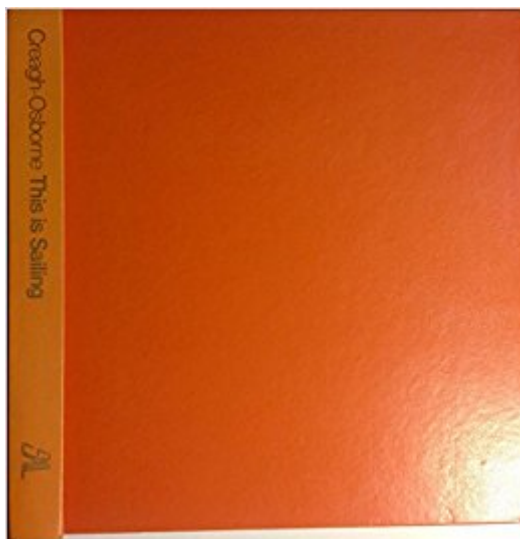


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THIS IS SAILING A Complete Course



Synopsis

An illustrated instructional course in small boat sailing. Includes complete introduction to the parts of the boat, the first essential skills (clearly laid out with large diagrams and smartly-written text), and more advanced techniques.

Book Information

Hardcover: 220 pages

Publisher: Sail Publications; Later Ed edition (1978)

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ISBN-10: 0914814001

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Package Dimensions: 8.4 x 7.7 x 0.7 inches

Shipping Weight: 1.6 pounds

Average Customer Review: 4.0 out of 5 stars 1 customer review

Best Sellers Rank: #1,267,860 in Books (See Top 100 in Books) #83 in [Books > Sports & Outdoors > Outdoor Recreation > Sailing > Excursion Guides](#) #89 in [Books > Sports & Outdoors > Outdoor Recreation > Sailing > Instructional](#) #3402 in [Books > Sports & Outdoors > Water Sports](#)

Customer Reviews

An illustrated instructional course in small boat sailing. Includes complete introduction to the parts of the boat, the first essential skills (clearly laid out with large diagrams and smartly-written text), and more advanced techniques.

If you're interested in learning the actual nautical terms for sailing and building a good, working understanding of what you're doing, this is an excellent book. It has lots of detail, and could be used as a reference for anyone getting up-to-date on their sailing knowledge or someone just starting out. The 420, a small boat international racing class, is a great boat to use in a book like this since it has two sails plus a spinnaker, which demonstrates most of the topics you might encounter. The chapters on avoiding a capsize or a broach are particularly useful reminding folks to look out for unintended consequences. At times there may be too much detail for a true beginner, but the second section does a fantastic job of explaining how a boat works and moves.

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