

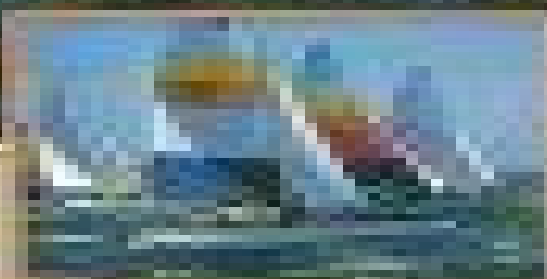
ADVANCED CATAMARAN RACING

By Thomas A. Williams



A professional guide to competitive catamaran racing.
Includes:

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Advanced Catamaran Racing

Bob Bond



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step by step illustrations The Complete Sailing Manual is the ultimate sailing ebook to keep by your side when you re out on the waves **Teach Dinghy Sailing** Gaz Harrison,2008-08-14 Whether drifting in Optimists or skimming the water in a catamaran the principles of instruction are the same and the major difficulty is communicating knowledge This is a step by step course in how to teach beginners to sail safely and effectively It takes you through the basics of teaching someone to sail from their point of view and gives constant tips on how to help the student understand new ideas For every new concept introduced there are off the water instructions plus exercises to do once on the water The book is illustrated with step by step photography and artwork and every section includes Top Tips and Watch Out information Whether you are embarking on a career coaching sailing or looking to teach your children to sail this step by step guide will get the best out of you and your students *Florida Advance Sheet May 2012 ,*

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