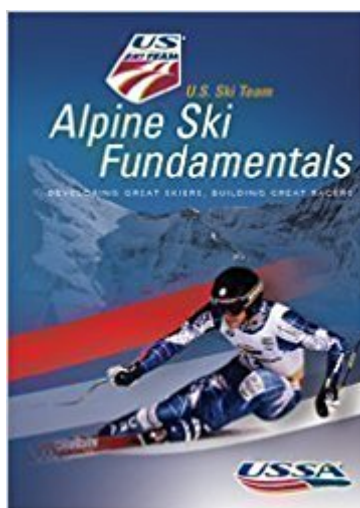


The book was found

Alpine Ski Fundamentals



Book Information

CD-ROM

Publisher: US Ski and Snowboard Association (2003)

Language: English

ISBN-10: 0974696102

ISBN-13: 978-0974696102

Product Dimensions: 7.5 x 5.3 x 0.6 inches

Shipping Weight: 0.8 ounces

Average Customer Review: 2.0 out of 5 stars Â Â See all reviews Â (2 customer reviews)

Best Sellers Rank: #2,231,083 in Books (See Top 100 in Books) #87 in Â Books > Sports &

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Winter Sports

Customer Reviews

This CD was a little disappointing, probably because it was different to what I expected. Apart from a very short introduction, there is no sound. It consists of a series of about 10 second small-screen video clips and textual descriptions of the skill shown, beginning with basic traverse, parallel skiing, poleplant, carving, etc. So a set of mostly basic drills with the emphasis on stance. Since it's about "Fundamentals" it is not of value to advanced skiers. Since it had a subheading of "Building Great Racers" I thought it might contain race tips, etc, which it does not. It gives the impression of being a manual for ski instructors. It clearly intends that good skiers get the basics right first, that that's what it shows. Some YouTube clips I have found more instructive.

as much as I wanted to view the cd I couldn't get it to open. Thank`s for the great return policy.

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