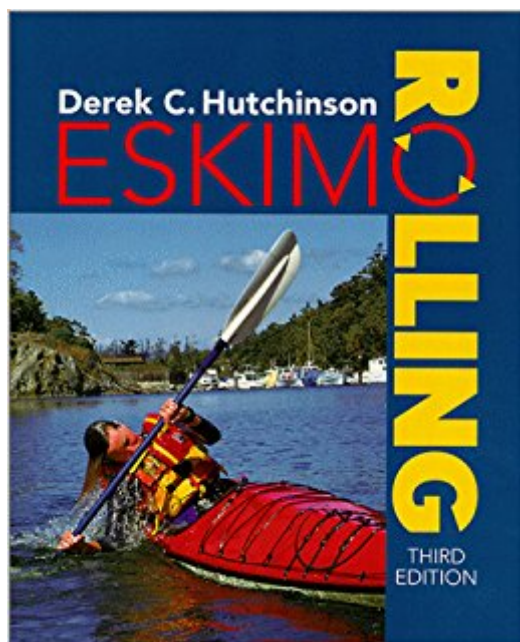


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# Eskimo Rolling, 3rd (Sea Kayaking How- To)



## Synopsis

The Eskimo roll--the self-rescue technique of righting a capsized kayak without leaving the cockpit--is the key to a kayaker's confidence. A bombproof roll is the mark of an expert paddler. Written by internationally famous sea kayaking expert Derek Hutchinson, this book provides detailed instructions on how to perform the Eskimo roll with skill and success in a wide variety of conditions.

## Book Information

Series: Sea Kayaking How- To

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Average Customer Review: 4.5 out of 5 stars 6 customer reviews

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## Customer Reviews

The thrill of kayaking can quickly turn to panic if you don't know how to right a capsized kayak. The Eskimo Roll (the self-rescue technique of righting a capsized kayak without leaving the cockpit) is the key to building confidence for all paddling conditions. Written by the leading international sea kayaking authority Derek C. Hutchinson, Eskimo Rolling provides detailed instruction on how to perform this maneuver with skill and success. Look inside for: explanations and demonstrations of many different Eskimo Roll techniques; confidence-building exercises; action photos of the world's top sea kayakers performing a variety of rolling maneuvers; rolling techniques for both sea kayakers and whitewater paddlers; harrowing and humorous true-life rolling stories from expert kayakers. Author Derek C. Hutchinson is the leading international sea kayaking authority and has nearly forty years of experience. He travels across the globe teaching and lecturing on sea kayaking. He has also designed many of the world's leading sea kayaks. His other books include The Complete Book

of Sea Kayaking, and Expedition Kayaking.

This book may have been the premier book on rolling at one time, but there are better DND sources now ("This Is The Roll" by Perry and Turner). Hutchinson (now deceased) uses English terms, rather than American, and the rolls he describes now have been given different names. I was disappointed in the book.

Very well written book by Derek Hutchinson who designed and built excellent sea kayaks, including a white one (Never Dry) that I used extensively along the coast south of Genoa, Italy.

This book taught me the eskimo roll. Highly recommended

want to take a class to experience the muscle memory of doing it right. Somethings you can't get from a book

I learned to Eskimo roll, Pawlata style, from John Dowd's Sea Kayaking book, which covered Eskimo rolling in ~10 pages. In Pawlata rolls, you hold the paddle with one hand on the end of the paddle and the other on the shaft. My kayaking best friend helped me learn the Screw Roll, wherein you roll with your hands on the paddleshaft in the same place you have them while paddling. This came in very handy when I capsized once while goofing off and once while deflecting overhanging branches. Of course, learning to slide the paddle helps obtain the best leverage if you don't have total confidence in your screw roll. I bought this book to learn other kinds of rolls, including the hand roll. The book also teaches sculling support strokes which kayakers, myself included, should learn to avoid panicking after a botched roll, to buy time for thinking about the next roll attempt. Avoid deadly hypothermia--dress for the water temperature, learn when not to go out, don't go alone, learn to brace, learn to Eskimo roll, learn to wet exit and re-enter, take all precautions--then practice frequently. The price above seems high.

Kayak rolling is a difficult technique to learn, because it involves several steps, all carefully coordinated under conditions that invite panic. Despite the difficulty of teaching and learning the technique, I taught myself to roll with this book. Derek Hutchinson's descriptions are clear and informative. He gives descriptions of a wide variety of techniques; though many are of historical, rather than practical, interest, they're all worth a good read. He includes a number of first-person

accounts, some of which are funny and some of which are cautionary. This book is one treasure in my paddling library!

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