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Go Snowboard



Synopsis

For everyone ready to take on a new sport, to engage in competition, and to carve out a new physique, the Go Series is a coach, rulebook, and starter kit-all rolled up into one fast-paced and innovative package. These step-by-step book-and-DVD packages give readers all the knowledge, instruction, advice, and encouragement they need to get up and go! --This text refers to an out of print or unavailable edition of this title.

Book Information

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Customer Reviews

I don't snowboard, but my son does and the first time he went out he hurt his knee and could not get off the bunny hill. I found this DVD searching on and was influenced by the favorable reviews. He took it, read it, and watched the DVD several times. Then the next time he went out, he went with a friend who is a seasoned snowboarder and simply took off. He told me after watching it what a difference it made in a number of ways by solving questions and showing him techniques that he had struggled to learn before watching this. This DVD set provided him a firm foundation that he just did not get without it. It took his fears and apprehensions away and made for a very fun experience where he was before close to giving up. This was a huge bang for the buck. Say you get it for someone and they don't really care for it, you still can't lose as they will get something very valuable and enduring from it. There is no substitute for proper form and technique and this DVD lays out that foundation very nicely and methodically, with a clear focus on safety and enjoyment.

The only snowboard source I've found that actually helped me "get" the movements and balance needed to control the board. On the actual snow, I could somewhat reproduce what I had seen in the excellent, well focused video. I'm not a particularly athletic person or fast physical learner, but I feel this book helped me learn faster than I would have otherwise.

You can have friends teach you, and you can even take lessons, but unless the person ARTICULATES what you have to do and what you should expect in clear language that you can APPLY during your practice, it is all for naught. This book and DVD does just that. I had just begun to carve on the green slopes when I knew I was doing something that was just not correct, especially when going heel to toe. The four point control technique this book describes was a breakthrough, by the end of the second day using it I could competently do blues and at least safely attempt blacks (East Coast, I might add). Highly recommended.

Excellent book! I highly recommend it. The diagrams which indicated where to apply toe and heel pressure during turns were amazingly helpful. Also, the emphasis on using feet only to turn instead of shifting one's body weight also gave me lots of confidence on my board. Definitely worth a read!

What I really love about this DVD is that the instructions are all from the GOOFY foot point of view - which is how I ride. I am taking this DVD with us when we go - watch it, then practice what we see. Good for two types of people - visual folks, who need to see it to try it, and also those who can read it to understand the manual.

I bought this book after a lesson and a few trips to the slopes. It really helped me by showing where to put the pressure on the board during turns. There is not a lot to read (which I liked), and the DVD explained it well.

The DVD that comes with this book is actually quite nice and helpful. Easier to read if you're goofy (I'm regular).

This book deserves 5 stars but I can't update my rating on second edit. My background is 9 years of snowboarding and I can bomb down the mountain really fast but I bought this book because I want to improve my carve and steeps control. The unique DVD/book combination was appealing to me. Compared to other snowboarding books I read, this book's approach is easy to follow and

teaches specific drills for carving. I have taken the carving drills to the mountain for a day and I already feel the difference. (I actually marked my board's corners with stick-on A, B, C, and D letters) Beginners will benefit from the first 2 chapters and they cover most of the book but the reality of the sport is that you have to get out there for minimum 2 consecutive days before you link a few turns. I felt that the riding fakie section is way too short but following the pressure point drills makes something that seems hard easy. The freestyle section is OK but doesn't teach any turns and I really want to find a good drill to get my first 180 in. However, the teaching on how to do ollies described in this book is better than any others from the internet or other books. One thing that might make the book a little confusing for some, the instructor in the book rides goofy (like me) and if you ride regular it might be a little hard to picture what to do. However, if you want to see him riding regular foot, get a mirror and watch the video in the mirror.

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