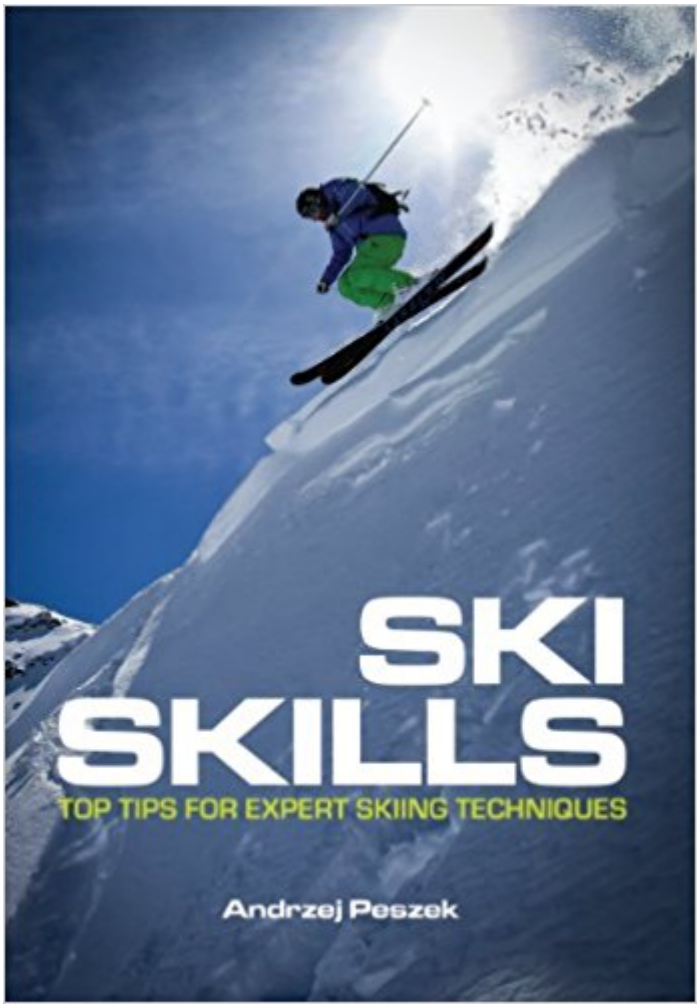
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Ski Skills: Top Tips For Expert Skiing Techniques



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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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