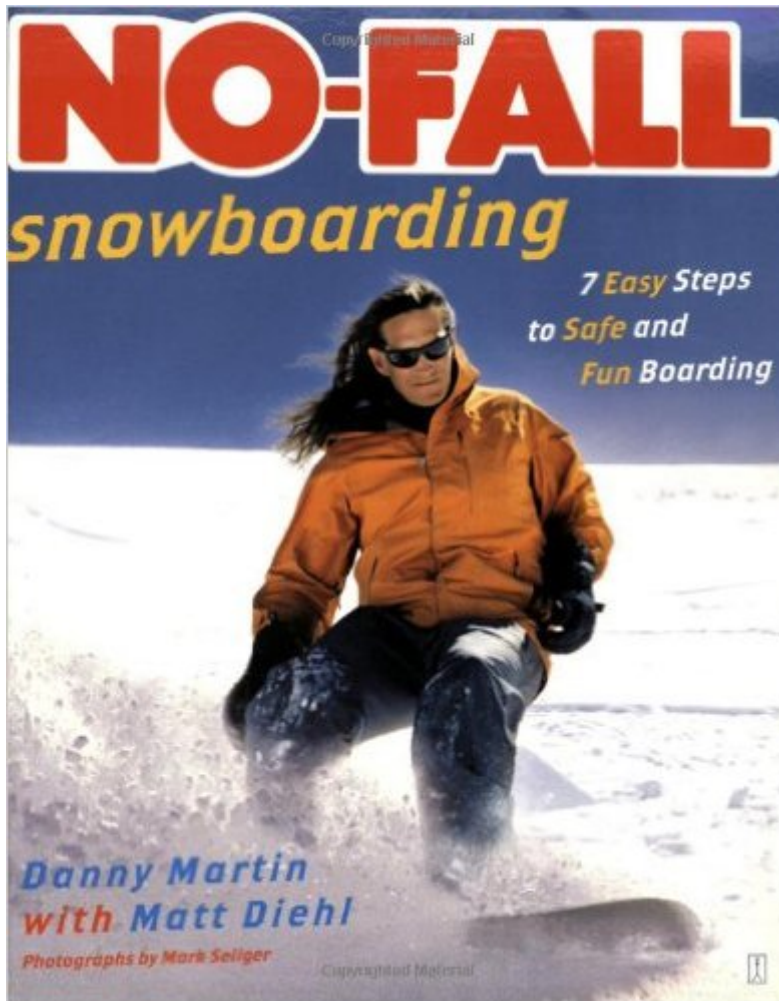


The book was found

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, âœYour 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

Paperback: 304 pages

Publisher: Touchstone; First Edition edition (November 8, 2005)

Language: English

ISBN-10: 074326990X

ISBN-13: 978-0743269902

Product Dimensions: 7.4 x 0.8 x 9.1 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 starsÂ” See all reviewsÂ” (21 customer reviews)

Best Sellers Rank: #1,537,753 in Books (See Top 100 in Books) #55 inÂ” Books > Sports & Outdoors > Outdoor Recreation > Snowboarding #347 inÂ” Books > Sports & Outdoors > Outdoor Recreation > Skiing #1470 inÂ” Books > Sports & Outdoors > Winter Sports

Customer Reviews

As an avid snowboarder, I can honestly say that this book is the bible for snowboarding. I am not one for reading directions, and that’s not what this book is all about. Anyone who has failed miserably in their snowboarding lessons should read this book. It does not have to be a painful experience. Even if you are already a snowboarder, as I am, or don’t think you enjoy snowboarding, like my sister who’s now convinced after I gave her this book. There’s something for everyone to

learn here. Also, I read Jorge's review on before purchasing the book and I disagree with it completely. First of all, the reviewer didn't even read the book! How can you criticize something you don't know anything about? Secondly, as for the AASI quote, that actually comes from the AASI's OWN LITERATURE--from their official magazine for members. As quoted in the book. Danny Martin's technique actually IS different from AASI's: in fact, in the book, they evaluate the AASI technique against their's with the leading snow-sports physicist to see which is more effective at creating balance. That's actually a VERY interesting chapter. Not the kind of thing found in most snowboarding books. In any event, I found the book to be very insightful. Read it and judge it for yourself.

First off, i'd like to state that the AASI DOES STATE THAT "YOUR STUDENTS WILL FALL" and that the person who wrote the previous review should really make it a habit to read things before commenting on them. Although I already know how to snowboard i purchsed this book to improve my snowboarding skills. The book not only made me a better snowboarder but totally changed the way I now view snowboarding. I found it more interesting to read than most books of its kind. I recommend this book highly to all begginers and intermediate's alike.

I found this book extremely helpful. For one, I do feel more balanced. Two, I'm in better shape (yummy smoothie recipe!). Three, I really liked the travel chapter-snowboarding in Morocco sounds fun!

