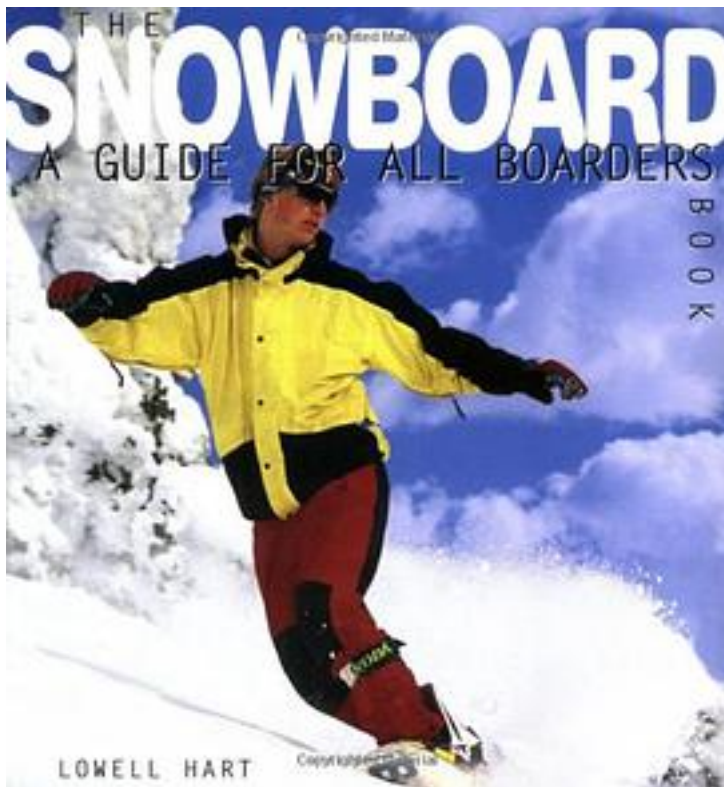


The Snowboard Book



[The Snowboard Book_下载链接1_](#)

著者:Hart, Lowell

出版者:W W Norton & Co Inc

出版时间:1998-12

装帧:Pap

isbn:9780393316926

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.

作者介绍:

目录:

[The Snowboard Book_下载链接1_](#)

标签

评论

[The Snowboard Book_下载链接1_](#)

书评

[The Snowboard Book_下载链接1_](#)