

Beginner Paddle Boarding

In this article we will look at how to get started in the fastest growing water sport around: Stand up Paddle Boarding. A paddle board looks just like a big surf board but it has developed differently over time. A Stand up Paddle board is lighter and often made of different material than a standard surf board. When you are ready to get started Paddle Boarding you will need to find your Local Paddle Board Equipment rental shop. The type of board that you will need is dependent on your height and weight. So, you would not want to buy equipment right off the bat because you could get the wrong fit. After you have tried out what the experts at the Paddle Board Equipment store recommend, then you can start to customize. For instance, if you are having trouble maintaining your balance on the standard model for your size, then you may want to get a longer board than is customary.

Take your board and paddle out to the nearest lake to start with. The nice thing about paddle boards is that you do not need rushing water to have fun. So, in the beginning it is easier to learn the movements on a stationary body of water. At first you will fall in repeatedly, don't feel bad, it's half the fun. You will eventually get your balance but stay near the shore at first. In the beginning many people will not even bring a paddle with them. Instead of standing they will lay on the board like a surfer would when waiting on a wave. Then you can essentially dog paddle the board around to get a feel for it and its specific quirks.

When you are ready to stand up on your board go into waist deep water. Lay the paddle horizontally across the board and pull your self up onto it from the rear, like a cowboy would mount his horse in an old western. Once you are straddling the board, slowly maneuver yourself until you are on your knees slightly back from the center of the board. Once you have your balance, grab your paddle and pop to your feet. Then place your feet exactly where your knees were except shoulder length apart. This will take practice so make sure that you do not hit the board when you keep falling off. Now, keep your eyes on the horizon and paddle around at a leisurely pace. It is a great way to see the sights and get a little exercise along the way.