



Rolling a Kayak - Whitewater: A Complete Guide to Basic and Advanced Rolling Techniques

Ken Whiting

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Rolling a Kayak is World Champion Kayaker and renowned instructor Ken Whiting's 6th DVD on kayaking technique, and the most comprehensive, clear, and concise guide to learning and perfecting the roll in a whitewater kayak. It provides beginner sea kayaker with the fundamental skills and step-by-step instruction for the standard C-to-C, Sweep and Pawlata rolls, while more experienced paddlers will learn advanced techniques like the Offside, Hand, and Back Deck roll, as well as tips and tricks for rolling in whitewater.

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