This book is absolutely wonderful!!! I have recommended this book to everyone I know. EVERYONE can benifit by reading this. Whether you're an avid snowboarder, or you just someone wanting to get into shape. The writer's stretching workout is benificial for everyone wanting a strong, lean posture. Chapter 8 "Where You'll Find Me" took me to the most beautiful mountains in the world, experiencing the breathtaking beauty without leaving my livingroom. The writer finds a way to balance important information, humor, and his incredible insight into learning to snowboard without getting hurt. I say....Oprah....if you're reading this, get this writer on your show!!!! It's a Wonderful Book!

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 then I am already. The most difficult thing about

learning to snowboard is how painful the falling is . By eliminating the falling it becomes a more enjoyable process.

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.

I bought this book back in August 2013 in preparation for my first snowboarding trip over Thanksgiving weekend. The methods Danny teaches not only make sense...they work! Most importantly is the conditioning and preparation you do in advance. Do the exercises daily and you'll be ready to shred in 2 or 3 months. The neutral balanced position Danny created is the most effective and efficient way to ride. It may feel like magic, but it is actually physics and described well in the book. That said, you need to practice if you want it to work and come as naturally as it should. I also contacted Danny directly and purchased his agility arrow training device. We used

Skype so he could help me set up my equipment and practice initiating turns using my shoulders. This helped me get familiar with my gear and riding my board before I ever hit the slopes! It made it so much easier once I finally arrived on the hill. Plus, Danny is patient and knowledgeable. Fast forward to Christmas 2013 and I'm here in my hotel room at Beaver Creek killing a few minutes before heading out to the lifts to meet up with Danny and go riding. He has gone riding with me all week and with only 8 total days snowboarding (3 so far with Danny), I'm already an advanced intermediate level rider. We had an amazing pow day on Tuesday and I'm still smiling from ear to ear. I also rode some of the runs in Bachelor's Gulch that Danny shows in his youtube videos. We got in 20,000 vertical feet on Christmas Day and it was a real breakthrough day for me with Danny's help. Don't hesitate to buy this book...his techniques work and he is a very cool and experienced snowboarder. Plus, the NBP makes you look like a boss riding down the mountain with confidence. Feel free to let me know if you have any questions. I'm just a student of this training method and can attest to how well it works.

[Download to continue reading...](#)

No-Fall Snowboarding: 7 Easy Steps to Safe and Fun Boarding Get Fit for Snowboarding: a guide to training and stretching for snowboarding SNOWBOARDING: A guide book on how to learn the extreme sports winter adventure (snowboarding games, extreme adventure, winter sports) Snowboarding Basics: All About Snowboarding Build a Survival Safe Home: The Latest Guide for Building Safe and Warm Wilderness Shelters (Survival Safe Home, Survival shelter, Survival shelter books) Jack Daniel's Cookbook: Stories and Kitchen Secrets from Miss Mary Bobo's Boarding House Skiing and Boarding Dublineses: La pensiÃfÂ n [Dubliners: The Boarding House] Humphrey's Book of Fun Fun Fun Psychic Development: 3 Easy Steps To Developing Your Intuition (3 Easy Steps Psychic Series) Build a Survival Safe Home: Over 40 Helpful Tips on How to Construct a Protected Shelter and Defend Yourself and your Family from Natural Catastrophes ... a Survival Safe Home Books, survival home) Self Defense on the Street: Feel Safe Be Safe (Deadly Attack Survival Book 2) Ultralight Backpacking: The Essential Guide to Safe and Fun, Ultralight Backpacking for Beginners (Backpacking, Ultralight Backpacking, Hiking, Ultralight Tips) Tinnitus: The Safe and Easy Way to Cure Tinnitus With Easy-To-Do Homemade Remedies and Treatments - Stop Ear Ringing & Recover Your Hearing Naturally! ... Stop Ear Ringing, Tinnitus Treatment) How to Make a Man Fall in Love with You: How to Seduce a Man. 6 Simple Steps to Make Him Beg for Your Attention (Dating Advice for Women - How to Get the ... Want You) (How to Get a Boyfriend Book 1) Winter Tales and Trails: Skiing, Snowshoeing and Snowboarding in Idaho, the Grand Tetons and Yellowstone National Park 201 Fun Senior Activities - Top Senior Activities, Elderly

Activities, Dementia Activities, and More! (Fun! for Seniors) Simon and Schuster's Fun With
Crostics, Series No 4 (Simon & Schuster's Fun with Crostics Series) Sharks: 15 Weirdest Sharks in
The World! Fun Facts, Pictures and More! (Shark Fun Facts, Shark Pictures, Shark Facts for Kids,
Shark Books for Intermediate ... (Weirdest Animals in the World! Book 2) Front Range Descents:
Spring and Summer Skiing and Snowboarding In Colorado's Front Range

[Dmca](#)