



No-Fall Snowboarding: 7 Easy Steps to Safe and Fun Boarding

Danny Martin, Matt Diehl

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Gain Without Pain. Learning to snowboard can be easy and painless—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 days—and without falling. While the American Association of Snowboard Instructors tells its members, “Your students will fall,” 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 everyone—beginners, skiers, even seasoned snowboarders—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.

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