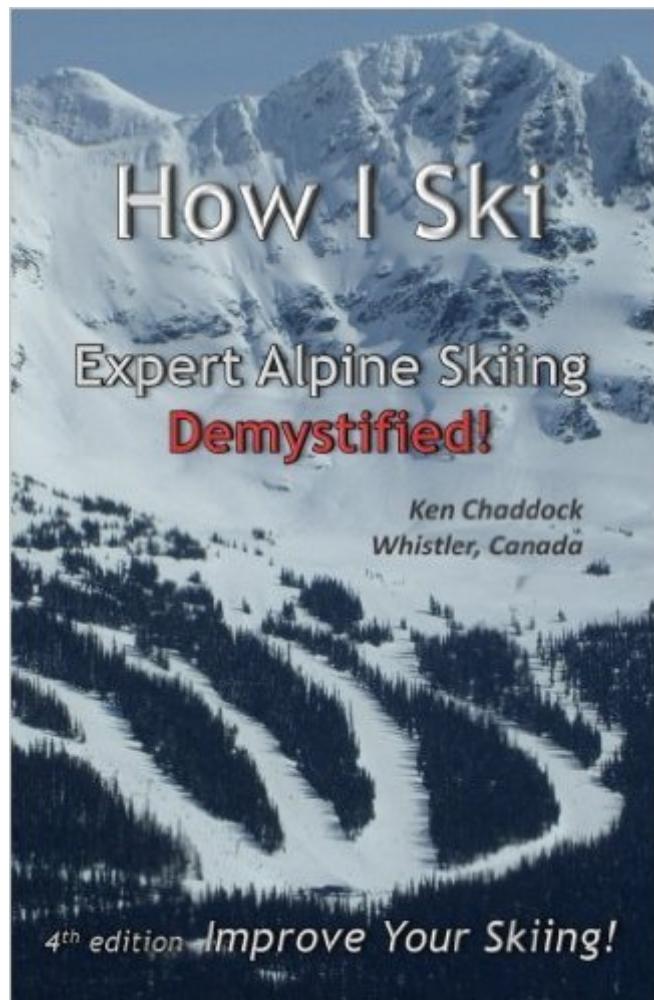


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# How I Ski: Expert Alpine Skiing Demystified!



## Synopsis

Please see [www.skiwellsimply.com](http://www.skiwellsimply.com) for book reviews, excerpts and customer testimonials! If you believe that ski technique is the key to having the most fun possible, anywhere on the mountain and whatever the snow condition, then you believe what I believe. Why be limited to having fun only on big powder days, or only when the snow is flawlessly groomed, or only when it is soft and forgiving? I'm constantly searching for the simplest way to ski that delivers a maximum of fun for a minimum of effortâ "whether I'm teaching other skiers, carving arcs on hard snow, or porpoising down steep and deep powder. What are the expert skiing techniques that allow me to ski with confidence, excitement, and fun, regardless of terrain and condition?\* While training to improve my skiing, for free skiing, racing and ski instructing, I began receiving very positive, and at times glowing, feedback from world class trainers and coaches. It got me thinking about 'how' I was skiing, what exactly I was doing and feeling. After all, there were only a handful of things I was focusing on. And interestingly, some things I was doing were at odds with what I was being told to do! Yet the results were convincing. I began wondering if I may have something worth sharing, a simple and effective approach for 'how to ski', that might help others to enjoy skiing as much as I do. To resolve my wondering, I wrote down how I ski, and for originality, titled it *How I Ski* (with the added tagline: *Expert Alpine Skiing Demystified!*). The book described my skiing approach and how and why it works, along with advice for different skiing situations, and how to practice skiing-related movements when not on the hill. Throughout, I sought brevity, relevance and clarity, aiming at maximum impact for minimum reading time. The response to this first edition confirmed its value, and highlighted areas where more clarity and completeness would make it even better. The second edition added many diagrams and improved descriptions. To test its mettle, I then asked highly capable athletes and coaches to read it and endorse it if they felt it was â "testimonial worthyâ "™. To my delight, they all did! Since those endorsements, I have continued to tune the content based on feedback from readers, as well as new learning and awareness through using the content when teaching others. The current product (the fourth edition) is a compact package that I'm confident will be well worth your time to read and ponder in relation to your own skiing approach and objectives. Thank you for reading! \*You guessed itâ "the expert techniques are all in the book!!

## Book Information

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## Customer Reviews

Dec 22, 2010 12:48pm The Physics Behind the Dance By G. D. Maxwell, a review of the book How I Ski: Expert Alpine Skiing Demystified! by Ken Chaddock. Skiing is a sport/pastime/obsession best savoured at an increasingly sophisticated level of skill and there's a predictable feedback loop: the better you ski, the more you ski; the more you ski, the better you get. There's no short-circuiting the 10,000 reps to muscle memory but there are ways to make the intervening 9,999 less painful. They include ski lessons, skiing with friends who are better than you and, if you're so inclined, reading How to Ski books. I'm not convinced the world needs more How to Ski books, but local skier and ski instructor Ken Chaddock figured it did. So he wrote and published one. It's a pretty slim volume, 96 pages, and like most - all - self-published books, it would have benefited from the judicious touch of an editor, a couple of more rewrites or maybe a ghost. But it has one characteristic that saves it from obscurity and speaks to my personal biases. I came to skiing late in life, a full-grown adult with absolutely no ski experience. I envy - hate - anyone who started skiing at age 3. On the other hand, many of them have lost the passion that still burns so hot within me. Being a late skier, I took full advantage of free ski lessons offered to Whistler Blackcomb employees, taking well over 100. Not all of them were great. The ones I didn't care for weren't bad lessons, they just didn't speak to me in the language I need to learn. The fact is, CSIA pedagogy is built around a monkey-see, monkey-do style of learning. Can't count the number of times an instructor said and demonstrated, "Roll your downhill ankle into the hill," to illustrate how to carve a turn.

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