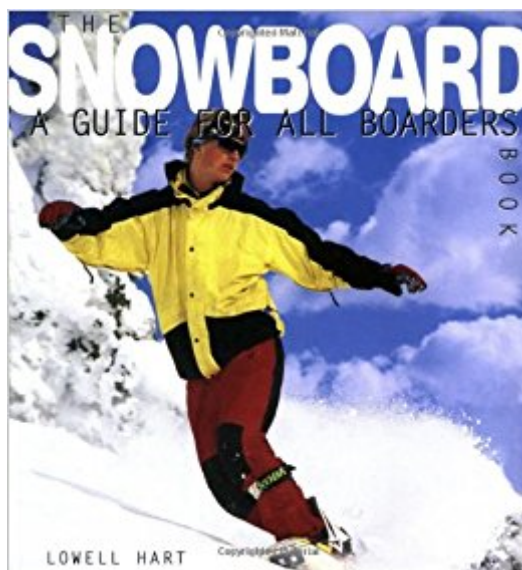


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# The Snowboard Book: A Guide For All Boarders



## Synopsis

A world-class instructor explains how anyone of any age -- from confirmed skier to rank beginner -- can quickly get in on the thrill of the hottest sport in the world! Snowboarding, the sport that has generated more excitement -- and caused more controversy -- than any other since Alpine skiing was invented, gives new meaning to fun on the slopes. Learning to snowboard can be surprisingly easy -- with the right instruction. In this complete, fully illustrated guide, beginners gain the know-how to get started, from choosing the right board to becoming familiar with snowboard lingo (do you ride "goofy" or "regular"?) to transitioning from skis to board. Lowell Hart starts readers off on familiar terrain -- in the living room -- where they practice key movements, the foundation of good riding at all skill levels. These are the moves that let riders tilt the board from front to back edge and carve the turns that only snowboards can scribe. From key moves Hart guides readers through first descents, stopping, first turns, connecting turns, side-slips, and garlands, all the while interjecting tips and predicting trouble spots before they trip up beginners. Then it's on to intermediate, advanced, and freestyle riding: basic halfpipe technique, terrain park tips, airborne spin tricks, rail slides, and even backcountry 'boarding.

## Book Information

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## Customer Reviews

The Snowboard Book is for skiers and non-skiers alike who want to get in on the fun and excitement of the world's fastest-growing winter sport. This is the first guide to snowboarding aimed at the post-teen crowd. Learning to snowboard is surprisingly easy - with the right instruction. Seasoned teacher Lowell Hart delivers just what you need to succeed. In his complete, fully illustrated guide,

beginners gain the know-how to get started, from choosing the right board to becoming familiar with snowboarding's unique techniques and lingo (do you ride "goofy" or "regular"?) to making the transition from skis to board. Using a step-by-step approach combined with focused confidence-building drills at every stage of the way, Hart opens up this youthful new sport to all ages and all ability levels.

Lowell Hart helped develop one of the country's first snowboard programs. A founder of the Professional Ski Instructors Association (PSIA) Snowboard Education Team, he is snowboard training and development manager at the Keystone Resort in Dillon, Colorado.

I've started reading this book and have come to the conclusion that although it is an OK book with plenty of information, it is not a very good guide to learning snowboarding. The first complaint I have is that many of the pictures are far too small to get a good sense of how the person is standing. There are some nice studio shots of a young woman in various snowboarding poses and different sunglasses, but the other shots are not so helpful. Even less helpful is that the main snowboarding model is using a carving board and so has a completely different stance to a standard board. This is not addressed in the book and is a major problem. The author needs to show the kind of boards and setups that beginners and early intermediates would use. Advanced riders do not need this info, they know what they are doing. Finally, the "lessons" are unstructured. A beginner needs to know that after their first lesson, this is what you practice. Then after your second lesson, this is what you practice. Associated with this should be tips on overcoming the problems like turning the tail because you are leaning back. All in all, I'd suggest a beginner avoids this book and looks to something a little simpler. I bought the Cindy Kleh's book from my local store and found that to be more useful for the beginner. It particularly addresses some of the pitfalls a beginner might experience and there are some great pictures to work with.

This is a great book for someone beginning snowboarding or has intermediate experience. It has lots of excellent pictures, examples and takes you through all the basic moves through more advanced carving so that you get you down the mountain in one piece. It also provides a good overview of construction of boards and boots for purchasing information. It came in very handy prior to my trip to Jackson Hole Wyoming, some of the most extreme terrain anywhere.

Still waiting to get this!!! My son was suppose to get it for Christmas Eve ã Å Å^Å© I don't think it

will ever come

Outdated information, DO NOT BUY THIS BOOK AND TRY TO LEARN FROM IT!!!! I am also a snowboard instructor, an examiner in fact. Please do not try and learn from this book, if you are serious about learning, spend the money on a lesson and request an instructor with level 3 certification. The techniques and strategies described in this book are simply inefficient, and quite frankly, bad habits. This book was written when the sport was young, and the equipment was bad, the movements described in this book were necessary in order to get an inefficient tool to move. The technology has improved such that it is no longer necessary, efficient, or even cool to ride like this. That being said, this book was not bad 15 years ago when it was written...and it is a pretty funny piece of history to keep around the cabin and say wow...look how far we have come...

This book stands far above most of the other books I've seen on snowboarding. It covers history, equipment, tuning, and (best of all) riding. Unlike other guides, it presents specific info on advanced riding, and can help you to ride better on ice, in powder, on steeps, in the park and pipe, in bumps, and in the backcountry. I work as a snowboard instructor--and am always looking for ideas and suggestions to help me teach. This book has helped me (most other books haven't) and will help you, too! Great photos and illustrations. Have fun and happy riding!

I read this book after taking a snowboard lesson with Lowell. He is a great teacher and his book is as good as the lesson I took at Coronet Peak in New Zealand with him. I don't agree with the person who said it makes snowboarding more complicated than it has to be. I think it has simple, easy to follow instructions that have helped me to ride better. Although I'm not yet good enough to ride black diamond trails I already know what to do when I get there from reading the book. It's good!

This book is a bit outdated. One look at the cover and you will know. Snowboarders don't dress like that nowadays. They'll get beat up if they do! The book teaches the skid turn. Nowadays, carve is the way to go with the beautiful hourglass-shaped sidecut. Although skid turn is useful in really steep situations, it is not an efficient way to turn. I would look for more up-to-date books out there.

I got this book back in 1999 and I still bring it with me to the slopes. I feel it has helped me along the way--from just starting out to my current level of "mountain cruiser." The verbage is clean and lively yet still maintains a professional tone. Without a doubt, the graphics and photos are superb. And the

book covers all the topics you could need for a lifetime of riding, from strapping on your boots for the first time to trekking in the backcountry.

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