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This Is Sailing: A Complete Course

Richard Creagh-Osborne

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The first section is devoted to the theory of a sailboat as "wind machine" and the components of a boat that are used to harness the wind efficiently. The second part solidly delineates beginning sailing skills such as steering and sail trim. The third section covers expanding skills, detailing spinnaker work, maximizing speed, heavy weather procedures, safety, docking, and towing.

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