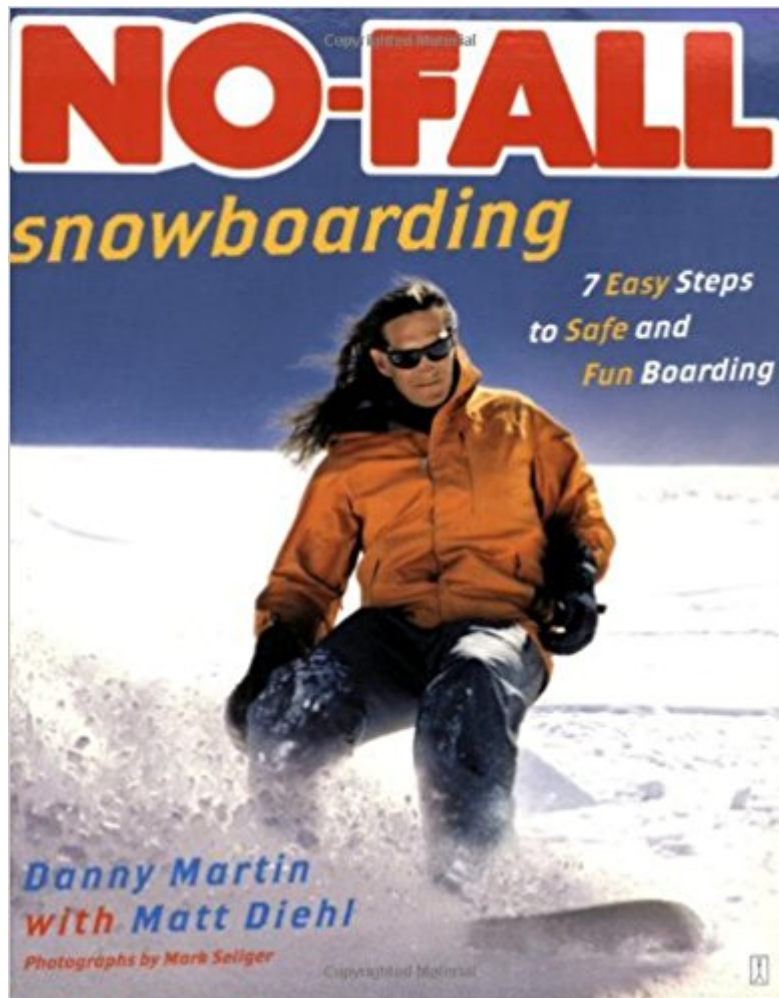




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# No-Fall Snowboarding: 7 Easy Steps To Safe And Fun Boarding



## Synopsis

Gain Without Pain. Learning to snowboard can be easy and painlessâ ”with the right instruction. In this groundbreaking book, Danny Martin, the most sought-after snowboarding instructor today, teaches you how to snowboard in just three daysâ ”and without falling. While the American Association of Snowboard Instructors tells its members, â œYour students will fall,â • Danny Martin shows you that there can be gain without pain: he has single-handedly revolutionized the way the sport is taught, and in No-Fall Snowboarding he reveals his techniques. Firmly grounded in physical fitness and martial arts and designed so everyoneâ ”beginners, skiers, even seasoned snowboardersâ ”can practice at home, No-Fall Snowboarding will teach you how to: -Learn proper snowboarding techniques long before hitting the mountain -Create balance with easy, specific body movements -Find the perfect board, gear, places to board -Get over bad habits -Avoid typical twisting motions guaranteed to cause falling Filled with dozens of stunning photographs by renowned photographer Mark Seliger, No-Fall Snowboarding is the go-to guide for people of all ages and skill levels who want to learn America's fastest growing sport.

## Book Information

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## Customer Reviews

"Danny Martin...is a sought-after snowboarding guru." -- The New York Times "Danny Martin [is] snowboarding's secret weapon." -- Elle "The title of this book manifests boldness! It starts out with a challenge. Then it clearly sets forth a step-by-step process for winning that challenge and boarding without falling." -- "Banana" George Blair "With No-Fall Snowboarding, Danny Martin debunks the myth that learning to snowboard is an inherently painful process. This holistic and balanced

approach will delight readers and riders of any level." -- Kurt Hoy, editor-in-chief, Transworld Snowboarding

Danny Martin is a certified snowboarding instructor with a celebrity and international clientele, based in Colorado's famed Vail Valley. His no-fall technique is revolutionary. Matt Diehl's writing has appeared in Rolling Stone, GQ, The Washington Post, The New York Times, and Interview. He lives in Los Angeles, California. Mark Seliger served as chief photographer for Rolling Stone, for which he has shot more than eighty covers. A contributor to GQ and Vanity Fair, his work is collected in several monographs including Physiognomy and Voices from the Holocaust. He lives in New York City.

