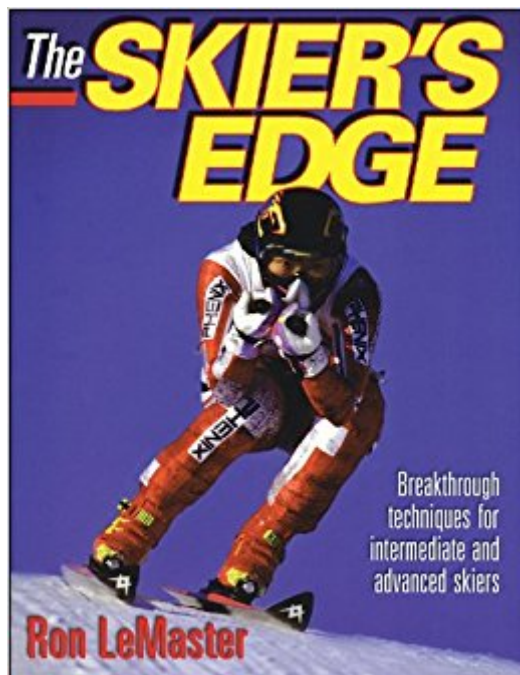


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# The Skier's Edge



## Synopsis

The Skier's Edge is one of those rare books that translates the technical expertise of elite skiers into easy-to-understand, practical terms for serious skiers. It not only explains the mechanics of great skiing; it also shows how it looks-step by step-and describes how it should feel. The first step to improving is to gain a deeper understanding of the mechanics of superb skiing. Technique expert Ron LeMaster explains how the skis interact with the snow and then reveals how to manipulate your skis, boots, and poles to achieve the carved turns, jumps, and pinpoint control that make skiing one of the most exciting winter sports. But that's only the beginning. LeMaster goes on to present the most effective techniques for executing skiing's five most important body movements:- Vertical movements- Fore-aft movements- Lateral balancing movements- Rotary movements- Edging movements Each major point on technique is accompanied by kinesthetic descriptions to give you a keen sense of how these key movements should feel. You'll also learn how to apply your newly acquired skills in a variety of skiing situations: - mogul skiing, - skiing on very hard snow and ice, - powder skiing,- skiing steep terrain,- and skiing fast. And it doesn't stop there. The Skier's Edge augments its instruction with photographs of some of the best skiers in the world, including World Cup racers and top-ranked instructors. Much more than ordinary snapshots, these unique photomontages clearly illustrate correct techniques with multiple images, guiding you through the sequence of movements from start to finish. Luckily, you don't need to be a biomechanist or physicist to understand The Skier's Edge! LeMaster puts the scientific principles and mathematical equations underlying his instruction into common terms and relates them to experiences familiar to even less experienced skiers. If you're dedicated to achieving your skiing potential, this book will help you boost your performance to the next level. If you teach or coach skiers, this book is an excellent resource for expanding your knowledge base and increasing the effectiveness of your instruction.

## Book Information

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## Customer Reviews

""This book is a great tool for athletes looking to understand the sport and coaches looking for ways to articulate their critique. Technical enough for left-brainers, yet easy to understand for right-brainers. LeMaster explains sensations I've never been able to put into words.""Edith ThysSenior Editor, SKI MagazineTwo-time Olympian ""To better understand their sport and vocation, ski instructors have been discussing technique and equipment since the person with the first pair of skis tried to teach the person with the second pair of skis. Ron LeMaster's book may well put to rest some arguments, as it will most certainly stimulate further discussion. This book is a must read for all ski instructors, ski professionals, and good skiers who want to get better.""Norman D. CrerarPresident, INTERSKI International Committee Chair, Canadian Ski Instructors Alliance "

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I've taken my share of physics courses. Yeah, okay, I've taught it for a while too. I'll just say that you don't need component vector analysis of skiing to ski better. I could leave it at that, but unfortunately, that very analysis is often incorrect, e.g., you can't combine force vectors and momentum vectors. "Apples with apples" applies here. I did pick up a few tips and ideas that I'm looking forward to trying out this season, but if you're looking for the fastest way to improve your skiing, start with Clendenin. You probably can end there too. You will have to get past some of his terminology ("Love Spot"? Really?).

