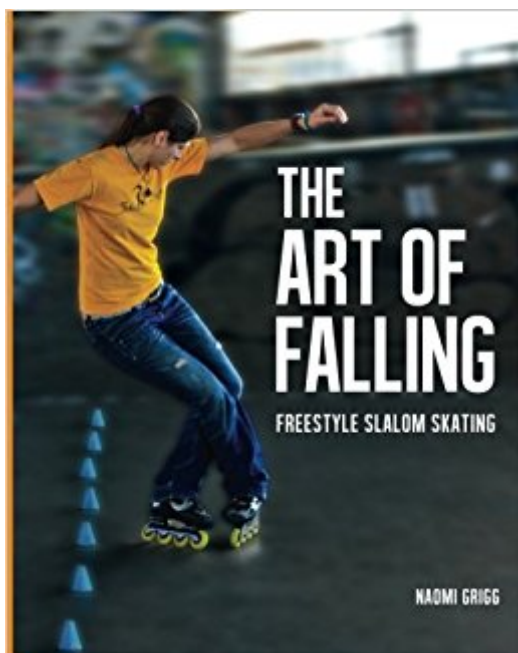


The book was found

The Art Of Falling: Freestyle Slalom Skating



Synopsis

The Art of Falling is for skaters who want to transform their skating. Whether you are just getting started in freestyle slalom skating or are an experienced slalomer, or even a skater from another discipline looking to improve your core skills, the lessons found in The Art of Falling will help you pick up tricks faster, improve the quality of your skating and troubleshoot problems. The information is written with inline skaters in mind, but it also applies to quad skaters. Containing the wisdom and insights from Naomi Grigg's acclaimed series of workshops and retreats on freestyle slalom skating, The Art of Falling is invaluable to any skater. It's a resource that will grow with you as a skater and enhance the value of all of your lessons and practice.

Book Information

Paperback: 158 pages

Publisher: Patson Media; 1 edition (June 1, 2014)

Language: English

ISBN-10: 0692227377

ISBN-13: 978-0692227374

Product Dimensions: 8 x 0.4 x 10 inches

Shipping Weight: 14.7 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 8 customer reviews

Best Sellers Rank: #754,998 in Books (See Top 100 in Books) #10 in Books > Sports & Outdoors > Individual Sports > Rollerskating & Rollerblading

Customer Reviews

Naomi Grigg, former world #3 slalomer, is probably the slalom world's most well known freestyle instructor. For years, she ran a very popular series of weekend slalom workshops and weeklong slalom retreats in cities across Europe, Asia, Australia, and the USA. From the UK, Naomi now lives in Seattle, Washington.

An easy read which will arm anyone interested in freestyle slalom with the tools needed to get underway. Includes in depth and easy to understand explanations. I will be referring to this book again and again.

I love it!

Great book

Enjoyable book full of lots of good facts. The skatefresh app on iTunes has been really helpful as well.

Good for me. From scratch to a relatively advanced skater.

Love the book! Very useful and detail!

Simple to understand, insightful, personal. Yes, if you know Naomi, then when you read this you will hear her voice echo through the back of your brain as you turn the pages. While most skaters that already do slalom already know the material covered in this book. The art of falling is a book that for the skater that is wondering; what is this slalom thing? and how can I get started into the art of doing this? the information in this book is a treasure trove. In short, experienced skaters should have a few copies in their possession to pass around to new skaters. New skaters should have this book to stop having to re-invent the wheel. Therefore, don't buy only one copy, get 2 or three and share "the art"!

I just ordered Naomi's book. I sort of know her from a workshop and skateIA annual meeting, a great lady and a fantastic skater. If you know her order the book so you can show your friends a book by a person you know. If you don't know her order her book so you can start to know her and meet her later at one of her workshops. Either way I'm sure your fun skating will improve. Cheers and Peace! Phil

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