Google Drive



Sports Illustrated Women's Gymnastics: The Floor Exercise Event

Don Tonry

Download now

Click here if your download doesn"t start automatically

Sports Illustrated Women's Gymnastics: The Floor Exercise Event

Don Tonry

Sports Illustrated Women's Gymnastics: The Floor Exercise Event Don Tonry
Over 1,000 instructional line drawings by Don Tonry The first of two companion books created specifically for the young female gymnast, Women's Gymnastics 1 offers expert instruction on basic gymnastic training and the floor exercise event. Designed to be used with Book 2, The Vaulting, Balance Beam, and Uneven Parallel Bars Events, this book begins your introduction to the Olympic All-Around Program. This book provides important, up-to-date, commonsense information on safety in the gym, and grades each skill by a unique 1-10 difficulty-rating system. Book 1 covers: I. Preparation • Warmup: strength and flexibility exercises for leg. back, waist, and shoulder muscles • Workout: basic positions and movements for the beginning gymnast including tucked, piked, layout, arched, and straddle positions, and the progressions for learning a handstand II. Floor Exercise Skills • Tumbling, Acrobatic, and Dance Skills: forward and backward rolls, skip step, cartwheel, round-off, tinsica, handspring, forward and backward walkovers, butterfly, aerial cartwheel and walkover, tucked forward and backward somersaults, and dance elements • Selected Floor Exercise Combinations: handstand arch over to feet; split to forward turn and roll to back; forward walkover turn to knee scale; chest roll to chest stand; split to backward turn; plus many more DON TONRY, a former world-class gymnast, is considered one of the best gymnastic technicians in the U.S. He is the author and illustrator of two other books, Gymnastics Illustrated and The Pommel Horse, and is currently men's gymnastics coach at Yale University. His wife. Barbara, former nine-time national tumbling champion, coaches the women's gymnastics team at Yale. LIPPINCOTT & CROWELL, Publishers New Ynrk

Download Sports Illustrated Women's Gymnastics: The Floor E ...pdf

Read Online Sports Illustrated Women's Gymnastics: The Floor ...pdf

Download and Read Free Online Sports Illustrated Women's Gymnastics: The Floor Exercise Event Don Tonry

---

From reader reviews:

Katrina Frey:

Book is to be different for each and every grade. Book for children till adult are different content. As it is known to us that book is very important for us. The book Sports Illustrated Women's Gymnastics: The Floor Exercise Event seemed to be making you to know about other expertise and of course you can take more information. It is quite advantages for you. The e-book Sports Illustrated Women's Gymnastics: The Floor Exercise Event is not only giving you much more new information but also to get your friend when you sense bored. You can spend your own personal spend time to read your e-book. Try to make relationship with the book Sports Illustrated Women's Gymnastics: The Floor Exercise Event. You never really feel lose out for everything when you read some books.

Patricia Lopez:

This Sports Illustrated Women's Gymnastics: The Floor Exercise Event is great book for you because the content that is certainly full of information for you who else always deal with world and still have to make decision every minute. This book reveal it details accurately using great coordinate word or we can point out no rambling sentences in it. So if you are read that hurriedly you can have whole info in it. Doesn't mean it only offers you straight forward sentences but hard core information with lovely delivering sentences. Having Sports Illustrated Women's Gymnastics: The Floor Exercise Event in your hand like finding the world in your arm, info in it is not ridiculous a single. We can say that no book that offer you world with ten or fifteen minute right but this guide already do that. So , it is good reading book. Hey Mr. and Mrs. busy do you still doubt this?

Gwen Anderson:

In this era which is the greater man or who has ability to do something more are more important than other. Do you want to become considered one of it? It is just simple method to have that. What you are related is just spending your time very little but quite enough to experience a look at some books. One of the books in the top collection in your reading list is Sports Illustrated Women's Gymnastics: The Floor Exercise Event. This book which is qualified as The Hungry Mountains can get you closer in becoming precious person. By looking right up and review this reserve you can get many advantages.

Ron Matthies:

As a university student exactly feel bored to be able to reading. If their teacher requested them to go to the library in order to make summary for some book, they are complained. Just minor students that has reading's internal or real their interest. They just do what the professor want, like asked to go to the library. They go to at this time there but nothing reading very seriously. Any students feel that looking at is not important, boring in addition to can't see colorful images on there. Yeah, it is being complicated. Book is very important for you. As we know that on this era, many ways to get whatever we want. Likewise word says, ways to

reach Chinese's country. Therefore this Sports Illustrated Women's Gymnastics: The Floor Exercise Event can make you sense more interested to read.

Download and Read Online Sports Illustrated Women's Gymnastics: The Floor Exercise Event Don Tonry #JAGFBIC37KE

Read Sports Illustrated Women's Gymnastics: The Floor Exercise Event by Don Tonry for online ebook

Sports Illustrated Women's Gymnastics: The Floor Exercise Event by Don Tonry Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Sports Illustrated Women's Gymnastics: The Floor Exercise Event by Don Tonry books to read online.

Online Sports Illustrated Women's Gymnastics: The Floor Exercise Event by Don Tonry ebook PDF download

Sports Illustrated Women's Gymnastics: The Floor Exercise Event by Don Tonry Doc

Sports Illustrated Women's Gymnastics: The Floor Exercise Event by Don Tonry Mobipocket

Sports Illustrated Women's Gymnastics: The Floor Exercise Event by Don Tonry EPub