

Unione Ticinese

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THE TECHNIQUE OF SKI-ING.**"Power Ski-ing Illustrated."**

By TYLER MICOLEAU.

Published by Nicolas Kaye 12/6 net.

"When you drive an automobile and you come to a corner, you turn the wheel. It is as simple as that. The rest is judgment; you judge how far and how fast to turn. Then there is experience. You learn what to expect. . . . When you are an Expert, ski-ing is as simple as that."

With these words the author introduces to the reader his handbook on Ski-ing. It is the latest addition to the Kaye Sports Library to which Experts in every kind of sport, football, golf, boxing and so forth, have contributed.

"It is as simple as that"! This is the keynote of Mr. Micoleau's teaching. It runs through the whole of his course of instruction. The art of ski-ing, he says, is simpler than most people will have you believe, you make appropriate and power-giving motions with your shoulders, the rest follows naturally. Once you have mastered the exercises, he adds, you will suddenly find yourself emancipated from them and you wonder, as others have wondered before you, why people have to learn so labouriously these motions which, once learned, seem so easy and instinctive.

The book, illustrated by the author himself, has the merit of providing mainly visual demonstration, the reading matter is reduced to a minimum. Every aspect of the art of ski-ing is made clear by means of

several hundreds of beautifully drawn pen-and-ink sketches. These sketches and the appropriate explanations which accompany them convey in no uncertain fashion the principles that underlie the sport, the principles, as the author describes them, of the dynamic technique. Step by step, from walking, climbing and turning, he takes the learner through every phase of this fascinating motion until he reaches the point where "powering" and controlling your flight and the "stunts" can be attempted.

Useful and practical hints are given on the construction of the ski from hickory wood, the accepted material for its manufacture, on the most suitable type of boot, the way to test it and the correct method of fastening it to the ski, on how to hold the pole and such matters. In the subsequent sections the timing and rhythm of the motions are developed and the final chapter deals with some of the things you must not do.

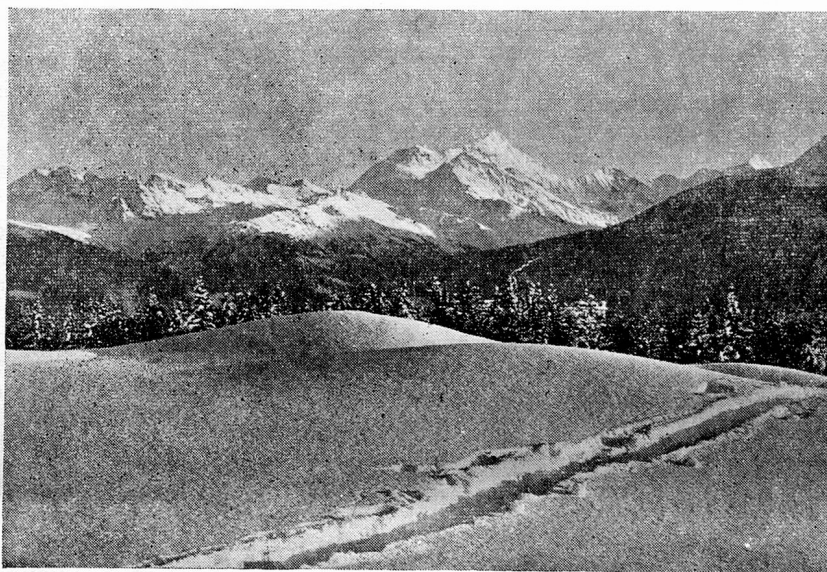
To the novice and to the expert alike this should be a most valuable handbook. It brings out the beauty and the exhilaration of ski-ing and illustrates the vibrant, wild rhythm that is its essence and its charm.

J.J.F.S.

UNIONE TICINESE TEA DANCE.

A report of the Tea Dance of the above Society, which took place on Sunday, December 10th, 1950, at the Dorchester Hotel, Park Lane, W.1, will appear in our next issue.

YOU know the joy and pleasure of a holiday in Switzerland. Perhaps your English friends do not. Please put them wise, and ask them to apply for full information, also travel tickets by Rail or Air to :—



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