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Choosing Right Stand up Paddle Board by Julia Roger

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Stand up paddle board is used in a specific type of water surfing called stand up paddle surfing. This is a sport where surfing is done using a paddle which is an ancient form of it and it is easy to learn and use. This is a sport which traces its base in Hawaii but today people of many countries and water lovers are interested in it.

The sport is incomplete without two of its parts, one is the board and the other is the paddle. When you look for paddle boards for sale, you shall always be sure of the quality of both of them. The board is generally made of glass reinforced plastic using epoxy resin which goes well with the polystyrene foam used in the core. Some other boards use hollow wood instead of foam. Today you will even find inflatable boards which are easy to carry and sails well. These boards are generally between 9 to 12 feet in height and have paddle deck and hulls. The boards are generally a bit costly. The paddles in the sport can be constructed of carbon, wood or fiberglass. It has a flat blade in the end and a handle. The length of the handle can be 67 to 86 inches and the blade can be 6 to 10 inches in width.

In order to have a good surfing with paddle boards it is important that the paddles are of proper size and shape and match the length of the board. If you are going to purchase it for the first time, it is important to take a long board and a paddle according to your height for proper result.

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For more information on a Stand up paddle board, check out the info available online; these will help you learn to find the a paddle boards for sale!

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