most comprehensive and valuable book on the sport. Includes detailed illustrations, stunning photos and literary contributions from the world's most notable paddlers. Drawing on the combined 30 years experience of world-renowned paddlers and instructors, Ken Whiting and Kevin Varette, this manual covers everything from the most basic skills and concepts to the most advanced, cutting edge paddling techniques. Whatever you need, you'll find it in this essential whitewater kayaking reference. **YOU'LL LEARN:** To choose the right equipment The essential strokes and paddling techniques The art of reading whitewater River running techniques River safety and rescue Playboating techniques Creek boating skills Big water skills Surf kayaking technique Squirtboating, slalom and much more

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