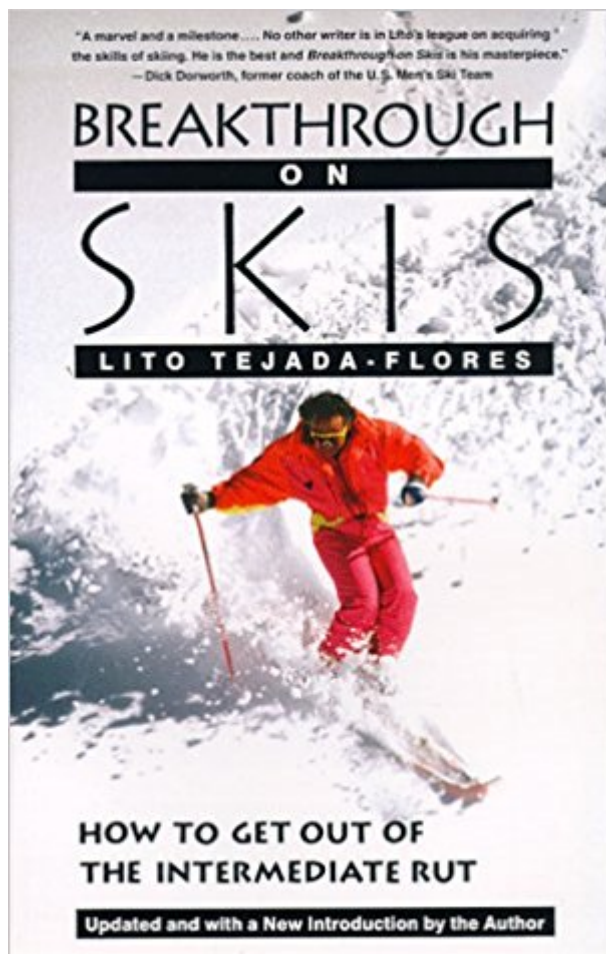


The book was found

Breakthrough On Skis: How To Get Out Of The Intermediate Rut



Synopsis

In this wonderfully innovative yet practical guide to skiing, acclaimed instructor Tejada-Flores explains how to break the bad habits of an intermediate skier and learn to ski even the steepest, bumpiest slopes with the grace and speed of an expert. Illustrations.

Book Information

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Customer Reviews

Afraid to ski under the lift? Skip the black diamonds? Learn how to ski the steep and deep with this original, readable guide designed especially for the intermediate skier. Breakthrough on Skis, with its point-by-point emphasis on technique, will help you tackle all sorts of conditions and terrain. Carve better turns, enjoy the bumps, or even venture into the backcountry.

Wilson's account of the U.S. downhill ski team's progress to the 1992 Winter Olympics will appeal less to the general reader than to fans of professional skiing. Copyright 1993 Reed Business Information, Inc.

I started to ski five years ago at the age of 46 when my wife, an avid accomplished skier, insisted. After numerous group and private lessons, I was probably a 5 on the standard 10 scale. It was discouraging. Then, I discovered Lito's books, tapes and lessons. Now, I'm a 9 on a 10 scale able to easily ski on all but difficult black diamond bumps. Everything else is a breeze and fun. Better skiing is not harder, it's just different. Lito's book takes you step by step, stage by stage, one phase at a time. It's so simple it's remarkable that no other book has come close. For example, since skiing

generally requires all your weight on one foot at a time, which foot is it? Most people, even accomplished skiers, answer either the uphill or downhill ski. This answer is both right and wrong. As Lito explains, it is the outside ski which could be uphill at one point and downhill at another point. Next, he explains how and why shifting weight to the other ski must be completed early and dynamically. This is actually simple somewhat like a dance step. The book continues on with secret after secret until the cumulative result is advanced skiing. After five or six days following his advice, it really came together. I'll never forget that time down a black diamond slope using his techniques naturally and easily. At the bottom, I looked back at the formerly imposing slope and realized that it had been a breeze. Looking to the sky, I said thank you God and Lito. Since then, fear and trepidation (except for those black diamond bumps) have forever been excised from my skiing. If you're tired of stopping at the top of a tough slope trying to build up your courage, you've apparently never read Lito's book, seen his tapes and/or implemented his advice. After reading and trying almost everything else, Lito's book allowed the easy opportunity to enjoy this incredible sport. Once again, thank you Lito.

