

SKIING

THE NEW EASIER WAY

SECRETS OF THE " **S** " TECHNIQUE



An Easier Approach to Better Skiing

DUNCAN REID

Skiing The New Easier Way Secrets Of The S Technique

D Kirk



Skiing The New Easier Way Secrets Of The S Technique:

Skiing the New Easier Way Duncan Reid,2004-12 For recreational skiers You have skillfully and accurately described and analyzed a brand new technique that anyone can learn in a quarter of the time it took to learn the old technique It is a technique that empowers the student to rapidly achieve heights never before possible Recreational skier Tom Humphrey For those of higher levels of skills I have harassed you for a long time to be more interested in cross under and that good skiing consist in a long S turn not a series of individual turns By whatever route you have come to understand these things and that is great I admire the work you have done Master Coach Warren Witherell I know it has made me a better skier and has made the last few seasons interesting and fun for me and the folks that I do a lot of my skiing with Veteran junior race coach Fred Pease The Reids relay through their love of skiing and teaching a technique based on what works not what ought to work Thus this book is worthwhile reading for the Week end Skier as well as the World Cup Ski Coach Ron Kipp former Director of Athlete Preparation for the USST **Skiing the New Easier Way** Duncan Reid,2004 INVATAREA MOTORIE IN

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