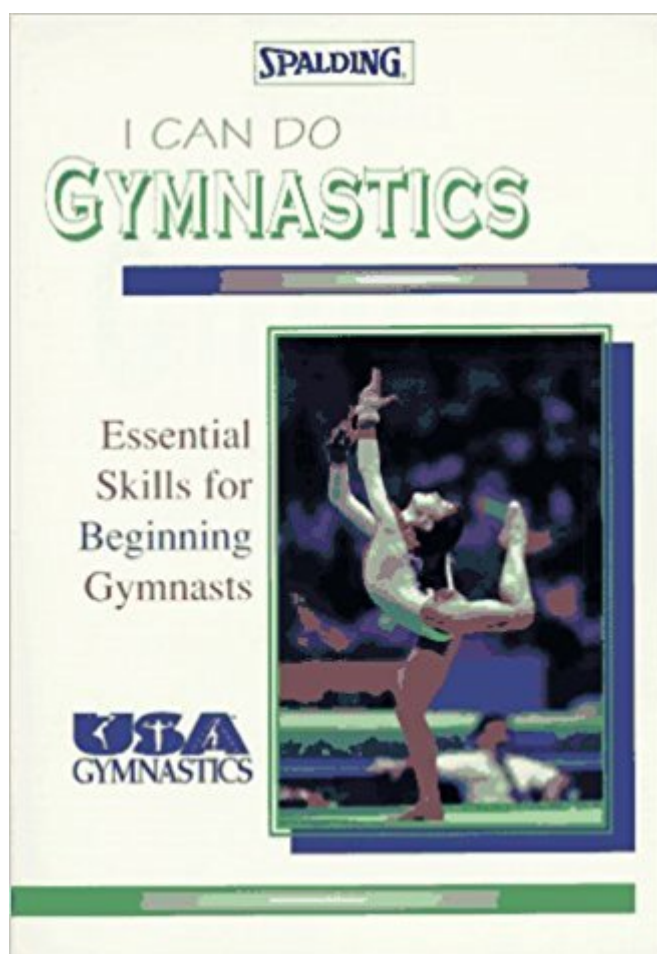


The book was found

I Can Do Gymnastics: Essential Skills For Beginning Gymnasts (Spalding Sports Library)



Synopsis

The official student companion to the U.S.G.F.'s "Sequential II" program, the safest and most effective way to learn the basic gymnastic skills. A must for every beginning gymnast. Photos, charts and drawings.

Book Information

Series: Spalding Sports Library

Paperback: 139 pages

Publisher: Masters Pr; Second Printing edition (October 1992)

Language: English

ISBN-10: 0940279517

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Product Dimensions: 0.5 x 7.2 x 10 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars 4 customer reviews

Best Sellers Rank: #850,946 in Books (See Top 100 in Books) #144 in Books > Sports & Outdoors > Individual Sports > Gymnastics #127961 in Books > Children's Books

Customer Reviews

Good for children who are just getting started

Very basic book nothing that the reader might learn, Pages like those posters on the Gym wall small diagrams with two words under that!

This is the prequel to the "I Can Do Gymnastics: Essential Skills for Intermediate Gymnasts". It has easier moves than that one, with diagrams and instructions to explain each move. This book also has a chapter about landing safely and includes procedures to practice. It has instructions for most of the apparatus, and it includes the difficulty levels which are A for the easiest, B for medium, and C for hardest. The book is clear and easily understood by beginners. It can also be used by gymnasts who are on the competitive level to improve their basic skills.

Excellent instructional book for children and interested parents. Book contains numerous sequenced pictures and are easily understood,

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