I am an expert skier and still managed to find helpful insights into my skiing from this book.

First off, I think different learners like different approaches. I am very visual, but I really need specificity and understanding of what and why I'm supposed to be doing something physical. If you are at a stage or simply always prefer someone to just tell you cookbook instructions of steps, in sequential order (keep your torso facing downhill, keep your hands out where you can see them), you will find this book too involved and boring. For my brain, however, cookbook is horrorshow, and this book is illuminating. I get frustrated by a lack of definition of terms, and this book is terrific for explaining exactly what is meant by the terms the author uses. I agree with the other reviews who say this and "The All-Mountain Skier" compliment each other and are the best out there for understanding how to ski. LaMaster gives us a mechanical engineer's understanding of what a skier needs to do and why. After reading this book you will have an excellent understanding of what is to be done and why. LeMaster gives you enough information to get you started on the "how", but he's not handholding. The rest of the "how" will come from experience. If you have been irritated by different instructors giving contradictory info that just confuses you and makes you focus on superficial, static stance settings, this book will clear your mind out. And definitely get "The All-Mountain Skier", for a less-technical but still intuitive approach. The way Elling writes was easy for me to visualize and even feel what he was talking about. If you like cookbook, try "Anyone Can Be An Expert Skier". I only started it (both the books and the DVDs, but couldn't take the torturously tedious step-by-step instruction that you must follow. I have no patience for rote learning without your first telling me where you are taking me.

I never would have thought I could learn something like skiing by reading a book. But I've been so unimpressed by the teaching I get on the slopes that I had to find deeper technical instruction. This does it in spades. He gets very technical, one category and one technique at a time. Like turning. He gives three important techniques to improve your turning: anticipate, leg rotation, and pole planting. For each, he explains with text, illustrates forces with charts, then shows with sequential photographs of racers. I read the whole book. Then I realized I have a lot of work to do. So, my last week out on the slopes, I picked two techniques I wanted to implement. So, I did it. Then I went back and reviewed the book. Then I kept doing it. It's really helping. Sure, it would be great to have a live coach, but the instructors on the slopes just don't have the technical chops to help me. This fills that gap. If you crave detailed technical guidance, this book is for you.

This is the best book on elite skiing technique out there. (And I have them all. It's even better than *Ski Faster* by Lisa Feinberg Densmore, which is excellent.) The sequential photographs alone are worth the cover price. The book covers the physics of modern skiing and modern equipment, and demonstrates different key skills (angulation, inclination, rotation, pole plants, cross under, cross over, the virtual bump, forward pressure early in turns with foot thrusts in the transition) with extraordinary side by side and sequential photographs of the best World Cup athletes in competition. Just a few of the things I learned, just from the photographs: (1) amazingly large initial steering angles (pivoting ski before the turn) used by World Cup racers, who can still carve cleanly, (2) World Cup racers consistently catch air over the virtual bump between turns, giving the lie to the advice given junior racers everywhere to always keep their skis on the snow. Instead of general advice and platitudes, the book is full of specifics, with clear illustrations drawn from action photos of some of the world's best skiers (Hermann Maier, Kjetil Andre Aamodt, Katja Seizinger, Alberto Tomba--the book was put together a year before Bode Miller took the World Cup by storm and radical inclination.) It's an essential book for recreational ski racers, and a good book for anyone who aspires to ski with excellence (or who just wants to know how those top racers ski so incredibly well). Now (sigh) I just have to wait some months for the white flakes so I can practice more of the book learning in the gates.

For the most part ski books (and ski instructors) are superficial. They may offer high order instructions such as "turn on the ball of your foot." But never the underlying reasons why this is (in general good advice.) While this is adequate for the casual skier who might take a one or two week vacation a year it is insufficient for anyone really wanting to be a good skier. For us (I live near Aspen and ski very steep terrain -- always trying to improve) we are our own teachers. *The Skiers Edge* is one of two books (the other being the "All Mountain Skier") that provides detailed and usable information. The side bar page on skiing moguls is worth the price of the book. Every year I have a singular goal to ski better than last .. this has been a year of major breakthroughs .. all based on clearer understandings provided by these two books.

Lots of this I knew already wanted more info on setting gates...

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