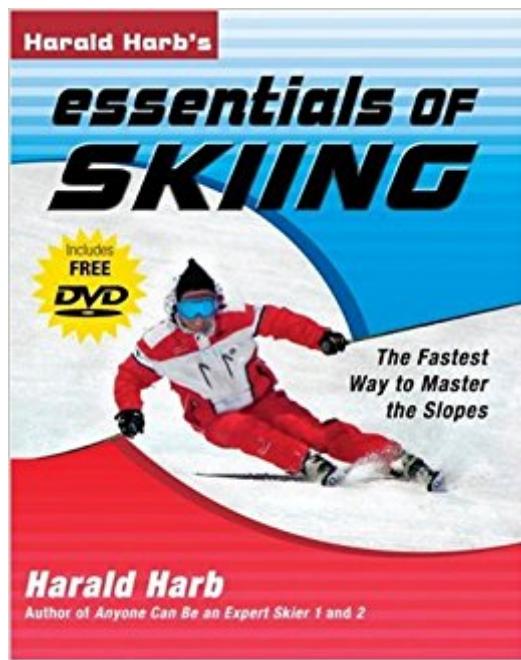


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# Harald Harb's Essentials Of Skiing (Includes Free DVD)



## Synopsis

The world's greatest ski instructor shows you the eight key steps to skiing perfection. Twenty years ago, Harald Harb revolutionized learning to ski with his Primary Movement Teaching System. Harald has personally trained thousands of recreational skiers and many thousands more have mastered skiing through his books and videos. Now Harald reveals to readers everywhere the eight basic lessons that grant immediate improvement to any skier at any level. *Essentials of Skiing* is an easy-to-use yet powerful eight-step program proven to create success on the slopes. With in-depth descriptions and clear, detailed photos, the techniques and exercises will benefit skiers at every level from the novice to the most advanced. *Essentials of Skiing* will show you how to: &#149; Perfectly coordinate your upper and lower body movements&#149; Increase your pure balancing ability&#149; Improve your range of motion without muscle strain&#149; Expertly handle bumps, carving, turns, poles and much, much more. Whatever your level, *Essentials of Skiing* is your guarantee of skiing success. 200 photos.

## Book Information

Paperback: 104 pages

Publisher: Hatherleigh; Pap/DVD edition (December 1, 2006)

Language: English

ISBN-10: 1578262178

ISBN-13: 978-1578262175

Product Dimensions: 8 x 0.6 x 9.9 inches

Shipping Weight: 1.3 pounds

Average Customer Review: 4.4 out of 5 stars 31 customer reviews

Best Sellers Rank: #767,390 in Books (See Top 100 in Books) #16 in Books > Sports & Outdoors > Outdoor Recreation > Skiing > Downhill #539 in Books > Sports & Outdoors > Winter Sports

## Customer Reviews

“[Harald]’s unique perspective on technique and equipment is based in science, and he has used it to develop the most logical complete system for training all levels of skiers and racers.” Crawford Pierce, former US Ski Team Men’s Technical Coach and US Regional Racer Development Director, Program Director, Crested Butte Race Academy. Harald’s extensive background in coaching and racing makes him a perfect candidate for developing great teaching and training methods. In this new book,

Harald demonstrates his strong understanding of skiing by the breakout of fundamentals and foundations for skier development. " Thor Kallerud, former US Ski Team Head Men's Coach, Partner, Thomas Weisel Partners "There is no substitute for learning the true fundamentals of skiing which Harald details in his work. There is no faster way to expert skiing." John Botti, aspiring expert skier, President, Botti Brown Asset, Management "The ultimate operator's manual for expert skiing. Best twenty dollars on ski instruction you'll ever spend." Peter Keelty, Web Master, RealSkiers.com "I thought I had heard it all before. But this book presents a new way to look at PMTS." A surprisingly refreshing look at what I thought was a familiar concept. This is the most complete, useful, and easily understood guide to making clean turns yet." Rick Kahl, Managing Editor, Ski Area Management Magazine

Born in Austria, Harald Harb raced the World Cup circuit with the Canadian National Ski Team. As a coach, Harb directed ski racing programs that produced some of the United States' most successful National Team members and Olympic medalists. Author of Anyone Can Be an Expert Skier 1 and 2, he developed the revolutionary Primary Movement Teaching System to educate the millions of recreational skiers who seek a path to ski mastery. He lives near Denver, Colorado.

If you are a hotshot skier don't read this. If you love your old bad habits and are satisfied with your skiing don't waste your time on this book. But if you are a beginner and want to learn to ski properly this is a much better starting point than most ski instruction. If you are an experienced skier who is reaching a limit imposed by your inefficient technique (whether that limit comes on icy steeps, breakable crust in the back-country, or simply getting tired on groomed cruisers) this is THE book to get. There are LOTS of better books that give you quick tips for dealing with one special situation or another - that is not what this book does. This book is for when you want to break down your skiing to the basic fundamentals and rebuild your motions the right way (or as a checklist reminder to make sure you are keeping your fundamentals solid even as you get into more challenging situations).

For me, the previous 2 books of this book, Anyone can be an expert skier 1/2, focus on the final products of skiing skills, such as lift and tilt(book1), brush carve, bullet proof short turn, weighted release, super phantom move(book2), while in this third book, the emphasis is on the fundamental skills to make those previous ones perfect. However, if you haven't read the previous books and

jump to read this one, you might not see the thought behinds each exercises. Two reason are it loads with technical details that would be more understandable with some reading on the previous books and the included dvd is just the trailer of another 3 dvds which just came out and are only available on the author's site( [...] ). I guess they did not have time to produce the complete set of dvds to sell with the book. The 3 dvds are worth to have, they illustrate how to perform each exercise correctly, especially when you don't understand or misunderstand what's written in the book. My last thought is no matter how much you know of PMTS(the system that these books are based on), you won't be able to perform them efficiently and could be frustrated if your boot alignment is way off. So, to start enjoying pmts, the first step I recommend is get the boot alignment right(by a certified pmts guy), read the 3 books starting from book1, watch the dvds, and perform exercises in those material.

