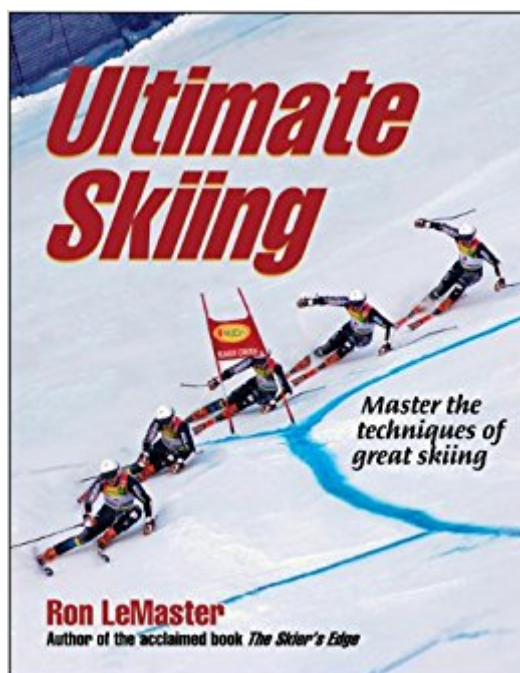


The book was found

# 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

Paperback: 224 pages

Publisher: Human Kinetics; Original edition (October 13, 2009)

Language: English

ISBN-10: 0736079599

ISBN-13: 978-0736079594

Product Dimensions: 8.5 x 0.5 x 10.9 inches

Shipping Weight: 1.7 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 51 customer reviews

Best Sellers Rank: #757,228 in Books (See Top 100 in Books) #15 in Books > Sports & Outdoors > Outdoor Recreation > Skiing > Downhill #529 in Books > Sports & Outdoors > Winter Sports #82706 in Books > Health, Fitness & Dieting

## Customer Reviews

“I have been teaching, training, and coaching for over 20 years. Ron LeMaster's insights in *Ultimate Skiing* have helped create better experiences for everyone I work with on the slopes.”  
—Katie Fry  
Managing Director, Ski and Snowboard Schools of Aspen and Snowmass  
PSIA and AASI National Education Teams Manager  
"Ultimate Skiing explains how to ski smoothly, strongly, and confidently. Through Ron LeMaster's insights from analyzing and coaching the best skiers in the world, you will improve your skills for better days out on the

hill."Daron RahlvesHahnenkamm Champion, World Champion, Olympian, 12-Time World Cup Winner, XGames Champion "Ultimate Skiing provides the definitive description of the inner workings of ski technique and performance. Ron LeMaster's expert instruction, complete with tools and drills to assess and adapt ski technique, is your ticket to skiing like the professionals." Dee ByrneVail Snowsports School Director

Ron LeMaster has spent more than 30 years as a ski instructor and race coach. Certified and accredited by the Professional Ski Instructors of America, LeMaster is a technical advisor to the U.S. ski team and Vail Ski School, and he lectures frequently about technique and biomechanics to ski schools and teams around North America, South America, and Europe. A regular contributor to skiing magazines, LeMaster also has written technical guides for the Professional Ski Instructors of America. He holds degrees in mechanical engineering and computer science. LeMaster lives in Boulder, Colorado, where he enjoys skiing and cycling.

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 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.

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.

LeMaster's detailed explanations of the forces and movements involved in advanced skiing and his photo collages illustrating the concepts he is covering are a wealth of knowledge for anyone who wants to move beyond schralping down the black diamonds and to begin to really ski with balance and precision.

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

well written, quite technical but well supported, good job!

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.

Looks good!

[Download to continue reading...](#)

Climbing and Skiing Colorado's Mountains: 50 Select Ski Descents (Backcountry Skiing Series)  
Backcountry Skiing California's High Sierra (Backcountry Skiing Series) Soft Skiing: The Secrets of Effortless, Low-Impact Skiing for Older Skiers Backcountry Skiing Utah: A Guide to the State's Best Ski Tours (Backcountry Skiing Series) Backcountry Skiing Utah (Falcon Guides Backcountry Skiing)  
For the Love of Skiing: A Visual History of Skiing The Physics of Skiing: Skiing at the Triple Point  
Backcountry Skiing Snoqualmie Pass (Falcon Guides Backcountry Skiing) Universal Orlando 2011: The Ultimate Guide to the Ultimate Theme Park Adventure (Universal Orlando: The Ultimate Guide to the Ultimate Theme Park Adventure) Universal Orlando 2013: The Ultimate Guide to the Ultimate Theme Park Adventure (Universal Orlando: The Ultimate Guide to the Ultimate Theme Park Adventure) Universal Orlando 2012: The Ultimate Guide to the Ultimate Theme Park Adventure (Universal Orlando: The Ultimate Guide to the Ultimate Theme Park Adventure) Ultimate Skiing  
Ultimate Guide: Wiring, 8th Updated Edition (Ultimate Guide) (Ultimate Guides) Ultimate Guide: Plumbing, 4th Updated Edition (Ultimate Guide) (Ultimate Guides) The Ultimate Guide to Weight Training for Swimming (The Ultimate Guide to Weight Training for Sports, 25) (The Ultimate Guide to Weight Training for Sports, ... ... Guide to Weight Training for Sports, 25) The Ultimate Audition Book For Teens Volume XIII: 111 One-Minute Monologues - Active Voices (The Ultimate Audition Book for Teens) (The Ultimate Audition Book for Teens 13, Young Actors Series) Performance Analysis in Skiing (Applied Sports Science Series) Mt. Shasta Book: Guide to Hiking, Climbing, Skiing & Exploring the Mtn & Surrounding Area (3rd Edition) Mount Shasta: A Guide to Climbing,

Skiing, and Exploring California's Premier Mountain The Unofficial Guide to Skiing & Snowboarding  
in the West (Unofficial Guides)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)