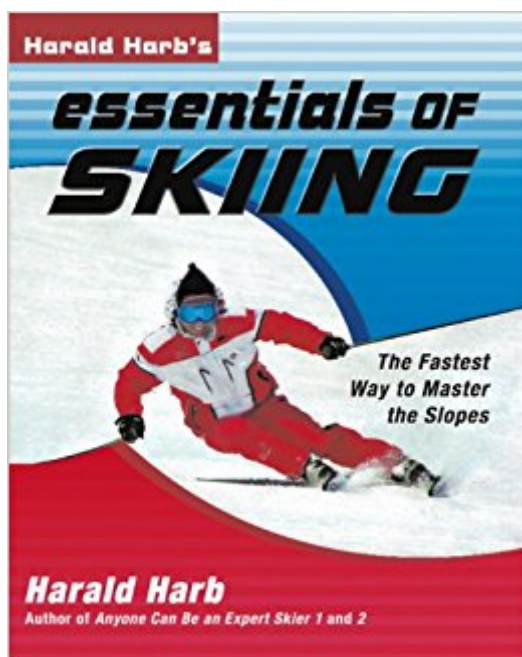


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# Harald Harb's Essentials Of Skiing: The Fastest Way To Master The Slopes



## Synopsis

Learn the key steps to skiing perfection and master the mountain. Harald Harb, inventor of the Primary Movement Teaching System, has already helped thousands of professional and recreational skiers achieve ski mastery. Now, Harb reveals the basic lessons that will give you immediate improvements at any level. This easy-to-use yet powerful program is proven to create success on the slopes, whether you are a coach, racer, recreational skier, or just starting out. With in-depth descriptions and clear, detailed photos, these techniques and exercises will benefit all skiers. Harald Harb's Essentials of Skiing will show you how to:

- \* Perfectly coordinate your upper and lower body movements
- \* Increase your balancing ability
- \* Expertly control speed, carving arcs, flexing and tipping
- \* Much, much more

Whether you have never strapped on a pair of skis or hit the slopes every weekend, Harald Harb's Essentials of Skiing is your guarantee of skiing success. Bonus FREE video offer included with purchase: Get the latest video coaching from Harald Harb with the special video offer. Details provided inside the book to unlock your free skiing video companion to Essentials of Skiing.

## Book Information

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## Customer Reviews

Harald Harb has made a lifelong study of skiing technique. Born in Austria, he raced the World Cup circuit with the Canadian National Ski Team. As a coach, Harb directed ski racing programs that produced some of the United States' most successful National Team members and Olympic medalists. Creator of the bestselling Anyone Can Be an Expert Skier book and video series, lives near Denver, Colorado. Visit him on the internet at [www.harbskisystems.com](http://www.harbskisystems.com) for

instruction, ski camps, and more.

I bought this book as it has good review and was referenced a lot. The book is great. However, it does not come with the DVD that I expected. Please be aware that there are different versions of the book and this one does not include DVD. In my opinion, the video is worth to see and it will help you understand the concept and exercise much better.

I've been taking lessons from a ski resort that uses the Harb method. This book provides useful instructions on how to relearn how to ski the correct way. It definitely makes the lessons easier.

THIS BOOK REPRESENTS AN IMPROVEMENT OVER I AND II BECAUSE THE DESCRIPTIONS OF MOVEMENTS AND EXERCISES HAS BEEN EXPANDED WITH ADDITIONAL DETAILED EXPLANATIONS.

HH has a strong view on how we should use our skis, and reading the book brings the message across. Many helpful pictures aid clearing the points. Changing to skiing this way takes work - but is fun, and worth a try. I liked the book and the proposed theory. I believe it improved me on the slopes too, and certainly opened new sensations for me.

The book is very informative and technical. The only negative I have is, after looking at the Harold Harb website I discovered I paid more than four times what it is selling for on their site. My stupid mistake. Won't ever make that foolish kind of a purchase ever again.

This is a good book that provides current information on techniques. You can also find free YouTube videos with his skiing. The book is technical and the videos help. I would recommend this book even though I have not managed to get through it yet.

If you have not read this book yet, there are several things which you need to know. First of all, this is not just one of many books on skiing. Harald Harb, as anyone who had an occasion to meet him in person can attest, is one of the sharpest minds in modern skiing. He has the background of a national Canadian team world cup racer, ski race coach, and a PSIA examiner. As he moved along his coaching career, he realized that many of the movements embedded in the traditional teaching system are detrimental for development of expert skiers. They work fine for those who inspire to be

