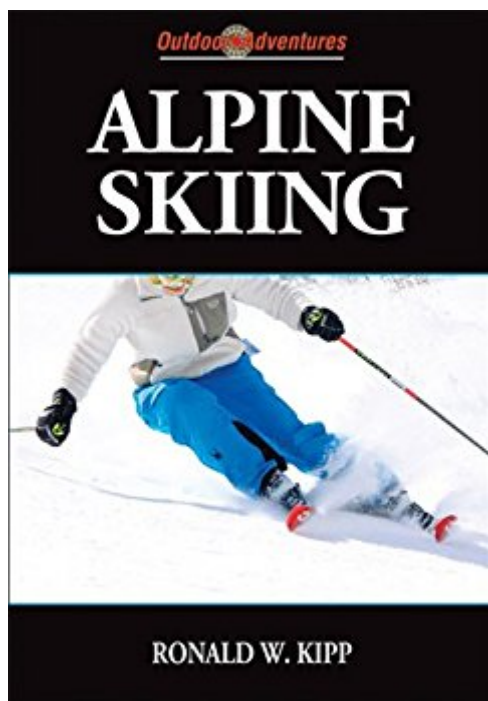


The book was found

Alpine Skiing: Outdoor Adventures



Synopsis

More than 2,000 ski areas in 57 countries offer fun and excitement to people of all ages—from young children to retirees. Whether you've never stood on skis or you're looking to improve your basic skills, you can depend on *Alpine Skiing* to help you hit the slopes. In *Alpine Skiing*, Ronald Kipp, alpine sport education manager for the U.S. Ski and Snowboard Association, introduces novice skiers to the basics of the sport, assists intermediate skiers in refining skills, and advises experts in specialized situations. He prepares you for your adventure with information on conditioning, selecting equipment, and familiarizing yourself with the skiing environment. You'll then find easy-to-follow instruction on skiing fundamentals, such as the wedge turn, the christie and edging skills, parallel turns, and dynamic parallel skiing. You will find additional guidance on the more challenging moguls, powder skiing, tree skiing, and racing slopes. Throughout the book Kipp shares consumer, technique, and safety tips collected from his years of experience as both a skier and an instructor. He also provides valuable information on travel and trip planning, including choosing a ski area and accommodations, packing, and flying with your gear. Lists of websites will help you find ski instructors and organizations, shop for equipment and gear, and plan trips around the world. Each chapter also includes Success Check questions that will help you test your skiing knowledge. *Alpine Skiing* is part of the Outdoor Adventures series, which provides you with the essential information on basic techniques and skills so you can be on your way to an adventure in no time. Important Notice: The digital edition of this book is missing some of the images found in the physical edition.

Book Information

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Customer Reviews

If you want to start skiing this book will be a good source for preparation/what to expect/first steps. Once pass the basics I don't think it's a good source for learning. My gripes are 1) Very few of the advanced rules are explained in detail; plenty of statements and repetitions, pages on definitions but not much essence 2) Illustrations are crude and lacking, have to read the narrative few times to understand the concept. Complete lack of schematics. 3) Not a clinic - scant advice at what to watch for and how to detect and avoid common mistake (skidding, balance, nothing on how to use the inertia). 4) Only the last few pages are dedicated to 7+ skiers - good points but wish there were more examples and illustrations Bottom line - it's a pretty good book for the novice, with very valuable rules to learn but if you're at/past the blue slopes you won't get much

I enjoyed most of this book, but some of Ron Kipp's advice to skiers concerning technique is "Old School". Skiing technique changes frequently due to changes in ski technology. Author's need to be current on this subject.

This book is over the head for the novice, only advanced and expert skiers will glean from the details presented.

pros: clear in mechanics and anatomy; easy to understand by using many analogies; pointing out many prevailing errors; giving many basics, but you don't get from other books. cons: as previous reviews pointed out, the illustrations need further makeups. Adding some arrows to show the corresponding point will do great help.

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of Skiing The Physics of Skiing: Skiing at the Triple Point Backcountry Skiing: Skills for Ski Touring and Ski Mountaineering (Mountaineers Outdoor Expert Series) Cross-Country Skiing: Building Skills for Fun and Fitness (Mountaineers Outdoor Expert) Backcountry Skiing (Mountaineering Outdoor Experts Series) Cross-Country Skiing: Building Skills for Fun and Fitness (Mountaineers Outdoor Expert) by Steve Hindman (2005-10-01) Cookbooks for Fans: Dallas Football Outdoor Cooking and Tailgating Recipes: Cookbooks for Cowboy FANS ~ Barbecuing & Grilling Meat & Game (Outdoor Cooking ... ~ American Football Recipes Book 3) Sunset Outdoor Design & Build Guide: Paths, Walkways and Garden Walls: Fresh Ideas for Outdoor Living Kayaking (Outdoor Adventures) Alaska!: Beauty, History, Gold Rush, Alcan Highway, Hunting, Fishing, Tides, Iditarod, Serious, Humorous, Human Interest and More (Erickson's Outdoor Adventures Book 4) Alaska 2!: Biking the Iditarod, Aftermath of the Exxon Valdez oil spill, the History of Gold in Alaska, Bear Hunting, Guiding, Human Interest and More (Erickson's Outdoor Adventures Book 5) Canoeing (Outdoor Adventures Series)

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