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Anyone Can Be An Expert Skier



Synopsis

All it takes to be an expert skier is the correct movements and the right equipment. Anyone can be an Expert Skier helps you to learn these movements, and to pick the equipment that's right for you. The book features Harald Harb's Primary Movements Teaching System. With this revolutionary new teaching system, whatever your current ability level, you learn expert technique, avoiding the dead-end movements that keep you at the intermediate level. Teach yourself or others. This complete teaching system is suitable for beginners through experts. Harb is the industry leader in balance and alignment research. Here, he describes the latest developments. You'll learn to select boots and shaped skis to maximize your skiing performance, and you'll understand how equipment affects your ability to move and balance while skiing. The book contains many photos and photomontages. As well, there are tear-out, color "Pocket Instructor" cards that you can bring skiing with you.

Book Information

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Customer Reviews

I have learned a lot from Harb....This book could spark a long overdue revolution in American ski instruction. -- Lito Tejada-Flores, author of Breakthrough on Skis --This text refers to an out of print or unavailable edition of this title.

"As a skier and ski teacher, I have learned a lot from Harald Harb. His insights into the multiple makeup of expert skiing - equipment, biomechanics, and functional primary movements - are vital, accurate, and above all immediately useful. This book could spark a long overdue revolution in

American ski instruction." Lito Tejada-Flores, Author of "Breakthrough on Skis"

I liked his idea very much, but didn't think the format was great for a book. Specifically, he has many drills with lots of diagrams, where a subsequent drill will be just slightly different than the previous one. IMO what works best for books is to limit the diagrams and use words to describe what you want done (admittedly difficult for sporting activities). I think the author actually did a good job describing what he wanted done, so my comment would be that the book could have been more concise, or, if you're like me, there may be parts you want to skip over. But this is a minor point; just explaining why I'm giving it 4 stars instead of 5. For an instructional book, the primary thing I'm looking for is ideas to help me improve, and the author provided that, so I'm very glad I purchased it. It is not very expensive (Kindle edition), so that is also a positive.

Great way to learn the details of a beginner skier. Really breaks it down step by step!

This is the best book for beginning and intermediate skiers bar none. What this book offers is a quick and simple way to achieve parallel skiing without introducing movements that will need to be unlearned later in order to progress further. In "Anyone Can Be an Expert Skier 1" skiers will learn the mechanics of releasing the turn, transferring balance correctly, and engaging edges correctly in the new turn. These are the fundamental skills that are required in order to seamlessly link turns and these are the skills that are the hallmark of the expert skier. In addition, this book offers instruction in skiing moguls and powder snow. Beginners and intermediate skiers who read this book will be able to develop expert movements from the outset and will learn a solid foundation for skiing off-piste. For beginners who are already in a wedge, this book will quickly move them to parallel. For novice skiers, this book will teach them how to achieve parallel skiing without the need to learn the wedge. Advanced skiers and "pseudo experts" who can ski black or double black terrain, but have no understanding of ski technique would be better served by "Anyone Can Be an Expert Skier 2". In any event, the techniques described in this book are easy to understand and simple to apply. In addition, simple cues are provided so that the reader can determine whether they are correctly performing the drills and techniques on the snow. Harald is a world class skier and a world class coach. His stuff is simple and it is effective. PMTS is the gold standard of ski instruction and I would highly recommend it for anyone who is interested in improving their skiing.

I have not used it on the slopes, yet, because it is summer, but I think this will be a good thing for

me. I will update you when the new ski season comes. BUT, I have read several ski books since I have started skiing (Feb. 2013), and one thing I have noticed about ski champions is that while they may be good skiers, they suck at teaching. Their language is either too technical or makes no sense...or both. Harald Harb is NOT like those other ski experts. He is clear and organized in his thoughts and teaching.

I reviewed Harb for his book "Essentials of Skiing". He is an important contributor, but old school when he lifts up the inside, non-stance leg. This book comes with a video, which shows that move.. which is not taught much any more. Nonetheless, there are very good ideas here, for any student of the sport

...the Harb PMTS is the way to go. I've skied for years with incremental improvement only until finding the PMTS system. Simple and sensible, you can truly breakthrough to advanced skiing techniques in a half day. Highly recommend this book and "Expert 2" as its complement.

Many so-called "professional" ski instructors want to trap you into thinking that the only way to learn how to ski is to start with the wedge. I know that's how I learned how to ski. And it's what kept me off the Blue and Black runs for the first three years of skiing. But then I discovered PMTS, and Harald Harb's program. The next time I went to the mountain I was skiing parallel and controlling my speed with the "phantom turn". Now I can ski almost the entire mountain, and can do so without feeling out of control! And I've taken the PMTS teaching and shown others how to do it as well. I'm not a professional instructor, but every year I will find someone on the mountain, struggling to get down a simple Green run using the wedge. I'll offer a few tips straight from Harald's teaching methods, and usually I'll have the person skiing parallel and in control after 15 minutes of instruction! So throw out the wedge, and learn how to really ski!

The only guy out there, who knows how to teach skiing and how to learn to ski.

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