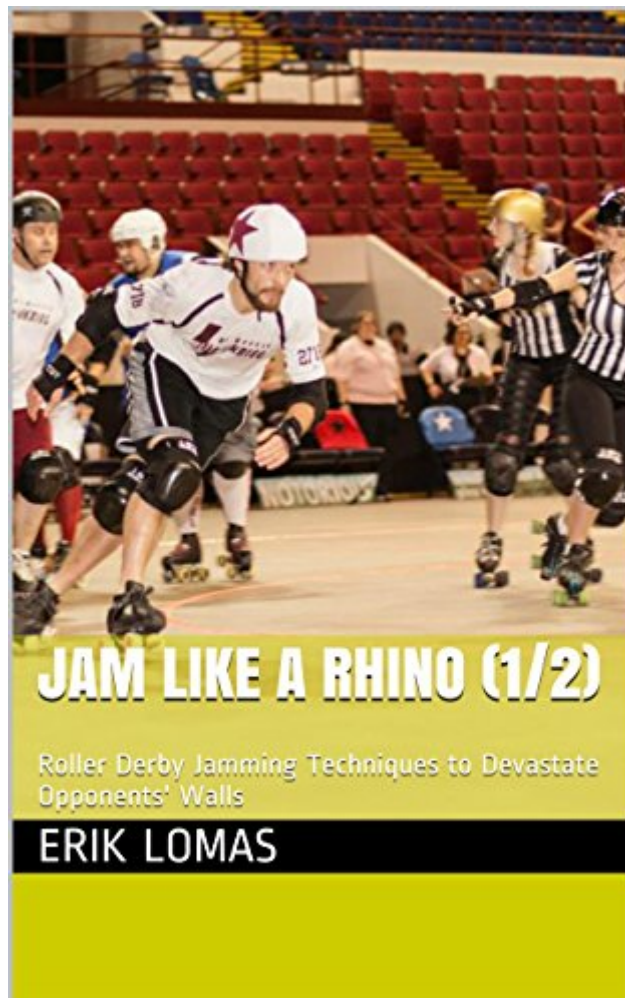




Ebook Directory
the best source of ebook

The book was found

Jam Like A Rhino (1/2): Roller Derby Jamming Techniques To Devastate Opponents' Walls



Synopsis

Do you ever feel awkward at jam starts? Or do you ever feel like there must be a more effective way to break up a wall? Whether you're already a very physical jammer wanting to amplify that strength or a very agile player, trying to round out your skill set, this lesson plan can help. "Jam Like a Rhino -- Part 1" contains about one hour of techniques and drills to add to your skill set and practice repertoire. These techniques were taught to me by Kiki Urhaz, at Beat Me Halfway 2014. This combination of techniques was an epiphany to me. I hope you get even half as much use from them as I have.

Book Information

File Size: 522 KB

Print Length: 12 pages

Simultaneous Device Usage: Unlimited

Publication Date: December 27, 2014

Sold by:Â Digital Services LLC

Language: English

ASIN: B00RJF2RXW

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,344,229 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #25

inÂ Kindle Store > Kindle eBooks > Nonfiction > Sports > Individual Sports > Rollerskating &

Rollerblading #62 inÂ Books > Sports & Outdoors > Individual Sports > Rollerskating &

Rollerblading #513 inÂ Kindle Store > Kindle Short Reads > 30 minutes (12-21 pages) > Sports & Outdoors

Customer Reviews

At 9 pages this "book" is not worth \$3.60. It's a rip off. I can give away advice like this for free. Put your arms close to your body and try to get between two blockers. Are you f n kidding me???

[Download to continue reading...](#)

Jam Like a Rhino (1/2): Roller Derby Jamming Techniques to Devastate Opponents' Walls

EveryGirl's Guide to Roller Derby: A Navigational Guide through the World of Roller Derby Derby Life: A Crash Course in the Incredible Sport of Roller Derby Down and Derby: The Insider's Guide to Roller Derby Eight-Wheeled Freedom: The Derby Nerd's Short History of Flat Track Roller Derby Jungle Jam and Friends: Wild Times in God's Creation (Audio Cassette) (Jungle Jam and Friends Radio Show) Jam Recipes: The Top 50 Most Delicious Jam Recipes (Recipe Top 50's Book 44) I Love Jam (Blue Chair Jam) Spin to Win: A Roller Derby Lesson Plan, Emphasizing Spin Techniques for Blockers & Jammers (Encyclopedia Skate-annica Book 1) Five Strides on the Banked Track: The Life and Times of the Roller Derby Roller Derby 101: The Fresh Meat Training Manual: 2017 Edition The Roller Derby Athlete Bay Area Roller Derby (Images of America) A Friendly Frolic: A Roller Derby Lesson Plan, Emphasizing Partner Blocking Technique My BoutBook: A Roller Derby Logbook Roller Derby 101: The Fresh Meat Training Manual Scars & Stripes: The Culture of Modern Roller Derby EveryGirl's Guide to Roller Derby The Business of Roller Derby: Setting and Achieving Individual Goals Flat Track Fashion: The Roller Derby Look Book

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)