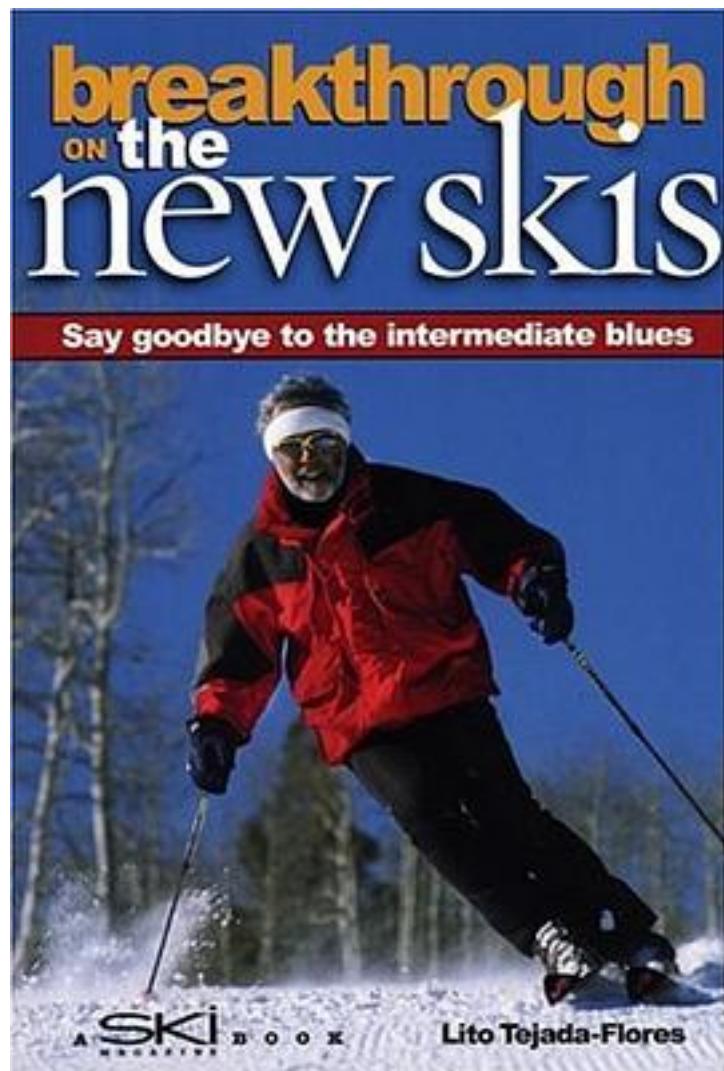


Breakthrough on the New Skis



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著者:Tejada-Flores, Lito

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If you are a "terminal intermediate" skier who can handle moderate slopes but come unglued on steeps, powder, and bumps, "Breakthrough on the New Skis" offers a simple, innovative path to expert skiing based on a few key movements using modern shaped skis to full advantage. A completely new book with new images and new insights on expert skiing, Lito has added a chapter that will get beginners started quickly while avoiding that infamous intermediate rut.

作者介绍:

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标签

滑雪

评论

看的是2006年再版的，内容有点老，现在的滑雪技术有了很大的变化。

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书评

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