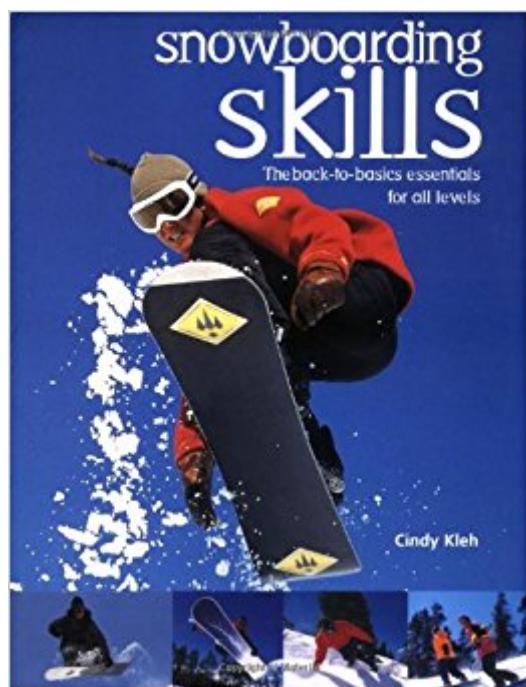


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# Snowboarding Skills: The Back-To-Basics Essentials For All Levels



## **Synopsis**

This best-selling guide is ideal for those starting out as well as the more experienced boarders looking to fix a persistent problem or just improve their skills. Along with dozens of color photographs, Snowboarding Skills features: Pro tips from the world's top boarders Action photo sequences with explanatory diagrams Directional arrows showing exactly how and where to turn "Don't" and "do" photo comparisons Troubleshooting sidebars Lessons to improve skills Explanations on understanding snow and weather conditions Safety tips and equipment maintenance Hill etiquette, avoiding injury, and more. From the basics of standing up and stopping to the challenges of pivoting and jumping, Snowboarding Skills covers everything a boarder needs to know.

## **Book Information**

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## **Customer Reviews**

Adult/High School-A visual feast. Graphically appealing, wonderful color photographs show snowboarders involved in a variety of activities. Captions, labels, and step-by-step directions further extend the usefulness of the pictures. The colorful borders, use of white space, boxes with information on troubleshooting common problems, and sections with tips from professionals make this book reader friendly. The sport has a language of its own, and placing the glossary at the beginning is helpful to beginners. Teens will find a wealth of information on taking lessons, proper nutrition before hitting the slopes, safety, clothing, stretching and preseason exercises, maintaining the equipment, basic moves, proper etiquette, and riding in a variety of snow conditions. (Comments include, "snowboarding is the most fun you can have with your clothes on" and "avoid drinking

alcohol the night before snowboarding.") The full-page diagram on what to look for in a board and terms to know will be helpful to potential buyers. A solid addition to winter sports collections. Michael McCullough, Byron-Bergen Middle School, Bergen, NYCopyright 2003 Reed Business Information, Inc.

Gr. 7-12. "Keep your booty over the board!" Kleh's combination of dead-on practical advice, insider lingo, and near-religious enthusiasm makes this guide to snowboarding an invaluable resource for anyone wanting to try the sport or to advance his or her skills. The thorough text covers all stages of preparation, including toning exercises, and gear. Later chapters give precise, step-by-step instructions for everything from the simplest movements and mastering the chair lift to "riding the gnarly" and handling rough conditions such as ice. Crisp color photos demonstrate the moves, and boxed troubleshooting tips and quotes from the pros add more insight. Even though Kleh writes, "Helmets! That's a no-brainer!" not all of the photos feature riders wearing protective gear. But Kleh, a championship snowboarder and journalist, writes in laid-back, teen-friendly language that makes it clear that safety and preparation aren't uncool or uptight; they make people better riders. A "Board Talk" glossary opens this excellent title. Gillian EngbergCopyright © American Library Association. All rights reserved

This is one of the better books out there on how to snowboard. How I know is because I read pretty much all of them. I haven't found a great book yet, but this comes close. Contrast this with how-to-ski books and you would find a lot more fine books on skiing. Perhaps snowboarding is quite simple in concept but it is the "doing" that is hard or perhaps there still has not been a good author to write any of these books? Time will tell for the latter. The skills are broken down in progression and full-color photos are really clear and nice to look. There is a section on carving and of course, terrain park skills. The beginning of the book starts off with clothing and equipment which is quite standard among such books but I never did like because I would think everyone would just skip to the part on how to actually snowboard. Putting such info in the back or appendix would make more sense. But reading on equipment and knowing what to buy will make the trip to the shop much more smoother and act as a cross-check to see if the salesperson knows his stuff. In short, after reading this book and so many others. There are really a few things one need to remember when snowboarding. Stay on the edge. Never have a flat snowboard on the snow especially at really slow speeds. By not doing this, that is when the worst thing about snowboarding happens, the dreaded slam. Avoid at all costs. Wear wrist guards and pads to protect your tail bone. A helmet wouldn't

hurt either. Once you remember and have all these, you are ready to have fun.

I just wanted a little bit of guidance before getting to the slopes, or bunny hills. The book is just that.

Still waiting for the snow!!

I'm a beginner & I love this little book. Pictures looks a bit old of course but it does a good job reminding you the basic things of snowboarding. Great to see pictures that illustrated the technique. I read it over & over it :). Will keep me busy until next trip to the mountain later this year.

For my 14 yr old son. The shipping was fast and great service. The book has a lot of basic stuff he has already learned, but, there is a few paragraphs of new things for him to work on and try.

This book is great if you really want to learn how to snowboard. In my opinion nothing can take the place of one-on-one or group lessons... but this book is a great compliment to help reinforce what you learn (or figure out) on the slopes. The illustrations are also really really helpful, so you can figure out what should be where and what it all looks like. And wear a helmet!!

I'll preface that it took me 6-7 years of reading, practice, and trial-and-error to learn to ski -mostly- properly on advanced slopes. Through those 6 years, I have learned a lot about what teaching techniques work and do not work for me. What drew me to this book is "the back-to-basics". To ski on advanced slopes, you need to know and practice the basics really well. And there are some books that are amazing at teaching you all the nuances of the basics. They teach you not only the "how", but also the "why" so you can assess yourself when you practice. And they do it repeatedly to drive it home. This book missed that expectation by a mile. It has a lot of pretty pictures. It just brushes the surface of "how". It doesn't tell you much about "why". It doesn't give you enough information to assess whether you're doing it right. It teaches you a little bit of everything, but it's very shallow. It doesn't teach you much technique, but instead gives you tips on technique. If you hit a wall in your learning, this book is unlikely to get you over that wall. There are good resources on youtube and the web that can teach you more. I've taken a group beginner, practiced a few times, and took another private intermediate snowboarding lesson. The lessons are definitely worth it.

My Grandson started snowboarding this winter and it has a lot of great tips.

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