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# The American Teaching System: Nordic Skiing



## Synopsis

The "American Teaching System: Nordic Skiing" covers beginning through advanced techniques in classic, skating, and nordic downhill skiing. Published by the Professional Ski Instructors of America, this first edition text is consistent with the Teaching Model and Skiing Model. It includes student profiles and special progressions to develop and expand skill areas. Included are detailed photo sequences of maneuvers for all three disciplines.

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