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The art of surfing

By **Jakob Jelling**

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Since its hey day in the 1960's, surfing through the ocean has become a popular past time. Riders love to pound the surf with their waxed boards and ride large waves into the shore. As like any sport, there is risk associated with surfing. Surfing implies that a rider can successfully use their arms and legs to maintain balance upon a surfboard as the wave begins to swell and crest.

Most beginners will enjoy this sport because the cost of getting into surfing is relatively low. A good board can cost \$200 – \$ 1,000 depending on the material it's made from. Many beginners can buy a good board used and can take up the sport at a nearby beach. Before you begin, there are several things you should learn. How to keep your board nearby should you wipe out How to swim out towards an incoming wave What to do should you collide with another surfer What conditions are right for surfing and which ones are dangerous

Surfers should know how to swim. It's the basic necessity to keep you afloat should you go out too far or if you lose your board on a wipe out. Most surfers start out on their boards flat on their stomach and begin to kneel into a crouching position as they approach a wave. Upon reaching the swell of the wave, they should be in a upright position heading into the ebb or top of the wave. As soon as the reach the top they begin to navigate through the remainder of the wave using their feet to steer into the cresting tide. Usually most surfers ride a wave from right to left.

There are times when a surfer can get closer to another surfer and collide. Try to remain as far away from swimmers as possible and keep a clear 180-degree view as much as possible to avoid dangerous

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situations. Know exactly how far you are from the beach at all times. There are times when surfing is at its premium right before a storm or when currents are at their strongest. During this peak time, it is good to exercise caution for your own personal safety. Depending on how warm the water may be you may have to be concerned with sharks. Although a shark attack is considered rare, there is always a possibility in some regions.

Surfing has become so popular that there are various spin-offs of this sport including windsurfing and kitesurfing, which allows the user to reach heights of 20' above the ocean. Depending on the location wave swells can grow upwards of 15–20' high; so the more experience you amass the more challenges you will seek. All beginning surfers should take at least one or two lessons to get the basics down. In no time at all you will be hunting the monster waves and hanging ten with the best of them.

Surfs up!

Jakob Jelling is the founder of

. Visit his kitesite for the latest on

kitesurfing equipment, kiteboarding lessons, places to surf and much more!

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Magical Dolphins Ans Surfing Cats

By Lani Lowell

Hawaiian Children's Books celebrate the magic experienced by the keikis(children) of Hawaii. Hawaiian Surf and Dolphin Magic is the newest original Hawaiian Children's book for adults and children alikw who are enchanted by the natural magic of Hawaii.

Magic Dolphins can be real or imaginary– both "species " enchant humans who are sensitive and open to the Magic dolphin's loving vibrations. Many of the Magic Dolphin teachings are revealed in the Hawaiian Children's book series, beginning with Hawaiian Surf and Dolphin Magic.

Hawaiian Surfing is quite different from surfing and bodysurfing anywhere else in the world. Hawaiian Surfing has a special magic to it as it is the place where the art and sport of surfing began. Nalu is the word for Hawaiian Surfing.This word holds the secrets of meditation; the secrets to the magic of Hawaiian Surfing. Order Secrets of a Kahuna Bodysurfer:A Spiritual Adventure Guide Book and Cards by Lani E.Lowell to learn more about Hawaiian Surfing.

Kauai's Magical Secrets are expeieced strongly by those who visit it's magical shores from around the globe. The profound secrets are now exquisitively captured in a wonderous book series by author Lani E. Lowell. Now Kauai's Magical Secrets can be revealed and experienced anywhere in the world.

Lani Lowell is an author of children's books and a spiritual counselor/astrologer.

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