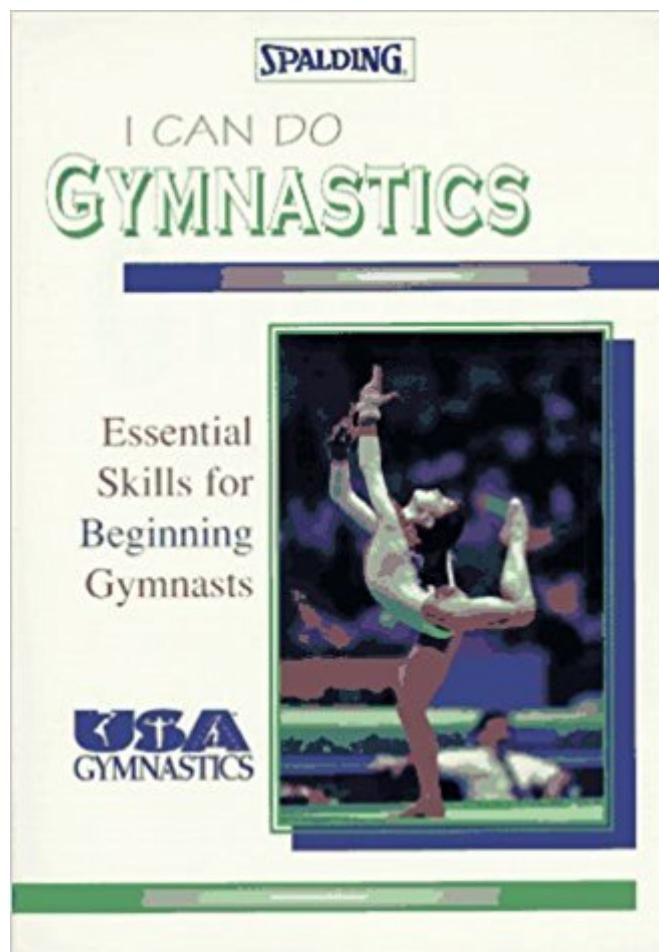


The book was found

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

ISBN-13: 978-0940279513

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,

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

I Can Do Gymnastics: Essential Skills for Beginning Gymnasts (Spalding Sports Library) Gymnastics Psychology: The Ultimate Guide for Coaches, Gymnasts and Parents Spalding's Athletic Library - The Games of Lawn Hockey, Tether Ball, Golf-Croquet, Hand Tennis, Volley Ball, Hand Polo, Wicket Polo, Laws of Badminton, Drawing Room Hockey, Garden Hockey Top 25 Gymnastics Skills, Tips, and Tricks (Top 25 Sports Skills, Tips, and Tricks) The Gymnastics Book: The Young Performer's Guide to Gymnastics The 1st Three Years of Acro, Gymnastics, & Tumbling: Teaching Tips, Monthly Lesson Plans, and Syllabi for Successful Gymnastics Classes Hora de gimnasia! Gymnastics Time! (Bumba Booksen EspaÃ±ol Hora De Deportes! Sports Time!) (Spanish Edition) (Bumba Books en Espanol Hora de Deportes! (Sports Time!)) Skateboarding: How It Works (Sports Illustrated Kids: the Science of Sports) (The Science of Sports (Sports Illustrated for Kids)) Football: How It Works (Sports Illustrated Kids: the Science of Sports) (The Science of Sports (Sports Illustrated for Kids)) Hockey: How It Works (Sports Illustrated Kids: the Science of Sports (Sports Illustrated for Kids)) Little Girls in Pretty Boxes: The Making and Breaking of Elite Gymnasts and Figure Skaters Spandex Simplified: Sewing for Gymnasts American Gymnasts: Gold Medal Dreams Essential Oils: 50 Essential Oil Dog & Cat Recipes From My Essential Oil Private Collection: Proven Essential Oil Recipes That Work! (Essential Oil Pet Private Collection Book 1) Essential Oils: Essential Oil Recipe Book - 30 Proven Essential Oil Recipes :: My Essential Oil Private Collection Vol. 1 (Private Collection Essential Oils) Knowing the Score: What Sports Can Teach Us About Philosophy (And What Philosophy Can Teach Us About Sports) DK Readers: First Day at Gymnastics (Level 1: Beginning to Read) Gymnastics Jitters (Jake Maddox Girl Sports Stories) Gymnastics Jump (Sports Illustrated Kids Starting Line Readers) Gimnasia: Grandes Momentos, Records y Datos (Gymnastics: Great Moments, Records, and Facts) (Grandes Deportes (Great Sports)) (Spanish Edition)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)