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BRIEF INTRODUCTION

THIS BOOK represents the outcome of efforts the aims of which are simple yet sweeping.

It seeks to be a practical, easily applicable guide to many kinds of surfing, each with its particular possibilities for sport, stimulus, satisfaction, and physical benefit. It seeks to present its contents in the most useful and realistic sequence; thus, each new section offers information that is integrated with what has gone before and what follows. The A-B-C initialing of chapters, or "waves," merely emphasizes this sequence. It implies that you should become a master, or at least a competent journeyman, in one phase before actively enrolling as an apprentice in the next one. In other words, learn your P's and Q's before you tackle your T's and U's.

The book seeks to emphasize what seems likely to be lasting in surfing rather than that which may be temporary and faddish. It also stresses safety – not as an unfortunate concession to integrity of life and limb but as an essential ingredient of sound, skillful surfing.

Finally, it seeks to show that surfing offers something worth while to those men or women of every age who are able to swim and who enjoy physical activity. It is not restricted to any single age level or skill level.

At the time of this writing, no single available publication does all these things – nor, so far as the author knows, does any combination of books or articles.

The author has long believed that surfing in one form or another is



Photograph by Dr. Don James

Carrying the surfboards they use with such style and success are Marge Calhoun (*center*) and her daughters, Candy (*right*) and Robin (*left*), at Makaha, Hawaii.

of value to almost anyone able to swim, including the many who can't swim fast and whose strokes in eye appeal will never qualify them for an exhibition team at an Aquacade.

This book does not pretend to provide a painless path to surfing accomplishment. Intended as a helpful guide, it does not minimize the learning, training, and testing required. Rather, it makes clear that work is indispensable in surfing and that the learning is never ended. Yet this "work" is wonderfully like fun most of the time, and the continued learning makes surfing a sport that continues to offer new discoveries at every level of achievement.

At every point an effort is made to stress the *how's* even more than

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the *why's* and *when's* of surfing techniques. In the long run, practice, planned exercises, and experience in the surf have priority over the written word.

Only the reader's interest is assumed, not any prior store of surfing information or experience. Indeed, some readers may have yet to visit an ocean beach and meet rideable surf. Step by step and stage by stage, the book moves in the direction of practical skills that should prove useful to at least 99 per cent of all surfers. Those readers who advance to stages where they have exhausted or outgrown the book will provide its best justification.

Surfing includes every kind of surf-propelled motion, ranging from body-surfing to group surf-riding in the largest outrigger canoes or surf boats. There is even an introduction to the new skill of board-surfing on man-made waves: wake-surfing behind powerboats.

Surfing for many has meant only "stand-up" surfing on boards. This kind is best known, and generally the most spectacular. For some readers it may continue to seem the only kind worth mentioning or learning. Those readers are urged especially to concentrate on the sections of the book leading up to board-surfing and to try in the surf what they learn there.

Surfing as a sport is ever-moving. This is true literally and figuratively. The innovations and changes of the past ten or twelve years have been tremendous. Those of the thirty or forty years preceding that were also noteworthy, for surfing, once virtually a "lost art," was brought to a renaissance that is still in process.

In order to cast light on the past, present, and future of surfing, we shall begin with a swift look at two hundred years of surfing history.