

Clendenin Releases DVD on Bump Skiing for Boomers: "Finding the Love Spot"

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John Clendenin, two-time world freestyle champion, has released a new DVD on skiing moguls directed toward all serious recreational skiers and especially his generation - the baby boomer. Titled Clendenin Ski Method: Finding the Love Spot, the DVD helps skiers learn speed management, feel confident and comfortable on bumps, in powder, and steeps.

DVD coverHe says: "Most skiers look good on groomed terrain, but as soon as they get into bumps or any place on the mountain that raises the hair on the back of their necks, all hell breaks loose. After a couple turns a basic instinctive flaw takes over. Skiers start to feel like they're on a wild pony and have to fight for control. "

The basic flaw that causes these problems happens at the start of a turn, in the transition. When skiers feel angst or fear, they instinctively step or stem into their turns. A stem always moves a ski out of center. "When a ski is out of center, bones do not align, knees and backs are stressed, and you look bad 'cause you missed the Love Spot."

First CSM cures the flaw at turn initiation. When this instinctive habit is corrected, graduates control speed effortlessly, with aligned bones and look better immediately.

Then the DVD focuses on keys that make real skiing possible. Each of the first six segments addresses a unique aspect of great skiing and the simple CSM key that creates ownership. The final segment, the One-Day Lesson, takes two boomers from groomers to black-diamond bumps in one enchanting day.

In addition to Clendenin, World Champions Andy Mill, Sam Ferguson, and Danny Pierce are featured. Early freestyle competition film adds some entertaining thrills complimenting the innovative instruction focused on skiing moguls effortlessly and in control. The DVD augments the previously published book, the Clendenin Ski Method: Four Words for Great Skiing. The DVD and the book are available through the website <http://www.skidoctors.com/>.

Clendenin Productions LLC and the Ski and Board Doctors provide indoor simulator lessons at the Aspen Club and Spa in addition to on-snow private lessons and camps, all part of the Ski and Snowboard Schools of Aspen. Camp dates for the 2009-10 season are: Dec. 14-16, Jan. 13-14, Jan. 30-31, Feb. 10-11, Feb. 20-21, Mar. 1-2, and Mar. 9-11. International Camps are also held in Portillo, Chile, and Valle d'Isere, France.

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