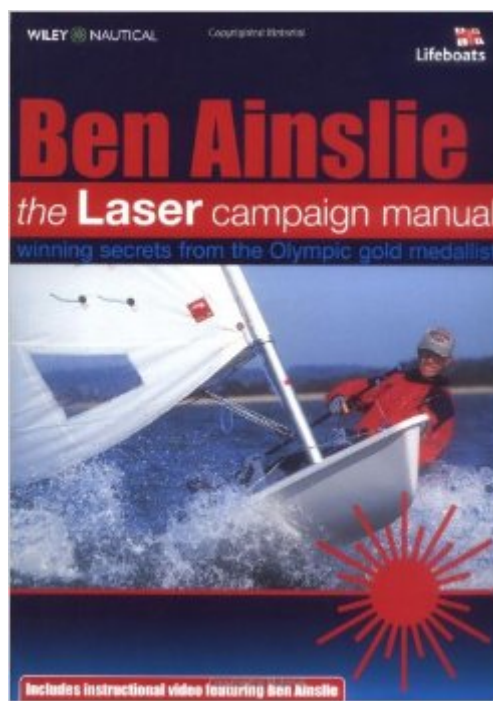


The book was found

The Laser Campaign Manual



Synopsis

The Olympic Gold Medallist explains how to win in this, the most competitive class. Beautifully illustrated with colour photo sequences of Ainslie in action. An online video including footage of him demonstrating every manoeuvre from starting, tacking upwind to downwind technique is also available. Details of where to view the online videos can be found within the book. Ben Ainslie is the fastest laser sailor on the planet. Here are the secrets that won him Olympic gold, shown in words, photo--sequences, video clips and his commentary. This pack is a colourful, detailed account of how to dominate the world's hottest class. The book contains text and photo--sequences on: Psychology and goal setting / Getting the boat right / Speed around the course / Fitness and training / How to win a championship. The video, available to view online, contains footage video clips and commentary on: * Starting. * Beating. * Tacking. * Roll Tacking. * Windward mark. * Reaching. * Gybing. * Running. * Leeward mark.

Book Information

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Average Customer Review: 4.0 out of 5 starsÂ Â See all reviewsÂ (6 customer reviews)

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Customer Reviews

There is a CD included which is not mentioned by the advert. This shows Ben demonstrating 9 disciplines, such as starting and running downwind, with his voice narrating. This makes the techniques come to life and a lot easier to follow. You can't really argue with the advice of the Olympic Gold Medallist - this book has already taken precious seconds off my times! No Laser Sailor can afford to be without this book!!!

Written in Ben's naive style of narrative, the book nevertheless is chock full of tips for the budding

Laser sailor. It sometimes falls short of proper explanation. For example he talks about adjusting the hiking strap, yet there are no pictures or detail about how this is done. Perhaps a nice touch would be a link to a video? However, it remains a great resource for Laserites. Should you buy this book? You betcha!

great up to date info great book. Easy to read and understand with great photos to illustrate their points. great

Forget those books with lots of theories, Ben Ainslie, an Olympic Gold-Medalist, has gifted the XD sailing community with this book. Although it may look simple, all his tricks really works at sea, and there are complex reasons for being so if you are keen enough to consult books on aerodynamics or fluid mechanics just to check him out (I studied Aerospace Engineering in College). If you are serious in the sport, just playback the inclusive VCD for a thousand time, and of course, practice his posture, you will never be disappointed.

Lots of good info from an expert sailor. Must read for anyone who sails small boats, not just Lasers.

The book is quite basic with some good points about boat handling and goes fast techniques. It could have more details. The roll tacking sequence of pictures doesn't show a realist roll tack. The book also demonstrate some illegal techniques like using the foot to push the boat.

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