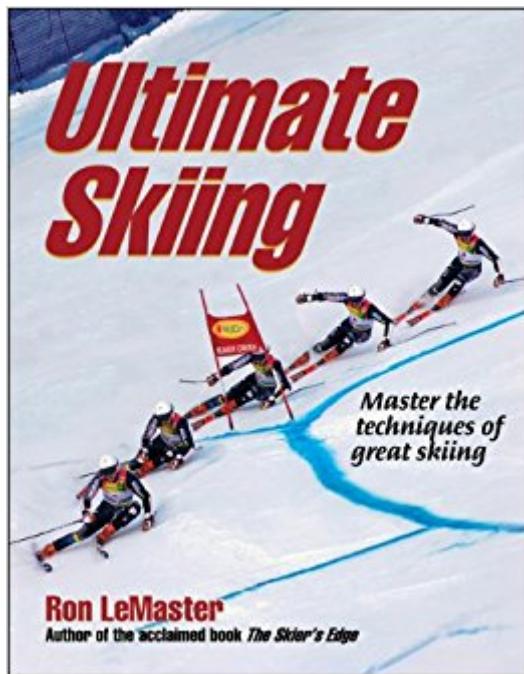


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# Ultimate Skiing



## Synopsis

Break through to the next level of ski performance! Renowned instructor, coach, and ski technique expert Ron LeMaster takes you beyond *The Skier's Edge* by improving, expanding, and enhancing that seminal work. The result, *Ultimate Skiing*, will help you master the mechanics of great skiing as never before—explaining how it's done, showing how it looks, and describing how it feels. LeMaster has made *Ultimate Skiing* a comprehensive manual on ski technique. Learn how skis interact with the snow and how best to manipulate your skis, boots, and poles on the steepest slopes, in monster mogul fields, and through the deepest powder. Technique tips and kinesthetic cues help translate the sensation of each movement. Throughout, LeMaster incorporates his one-of-a-kind, full-color photo montages and 3-D diagrams to take you onto the slopes and into the action. These phenomenal images capture some of the world's greatest skiers while illustrating the correct techniques for every condition and terrain. To get the most out of your skiing potential, you need the ultimate in ski instruction. You need *Ultimate Skiing*.

## Book Information

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## Customer Reviews

I am a PSIA certified instructor with 14 years of teaching skiing at a major Utah ski resort. This book is the finest resource I have seen. It has influenced the way I think about skiing and the way I teach my guests. I have purchased additional copies as gifts to other instructors. Many others in our ski school have copies. We had the opportunity to hear Ron LeMaster lecture for 2 hours on the concepts in his book about 3 months ago. The concepts he shared in his lecture and in the book are still being discussed by us at our lineup or on the chairlift. If you want to better understand skiing buy

this book, read and then re-read it. I will be studying it for years to come.

On the whole I think there are some really great information in this book. I really liked the chapters on stance and alignment; Up and Down and Lateral Balance which cleared up a lot of my confusion on the role of the inside and outside ski. My only criticism are some of the overly technical bits in the early chapters which I found difficult to understand and also the bias towards racing and not all mountain skiing which most of us are. For example, I would have liked more comments on the use of the inside ski in moguls and powder. A very rich reference source though.

I really liked this book. The author speaks from decades of experience, competently discusses the details of the angles and forces involved in skiing, explains many common skiing faults and how to fix them, describes quite a few exercises to help you improve your technique, and includes many stunning color montages of skiers to back up his points. I read the Kindle version on my color iPad mini, and absolutely loved zooming in on the beautiful color montages to see the fine points. My guess is that reading it on a color iPad is a better experience than reading a physical book. I had a few minor quibbles about how the author presented the vector components of gravity as it acted on the center of mass of the skier, probably because of all those force diagrams that I had to draw in university physics class. But since I imagine the average reader will quickly skip over the details of such force diagrams, I don't think any real harm was done. I just think there were better, more technically accurate ways of presenting the forces in some of the diagrams. I also thought the Kindle version would have been better if hyperlinks had been provided for the various picture and figure references that referred to various places in the book. I ended up using the Kindle search facility to search for the referenced figure number in lieu of a more convenient hyperlink, which worked almost as well. Overall, I thought this was a superb piece of work, written by an author who has an obvious deep knowledge and love of the sport. I would recommend this book to anyone who is interested in learning more about skiing. I think this book will become a classic in the field, if it is not already.

I would not advise this for someone who wants a book to learn to ski (actually, I know of no such books, you really need a good instructor), but for a ski instructor, this book is invaluable. Ron's photography breaks down turns in such a way as to be able to see every nuance. I rate this up there with other incredibly valuable resources such as Warren Witherall's "How the Racer's Ski" (which was written in the mid-70s and if the ski industry had listened we would have had shaped skis shortly thereafter) and "The Athletic Skier", as well as Bob Barnes's "Encyclopedia of Skiing" (out of

print in hard cover but you can get it electronically by becoming a supporter at [...]. Ski fast and laugh often! Bob

Excellent reference, nicely illustrated. If you are something of a dork and want some logical breakdown of your learning process, this book is a must-have. No, you won't learn to ski from this alone, no book will teach you a physical activity like that, but as a complement to lessons and practice, it is excellent. It helps you understand some of the physics involved, and the logical reasons for some of the classic approaches to skiing. It was a very good investment, recommended.

Great book and perfect for the technical skier. I would really only recommend this book to serious racers, or people in the coaching community. It's not for the average skier as it's quite technical and is a much better manual for the advanced skier or coaches out there looking for something to use as a reference.

This book has a lot of good information, but I think too much is presented in a technical fashion. A large portion of the book is dedicated to explaining the physics of skiing. On the one hand, I like physics, and I found the information interesting. However, none of that actually helped me to become a better skier, and I think the space could be better used on something else. Also, the book is a little light on practical advice.

I purchased this book in preparation for my 4th ski trip in 25 years (read: I'm not an expert). Many reviews led me to believe that the book was better suited for experienced skiers, but it seemed there weren't many great e-books available for my target audience. I'm happy I chose this one. The book is technical and VERY detailed. I have a technical type mind/personality (tinkering/angles/technology come relatively easy to me). I was able to grasp all of the concepts in the book from a technical perspective (most of which have to do with force and angles) and was curious as to if my limited experience would allow me to use them on the mountain. Well I skied like I've never skied before. I wouldn't say it made me an expert, but it certainly increased my comfort on blue runs, allowed me to understand how the way I positioned my body altered the way the skis interacted with the snow, and gave me a good idea of how all of my (rental) equipment should fit/feel. I feel like this book absolutely made my trip at least twice as enjoyable (if not more). It made me wish I lived much closer to some snow so that I could continue to work on my skills. If I could have just let go of my fear of falling, I could have done even better. If you've been skiing a few times

and you're comfortable with the difference between the force of gravity and centrifugal force and can visualize what a 45 degree angle looks like in your head, pick up the book. If all that was Greek to you, this might not be the book for you.

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