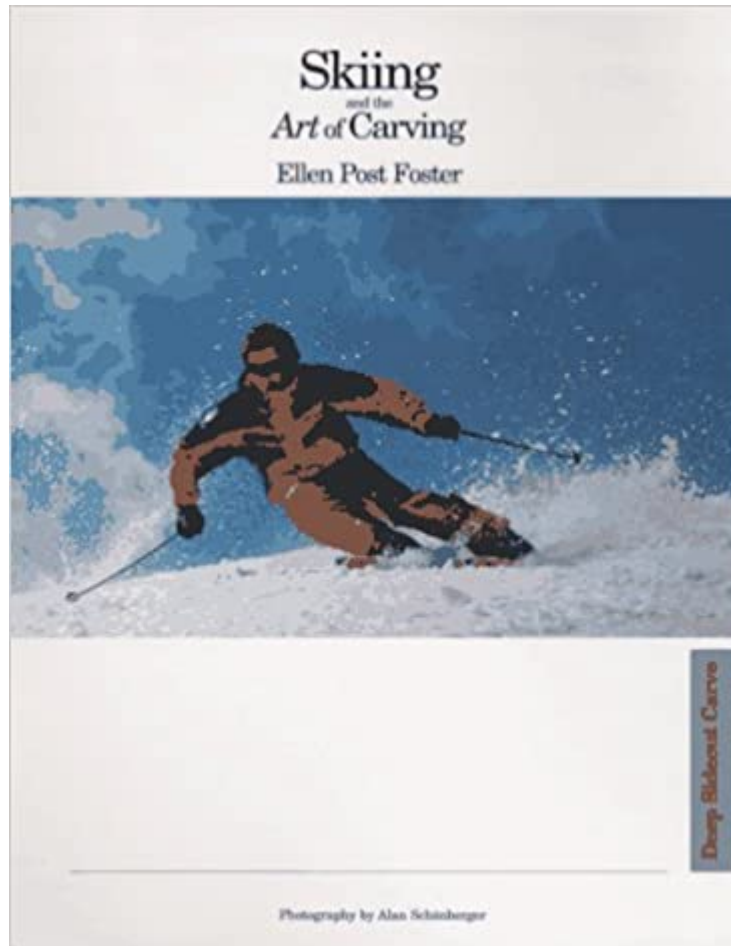




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# Skiing And The Art Of Carving



## Synopsis

Skiing and the Art of Carving is a revolutionary new book that teaches skiers of all levels to improve their skills immensely. Learning and refining carved turns is presented as the means for becoming an accomplished skier. This is the only book available that has kept pace with rapidly changing ski technology. It provides the means to maximize performance on today's equipment. Readers can learn to carve true arcs on the new deep sidecut skis as well as on traditional skis.

## Book Information

Paperback: 272 pages

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Product Dimensions: 9.2 x 7.3 x 0.7 inches

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Average Customer Review: 4.8 out of 5 stars 5 customer reviews

Best Sellers Rank: #1,452,003 in Books (See Top 100 in Books) #45 in Books > Sports & Outdoors > Outdoor Recreation > Skiing > Downhill #1194 in Books > Sports & Outdoors > Winter Sports

## Customer Reviews

Skiing is an art and a discipline that is constantly renewing itself. As ski equipment evolves, ski technique must keep pace with it. This superb book provides the tips and exercises to help you ski better than ever. It will help any avid skier develop and perfect the most up to date techniques and stay on the cutting edge of the newest developments in skiing.

Mastery of any sport requires an intimate understanding of the individual pieces that make up the whole. Skiing and the Art of Carving is a brilliant use of skill development and exercises that combine the traditional needs of high level skiing with the exciting potential of the newest equipment technology to provide the reader with a successful formula for mastering contemporary skiing.

I teach skiing professionally for the Ski and Snowboard Schools of Aspen/Snowmass. I recommend this book to anyone wishing to improve upon their level of skiing no matter what that level may be, i.e., beginner, intermediate, advanced or expert -- young or old. The book was written by highly

skilled professionals and although published a number of years ago it is as contemporary today as it was when first marketed. The lay out is extremely well done with easy to follow directions accompanied by many photos and or diagrams. There are a plethora of drills incorporating great progressions.

I personally found this book easy to understand, the authors made sure that they gave only the information that you needed, when you needed it, And all the information was explained in detail. With the companion video it just gets better. To put it simple, this book explains it all from A to Ski!

This is the most up-to-date and complete guide I have run across. Its coverage is encyclopedic, yet remarkably succinct, covering every issue from equipment to skills, drills, and mental approaches. It should be useful to avid skiers and instructors at any level, supplanting volumes of manuals normally available only to professional instructors, yet the exercises detail a path that even novices can effectively pursue to develop the most refined technique. The book is perfectly complemented by the companion video which gives clear evidence that the book's progression of exercises can illuminate in the gorgeous turns the Ms. Post Foster, her coauthors, and demo team do so effortlessly. The combined effect is truly inspirational. This book is the only ready material you should take on your next ski trip. If you read it before then (and you should), you will quickly develop a powerful longing for the slopes.

I spent quite some time in bookstores looking for a book that would teach me how to get the most out of my new shaped skis. I found out quickly that almost all cover only traditional skis. This book is an exception. Although it addresses both very well I would prefer that it focused exclusively on shaped skis. Who is buying traditional skis nowadays anyway? Although the pictures are detailed and easy to follow they would be even more effective accompanied by a training video. Ms. Foster why don't you make a video to go with the book? I'd be among the first to buy it!

This is a fantastic book for all level of skiers. It will take you through the steps to using your shaped skies as they were meant to be used. By the way: There is a video that accompanies this book - it is also excellent. And should be watched the first several times with the sound - and then mute the sound and just watch the skiing. Maybe .com could supply it?

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