## LOCKED IN SURFING FOR LIFE

BY JIM ALLEN
WITH PHOTOS BY
DAVE DARLING AND OTHERS



86624

SOUTH BRUNSWICK AND NEW YORK:

A. S. BARNES AND COMPANY
LONDON: THOMAS YOSELOFF LTD

SHEPHERD COLLEGE LIBRARY

## © 1970 by A.S. Barnes and Co., Inc. Library of Congress Catalogue Card Number: 76-107105

A.S. Barnes and Co., Inc. Cranbury, New Jersey 08512

Thomas Yoseloff Ltd 108 New Bond Street London WIY OQX, England

ISBN 0-498-07546-X Printed in the United States of America

## CONTENTS

1.	Prologue: Surfing and Me	11
2.	The Fastest Growing Sport	13
3.	Why Surf?	16
4.	How to Begin	35
5.	Dangers and Safety Measures	41
	Technique and Style	51
7.	Waves	115
8.	The Board	121
9.	Body Surfing and Bellyboarding	130
10.		134
11.	-	190
12.		193
	Index	197