Harald Harbs Essentials of Skiing (+DVD) is the best ski book I've read yet (out of 3 or 4). The technique is modern and well suited to newer equipment. My two complaints are that he tends to digress into minutia and over analyze some thing rather than getting straight to the point and the DVD was very short. His emphasis on the free foot is interesting. Most of the other stuff I've read emphasizes the outside/stance foot.

There is a photo montage in this book that beautifully shows Harald making sample turns (those sample turns are higher performance than you are likely to see any instructors on your hill making BTW). From this one montage Harald is able to show all the movements individually as well as how they work together to produce expert skiing. Practicing skiing like this will allow a skier to ski WELL all over the mountain. Harald does not say his method is different merely to sell books, it IS different. Harald has developed a system that is based on balancing on one ski while using the other leg and ski for tipping, flexing and pulling back. The upper body moves to stay in balance. This can produce both carved and skidded turns while the skier is in balance and connected to the snow. All the movements are precisely described and are very deliberate. Such as "tip the inside ski to its little toe edge". Very easy to understand for those who are not looking for complications ;).

This book is a masterpiece of ski instruction and deserves to be appreciated on many levels. At the simplest level, the book has drills, which, when practiced, will bring effective movements into your skiing. These movements give much greater control, with less effort. For a more focused skier, cues are provided for self-coaching, to be sure you are performing the drills accurately. Review of video

of your skiing, in slow motion, will disclose any movements, like stemming, steering, and skidding, that are clues that execution of the movements could be improved. If you already ski well, but want to bump your performance up a few notches, then Harb's conceptual and technical explanations and diagrams can trigger an understanding of how even subtle movements can have a big impact. Each of the essentials has a significant interaction with the other essentials. Greater finesse in performing one essential will enhance the effectiveness of other movements. In its explanations of these reinforcing actions, the book demonstrates its greatest level of insight. All of the above observations are based on serial readings of the book, dryland and on-snow practice of the drills, video analysis, and PMTS coaching. When the movements are done correctly, the skis just behave better! Throughout the book, the writing is clear and the pictures and diagrams clarify the text. The included DVD complements the stop-action photos. The book is 202 pages long, not 104 as noted in the listing. If you are serious about improving your skiing, look no further for a book to aid your development. Some suggestions about how to get the most benefit: 1. read it through cover to cover to get a good understanding of the concepts 2. practice the drills and pay careful attention to the cues that indicate whether you are performing the tasks correctly 3. spend time repeating the drills until you can easily do them accurately 4. verify your performance by analysis of your tracks, video, or a knowledgeable observer or coach, preferably Harb trained 5. alternate between drills and free skiing, but pay attention while free skiing to be sure you incorporate the movement patterns from the drills 6. The PMTS forum is a great place to get answers to both simple and complex questions and to post video for critiquing. Harb himself, as well as PMTS savvy folks, post responses. To find it, use the search terms: pmtsforum While still technically consistent with the Anyone Can be An Expert Skier volumes I and II, the style of presentation is very different and the explanations and diagrams approach the concepts from a different angle than the earlier books.. Those who have studied volumes I and II in detail will still find new material, like dryland and on-the-snow drills. In short, Essentials is completely complementary to Harb's earlier works. Updated review

2/12/2009: Subsequent to the publication of the book/DVD combo, Harb published a 3 DVD set with 2 hours of additional instruction. These DVDs are available only from the harbskisystems web-site at a price of \$75 for the set. The book's DVD serves to make the many stop-action photos in the book dynamic. It provides a flavor for what the movements look like when executed in real life, effectively complementing the written descriptions in the book. By comparison, the Essentials DVD set is more like taking a private lesson from Harb. Not only are the book's exercises more extensively demonstrated, there are a number of new drills that have been added. Plus, his demonstrations show the progression from stationary practice to incorporation into skiing in different

types of terrain. He demonstrates not only the correct movements, but also shows errors that are commonly made--as though you are right there getting feedback from your last run. The videography is superb, with close-ups showing key details and lots of stop-action shots and overlaying diagrams to highlight the specific movement pattern. Watching the DVD in slow-motion highlights the specific actions and is even better than watching him ski in person, kind of like watching a football game on TV instead of at the stadium. The chapters and exercises are also directly accessible from a menu. The instructional content of the DVDs, like that of the book, is astoundingly good. Most in-person ski lessons seem to operate on the assumption that just a few selected tips from the instructor's bag of tricks will make all the difference. Harb offers no such illusions. On the other hand, he has laid out a detailed curriculum that in fact can completely change how one skis. With the complementing upper body movements his explication is particularly profound. The paradox is that the upper body appears "quiet," that is nearly motionless, but in reality is vigorously active, supporting the movements of the feet and legs. His explanations and demonstrations make these hidden actions completely evident and learnable. Once they are incorporated into skiing, the skis behave remarkably differently. In short, the Essentials DVD series greatly amplifies the book/DVD content and makes it even more accessible. December 4, 2009 Update: At the moment, copies are in short supply on . The HarbSkiSystems web store still has them available.

Harald does as well as one can do to demonstrate and explain the essentials of skiing outside of actually being on the snow. I recommend this book to anyone who is looking to better understand the technical aspects of skiing.

very interesting book to progress in skiing ,even for an expert !

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