

A high-angle, action shot of a male surfer riding a wave. The surfer is wearing a red long-sleeved rash guard and patterned shorts. He is crouched low on a white surfboard with yellow accents, leaning forward. The wave is breaking, creating a large splash of white water behind him. The water is a deep blue-green color. The text "VIDEO LESSON 13" is overlaid in white, serif font at the bottom center of the image.

VIDEO LESSON 13



I KEEP MY FOCUS ALL YEAR LONG.  
IK HOU HET HELE JAAR MIJN  
FOCUS