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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

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Customer Reviews

Andrzej Peszek has been a ski instructor for the last 20 years.

Good book. Nothing on moguls however.

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.

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