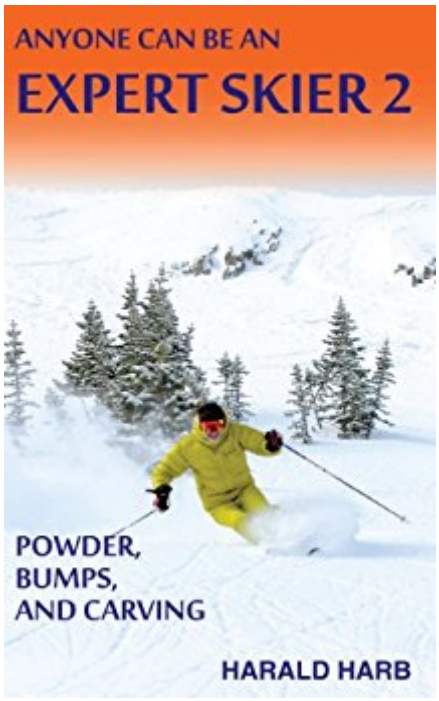
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Anyone Can Be An Expert Skier 2



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Synopsis

In this follow-up to the hugely successful "Anyone Can Be An Expert Skier 1", Harald Harb shows you how to ski expert terrain with more ease and less effort. Suitable for the intermediate to advanced skier, this book builds a solid base of technique and applies it to ungroomed conditions.With the PMTS Direct Parallel system you will...* learn on groomed terrain first* use the same movements in ungroomed conditions* control speed and direction* learn one technique that works in all conditionsMany photos! (In color, if your device supports it.)

Book Information

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Customer Reviews

This is an excellent tome for skiers who want to improve using scientific and well explained techniques. It is written in clear terms where you can easily imagine performing the exercises and maneuvers, from the basic premises on through proper use of poles and their effect on balance and performance. Mr. Harb’s reliance on the accuracy and touch of the smaller muscles in the feet and how they establish the framework and foundation of the rest of the body is an essential point of the book. The importance of Tipping is explained and taught well. What enhances the book is the trust

in the author who makes the explanations as easy as if you were having a private conversation with a wise and experienced instructor. His use of machine gun photo depictions leaves no detail unexamined. The "Phantom Move" is almost magical in its use and will make you at least look like an expert if you can master it. The layout and sequencing of the book is very logical and professionally done. Mr, Harb has a fantastic approach and team. I wish I had read it before my first lesson.

Concise and comprehensive instruction manual for the aspirational intermediate to advanced skier. Provides step-by-step detailed paths to mastery of all mountain conditions including groomed, steeps, bumps, crud, and powder.

Great way to learn to fine tune your ski techniques!

If you are looking to advance beyond the intermediate level of skiing but feel stuck, check out this book and others by Harald Harb. This is a transformative method of ski instruction that makes sense - although it goes against the traditional grain of ski instruction. The two "Expert Skier" books are comprehensive yet easy-to-follow. The books are complemented by videos on the Harb web site which you can search for online.

This book is essential if you want to learn the PMTS system which Harald Harb created. I would recommend that you do that. This is a book for experts and assumes you already have learned to ski, but it would be very useful even if you are a new skier. Just realize that it won't teach you how to snowplow or stem-christi. The ski season is over now (April 06) and I got this too late to use it for 05-06. But, I can tell you that this book is very well presented. Without it I would have had a very hard time understanding how to carve my skis using this technique or understanding why I wouldn't want to make some mistakes that would not be obvious. Important details are revealed in the book that I have found nowhere else. The DVD that comes with the book is a powerful presentation that follows the book's format. The DVD shows some excellent examples of how to do exercises and how to actually ski the technique. It contains demonstrations of using the technique in many types of difficult terrain. This includes bumps which I am particularly interested in where carving is an especially difficult task. I was already aware of this system from several other sources. Without this book, I doubt that I would ever have been able to do it correctly. The book and the DVD work very well together.

This is a fantastic book for intermediate and above skiers who are trying to learn (or improve) techniques for all mountain skiing.Harald is a world class coach and skier who explains ski technique better than anyone. The stuff he teaches is simple and effective. Even if you do nothing other than narrow your stance and begin to balance on one ski (the two quick changes he recommends early on), your skiing will improve dramatically.The book itself offers a linear progression that takes you through developing the ability to release your turn (through a variety of releases), linking those releases into a functional all mountain turn, and then adding techniques to make the basic turn even more functional in all mountain conditions. Once this "undergraduate" course has finished and the reader owns a "bullet proof short turn", a "post graduate" course is offered that teaches advanced carving, bump skiing, and powder techniques.If there is a weakness with this book it is that it is easy to underestimate how powerful these techniques are. Lifting or lightening the downhill ski at the end of the turn isn't a technique that is commonly taught so it is easy to dismiss it. This is particularly the case for skiers who may be comfortable in black or double black terrain. All I can say here is to echo Harald; don't ignore the undergraduate course. The stuff that he is teaching isn't optional; it is the foundation of good technique. Give it an honest try and you will begin to understand. Learn it and your skiing will be transformed.

By far the best book on ski instruction available.

I bought this book for my husband who is an intermediate skier and he loves it - he has watched the DVD several times and is reading the book - he is especially excited about using the tear out guide cards in the back of the book for reference on the slopes. I am a beginner so of course I am now ordering Expert Skier One!

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