Maybe if you're already fit and strong and very coordinated, you can learn to snowboard without falling. A lot. But I wouldn't count on it; wear wrist guards and a helmet and don't ride too fast too soon, and none of the falls will hurt. Oh yes, and if you have a sensitive tailbone throw in a layer of bike shorts or pants with the pad across the seat. Kudos to Mr. Martin, though, for providing useful exercises for strength and balance. These have been truly helpful in speeding my learning (and a little bonus of weight loss from the large-muscle strengthening). Anyone planning to take up snowboarding can benefit from starting out with the exercises here, and continuing them throughout the learning period.

After three years of a hard learning curve, I met a family of snowboarders who turned me onto No Fall Snowboarding. With an explanation of the principal, I tried it and noticed an immediate improvement in my ride and proceeded to improve my skills and confidence to the level of embracing speed with no fear. Needless to say, I had a great winter and look forward to this next winter. I've spent time with folks struggling with snowboards on the mountain and have been able to explain what I learned and soon there up and running and thanking me for the advice. I enjoyed reading the book as it explains a lot about the industry and how snowboarding came about. The technical explanation of a snowboard is very good and helped me zero in on the right board for me. There are a lot of different boards out there and I know what it is like to be on the wrong board. Finding the right board makes all the difference in the world. Chapter nine, The Physics and Metaphysics of Snowboarding is a very interesting read in understanding the dynamics of snowboarding. I discovered why I like snowboarding so much being a total right brain activity. It gets me out of my left brain normal function. Yes I do recommend this book for learning snowboarding.

The problem of falls in this sport is mostly caused by people using their upper bodies and torsos for turns. Some instructors still teach upper-body rotation as a means to initiate turns (imagine a big exercise ball in your arms, now move it from left to right!) While these techniques work, they also cause a lot of instabilities and falls. This book teaches a simple method that does not use any rotation. The technique does work, I sometimes use it myself. For beginners it may well be the best method out there, if only because it keeps their upper bodies calm and centered over the board. Unfortunately the book did not benefit from professional editing advice and so is poorly structured and too long. The writing is amateurish and so are the photos and the layout. I also have the feeling that the author is not really aware that in addition to his technique, a lot of foot work is needed to make this a real success. I guess he himself does use a lot of footwork, perhaps unaware. A much more professionally produced book that also stays away from upper-body rotation and involves detailed instruction for footwork is *Go Snowboard: Read It, Watch It, Do It (GO SERIES)* This is a much more versatile and well documented method.

I certainly agree reviewers should read the book. I've read No-Fall 3 times. To me, the real strengths of this book are the exercises and the stretches. I'm still doing at least one of these during every workout. But for me, as a beginner a few years ago, the book's technique of lifting and lowering shoulders just didn't work to initiate turns. I am not a physicist, but I am a professional scientist and the chapter that relates the author's visit to a physicist in search of an endorsement for his method was, to me, superficial and unconvincing. What got me linking turns successfully was 5 or 6 private lessons over 3 years and the realization that to turn you must move your weight over your edges. Admittedly, those lessons were a lot more expensive than Danny's book, but I really wanted to learn how to snowboard. Clearly No-fall has worked for some readers. My guess is that these readers have shifted weight over the correct edge while moving their shoulders as Martin describes. Perhaps the reason his method produces fewer falls is because the rider's weight moves only gradually (and inadvertently) from edge to edge since he doesn't emphasize or teach this side-to-side movement at all. It's definitely true that SUDDEN shifts in weight can cause falls. I liked this book except that Martin is waaay too full of himself and waaay too critical of his snowboard instructor colleagues. I learned things I value from this book, but NOT how to turn on a snowboard.

I have taught about 6 people how to snowboard over the past 20 years. I gave this book to my nephew to read before we went to park city and I had him boarding all over the mountain in less

then a week. In fact my 12 year old nephew is better thenI am already. The most difficult thing about learning to snowboard is how painful the falling is . By eliminatingthe falling it becomes a more enjoyable process.

I've watched tons of videos, read a lot of instructions, but still something was missing.Almost every guide out there teaches how to slow/stop first. Maybe because of that there's some group of people who are (like me) still afraid to ride fast and they slow down and stop almost every time on steep mountain.This book teaches how to ride first, more than that it emphasizes balance and natural approach.As for me after 3 years of experience something 'just clicked' only now.

Uses a lot of words to make you think that you can board without falling??Dream on.

I've applied the techniques learned in the book and my snowboarding has improved 10-fold!! I'm ready for the blue slopes now and then on the the black diamonds!! Now I just need a decent snow board! lol!

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