terminate intermediates, but usually lead to a plateau later on. His keen observations on how racers ski, combined with his coaching experience, enabled him to develop his own teaching system which circumvents the wedge and teaches simple and effective movements which work on any terrain and at any level. There are no movements which need be changed or forgotten as the student progresses. Nothing comes "for free". There are several pre-requisites for success with this system. The first is good quality ski gear (boots and skis) which respond well to fine input from the skier's feet. Harald recommends recreational race level gear to all his students. If boots are too soft, one would have to use large upper body movements to control the skis, while fine foot movements taught in this book may not be sufficient to transfer an input from feet to skis. If ski boots are oversized, same story. Finally, the student needs to be in a good alignment on skis. The topic of ski alignment is new to many people, it is a high end segment of bootfitting which Harald Harb described in his book "Anyone Can Be An Expert Skier - 1". It is all about achieving good balance on a ski. A skier is sensitive to a quarter of degree misalignment, and a degree is a lot. In a nutshell, if you can lift one foot off the snow and ski down the fall line on a gentle slope along a straight line without significant upper body efforts required to maintain balance, you are probably within a degree or so from perfect alignment. If you are struggling, your stance ski does not want to go straight, or you cannot even lift one foot off the snow without nearly falling, you need to get alignment done before you can benefit from this book. Bootfitters who are experienced with alignment are few, but they can be found. The organization which trains bootfitters in the country, Masterfit University, has ski alignment in its curriculum. Harald would say that anyone could benefit from this book, even those with poor gear and in poor alignment, but I am ready to argue that most readers would not pursue drills in any systematic manner unless they have a reasonably good chance of success on first try. All said above (about the gear and its good fit) is true for all sports. You cannot bike fast on a low end bike, you cannot play tennis well without a good racquet, you cannot run far and fast without decent running shoes. The lowest end and the cheapest gear hinders progress in all sports. This applies to skiing just the same. You need to have the right gear and it should be well fitted to your feet and body to achieve expert levels. I had experience with both, standard teaching system and with Harald Harb's system. I took lessons from multiple instructors at various ski resorts. Most of them had impact on my pocket, but not so much on my skiing skills. I can attest from my experience that Harald's teaching is the only approach to skiing that can really boost the student's progress. After learning many of the drills described in Harald's Harb's books, I shared some of them with my beginner friends. I wanted to cry when I saw that I could teach them a clean parallel turn (without any signs of wedge entry) within half an hour, whereas my path to it, starting from the

wedge and through wedge-christie (let it be damn forever), took years. Changing almost everything that I learned from traditional school to oftentimes direct opposites was a challenge and took years. Muscle memory is hard to change. But it was and is very much worth it. Another thing that amazed me was that drills which I practiced on green and blue runs have tremendously increased my skills for skiing off-piste, bumps and steeps. The movements are exactly the same. The skills are exactly the same. It is amazing that you did not practice bumps, did not ski bumps for a year, and then you get into bumps and all of a sudden realize that you can ski them way better than a year ago. Finally, for those with engineering mind: Everything is logical. There is a reason for every drill. There are cues and measures of success in every drill. There is a reason for every detail in a drill. It works regardless if you just repeat the instruction or like to analyze every movement. Harald's books require thoughtful approach. In my opinion, he did not sufficiently emphasize the important parts, especially so in the "Everyone can be an Expert Skier" books. The devil is in the details, and they are not highlighted in bold or red. If one skims through the book, it is very easy to miss critical points. Another thing, all drills are very easy but very focused and efficient. Some of them may appear to be too simple for people who consider themselves advanced intermediates or experts. They are, however, very important and should be practiced to achieve improvement. I like this book because it provides a good overview of the system. Not only it teaches you how to ski, but it also helps you to understand how the world's best racers ski. Of course, they ski at a different speed and with much greater angles than most of us, but their movements are the same that Harald teaches. His system evolves with the best trends in teaching and racing, and currently it is the best out there. You may ask, if this system is so good, why it is not taught at every resort? I think the reasons are three. One, PSIA (or equivalent national ski instructor associations in other countries) is a very rigid system which adopts changes very slowly. They, too, follow the development of skiing which Harald Harb's system was one of the first to accommodate, but it took PSIA 20 years to start gradually accepting some of Harald's teachings on a higher skiing level. Two, Harald apparently has chosen not to play political games within the existing PSIA system to promote his methods and opted to become an independent coach to work with motivated and interested students and athletes. This reduced his ability to impact the existing system. Finally, as already mentioned, the "classical" system is accessible to anyone (regardless of the level of their gear: any rental boots or skis are fine, alignment is not necessary), whereas Harald's teaching works best with good, well fit to the skier gear. In wedge, one can ski in slippers (not really, but you get the idea). The movements which Harald teaches require precise transfer of input from feet to skis through boots and require good quality, well fit gear to be successful. I like to call this book "the bible of modern skiing". I suppose,

this tells a lot about it. No other books presents modern skiing in such simple, logical, and up-to-date manner. Skiing evolved greatly since the invention of shaped skis in 1990s. Many texts which were consider classics became dated. Many books teach blend of old and new styles of skiing. Not this one. This is state of the art presented in a deceptively simple and logical manner. This is how experts ski. This is how world class racers ski. The first edition of this book came a DVD, later edition did not. Lack of a DVD is not a huge loss. It was a relatively short (some 10-12 mins), mostly promotional video of the 3-DVD (2 hrs long) series which they worked on when this book was written and which is now available from the author's web site. It had a few drills on it, but certainly not a full set of what is covered in the book. The last but not the least, the book is out of print with its past publisher and is no longer available new on , but it is still sold directly by the author through his site. Your best bet is to buy it from the author's site during high season (it may save you money) or wait until low season for the secondary (used books) market prices to drop.

I have been skiing and ski racing for many years and wish he had been my coach from the beginning. He breaks down the modern ski turn and if you do the exercises you will understand how to use skis as they are meant to be used.

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