



# Whitewater Kayaking - The Ultimate Guide DVD Box Set: Over 5 Hours of Cutting Edge Instruction

*Ken Whiting*

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## **Whitewater Kayaking - The Ultimate Guide DVD Box Set: Over 5 Hours of Cutting Edge Instruction** Ken Whiting

The definitive and complete DVD guide to whitewater paddling! Includes 3 full-length award winning DVDs by World Champion kayaker Ken Whiting, which when combined cover virtually every element of whitewater paddling.

Whitewater Kayaking includes two sections of footage on one DVD: Liquid skills and SOAR  
Liquid Skills - voted as Paddler magazine's Best Instructional - provides a solid foundation of skills and concepts for both new and experienced paddlers.

SOAR - Also known as Skills On All Rivers - picks up where Liquid Skills ends with a detailed look at intermediate and advanced river running techniques.

Rolling a Kayak-Whitewater is the most comprehensive, clear, and concise guide to learning and perfecting the roll. It provides step-by-step instruction for the novice paddlers; while more experienced paddlers will learn advanced rolling techniques.

Playboating is a step-by-step guide to all playboating moves. Novice playboaters will learn the fundamental skills and techniques; while experienced paddlers will learn how to take their playboating to new levels. Almost 6 hours of combined instruction!

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