This book is copyright 1986. It is about 30 years old as of this writing. I will grant that I learnt a lot from reading this book. Lito made me more aware of some of the fundamental movements of skiing, but I felt like something was missing. The most difficult slopes still seemed to require something that I was missing. I'm talking about the slopes that have knee-high bumps, trees, big rocks, and chair-lift poles all on one trail with seemingly tiny space in between. On such slopes, try as I may to follow Lito's advice, I struggled, tumbled, and feared for my safety. Let me point out that Lito wrote in this book that skis had improved incredibly in the years before the writing of the book. I imagined that skis must have continued to improve afterwards, and I was right! Yesterday, I visited a ski resort where I have a season pass, and an hour before closing time, I noticed that they had set up a kiosk for a promotion: a free one-run ski lesson. I knew that it was a promotion, but I signed up, figuring that I had nothing to lose, and a few minutes later, I was riding the chair lift with an instructor. I told him that I wanted to learn to ski bumps better. I told him that I had learnt from Lito that it's a good idea to practice tight turns on easier terrain before attempting them on steep bumps, but it just wasn't working out for me. I told him that I had learnt from a 30 year old book. I talked about how Lito recommended practicing shifting weight from ski to ski by lifting the inside ski in the air during a turn. He seemed amused and exclaimed that Yes, this is how you learned to ski in the 60s, 70s, and 80s. He then explained something new to me, confirming my suspicion that skis do more than they do when this was written. The instructor explained to me that in addition to turning by shifting weight

from ski to ski, one can turn the edges into the powder to turn without shifting weight at all. He said that if you attempted this type of turn with 1980s skis, you would simply fall over, but today's skis allow you to use this technique to turn with much less effort. Armed with this knowledge, I tried this technique on a blue slope and found it easy. I then tried it on a steep, wide, bumpy slope that I had frequently tumbled on. I was amazed at how much more comfortable and easy the skiing felt with this new technique. I was almost surprised when I realized that I had passed the most difficult part of the run. Finally, I tried it on a narrow bumpy run; it was not wider than several ski lengths and bumpy to boot. Using my edges in addition to the weight shifting, I felt almost at ease on this run that used to give me so much anxiety. I quickly became comfortable and confident that I could make quick, tight turns as needed. In summary, yes, I learnt a good bit about skiing from this book, and the author writes well, but the knowledge is 30 years old, and I believe that for today's skier, there are better resources available.

Picked this up along with the companion video after getting home from a fun, but frustrating trip to Colorado. I've been the classic, plateaued advanced-intermediate since I stopped taking lessons at 11 years old. I can ski almost anything here in Michigan, but once I get out West the groomers are all I can handle with confidence. With a limited time remaining in the ski season, I decided to focus on chapters 2-4 and hit the slopes here at home. The author is good about laying out the big picture, before drilling down to any details, then putting it all back together at the end. I highly recommend picking up the short companion DVD so you can see what he is talking about. After one night at the local mole hill, the basics seemed to translate almost immediately and I was carving those long and short-radius parallel arcs I'd always dreamed about. Took that experience up north to some harder terrain and while I still have some little things to work on, I can say with certainty that I skied better, and with a lot more speed and confidence, than I have in over a decade. I'm saving the more advanced chapters on bumps, powder, etc. for later this year, when the tips will be fresher in my mind right before the season begins, but so far I've been very impressed with this book and I feel that the author has already helped me clean up my essential carving technique a lot.

A must read for skiers. Lito explained perfectly why I like to ski so much. I was never able to articulate my thoughts on why. I thought I was a good skier until I read this book. Wow. I am rethinking my skill level.

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