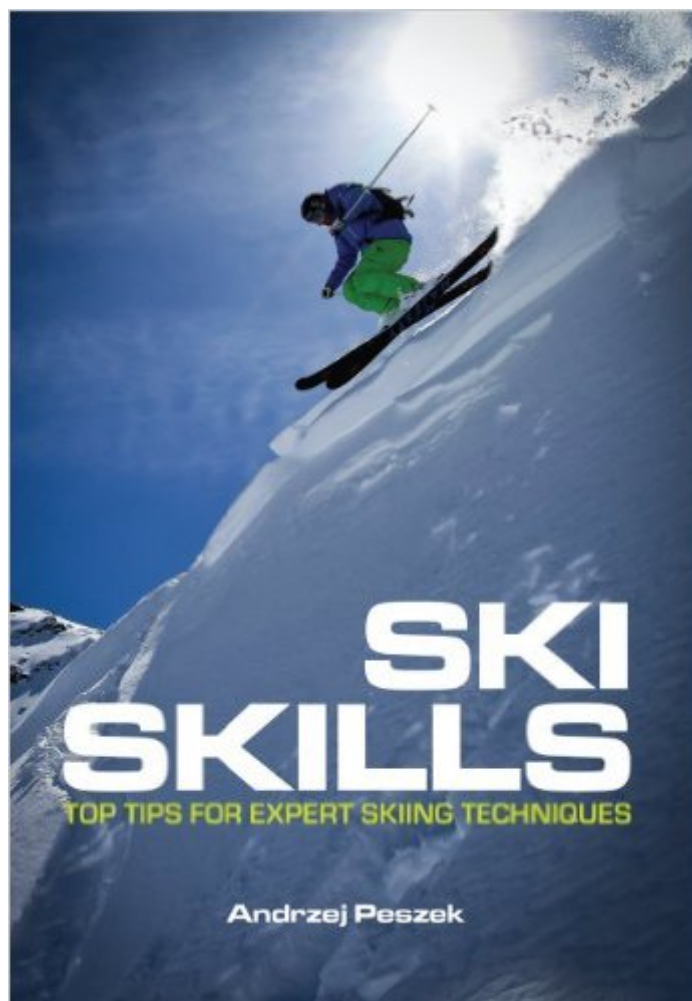


The book was found

# Ski Skills: Top Tips For Expert Skiing Techniques



## Synopsis

How to improve technique and prepare for the ski season. Downhill skiing, especially high alpine and backcountry skiing, is a popular recreational activity in North America. This book is the ideal guide for any intermediate skier wanting to take the sport to the next level. Ski Skills is packed with vibrant color photographs of skiers in action, and clear illustrations give useful analysis to help improve technique and form. The book begins with a thorough explanation of the "three pillars of skiing": physical condition, balance and technique. A discussion of the new philosophy of skiing includes a comparison of traditional skis and carving skis and the recommended "rules" to follow when choosing equipment. A comprehensive technique section includes a thorough analysis of ski turns that shows and explains the anatomy of a turn -- including the role of the skis, legs, knees, hips, upper body, arms, ski poles and body weight -- the types of turns, and the phases and elements of a turn. Ski Skills also includes: Tips on how to maintain balance Advice on purchasing equipment How to avoid mistakes How to identify and correct old habits Planning a ski trip Skiing for pleasure. Ski Skills will find a welcome audience among intermediate skiers who want to improve their skills and enjoy this exhilarating sport at their highest potential.

## Book Information

Paperback: 160 pages

Publisher: Firefly Books (October 6, 2011)

Language: English

ISBN-10: 1554079233

ISBN-13: 978-1554079230

Product Dimensions: 6.5 x 0.4 x 9.2 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (1 customer review)

Best Sellers Rank: #1,453,931 in Books (See Top 100 in Books) #63 inÂ Books > Sports & Outdoors > Outdoor Recreation > Skiing > Downhill #1369 inÂ Books > Sports & Outdoors > Winter Sports

## Customer Reviews

I don't know of another ski book that looks at skiing technique from the ground up for shaped skis. Other books come with the baggage of classical technique. Ski Skills comes with a Euro-centric feel, which I don't mind; the language is often stilted/poorly translated, which I mind more. Finally, along with excellent stop-action photos to illustrate technique come too many photos of extreme

acts, like big jumps, which are outside of the purview of the book.

[Download to continue reading...](#)

Ski Skills: Top Tips for Expert Skiing Techniques Backcountry Skiing: Skills for Ski Touring and Ski Mountaineering (Mountaineers Outdoor Expert Series) How I Ski: Expert Alpine Skiing Demystified! Cross-Country Skiing: Building Skills for Fun and Fitness (Mountaineers Outdoor Expert) Cross-Country Skiing: Building Skills for Fun and Fitness (Mountaineers Outdoor Expert) by Steve Hindman (2005-10-01) 200 Beading Tips, Techniques & Trade Secrets: An Indispensable Compendium of Technical Know-How and Troubleshooting Tips (200 Tips, Techniques & Trade Secrets) Backcountry Skiing Utah, 2nd (Backcountry Skiing Series) For the Love of Skiing: A Visual History of Skiing The Physics of Skiing: Skiing at the Triple Point Ski Flex: Flexibility, Fitness, and Conditioning for Better Skiing (Sports Flex Series) Ski Bums and the Art of Skiing Ski Randonnee: Backcountry Skiing for the Parallel Skier by Jean Vives Be Fit to Ski: The Complete Guide to Alpine Skiing Fitness Utah: The Complete Ski and Snowboard Guide: Includes Alpine, Nordic, and Telemark Skiing & Other Winter Sports Ski Faster: Lisa Feinberg Densmore's Guide to High Performance Skiing and Racing How To Make Ski Service Alone - The Truth About Skiing Volume 6 Everyday Charisma: Techniques for Mass Appeal, Charm, and Becoming a Social Powerhouse (Social Skills, Communication Skills, People Skills Mastery) Alpine Ski Mountaineering Vol 1 - Western Alps: Western Alps v. 1 (Cicerone Winter and Ski Mountaineering) Grow Fruit Indoors Box Set: 22 Cultivating Tips to Make Your Own Garden With Extra Gardening Tips To Grow Your Favorite Exotic Fruits Plus Tips How to ... Set, Grow Fruit Indoors, Gardening Tips) TOP PLACES IN THE WORLD TO PLAN YOUR VACATION / HONEYMOON / RETIREMENT: Bonus Chapters Included: TOP 5 Places To Take Photos and Top 5 Places for "City ... vacation packages, vacation photos Book 1)

[Dmca](#)