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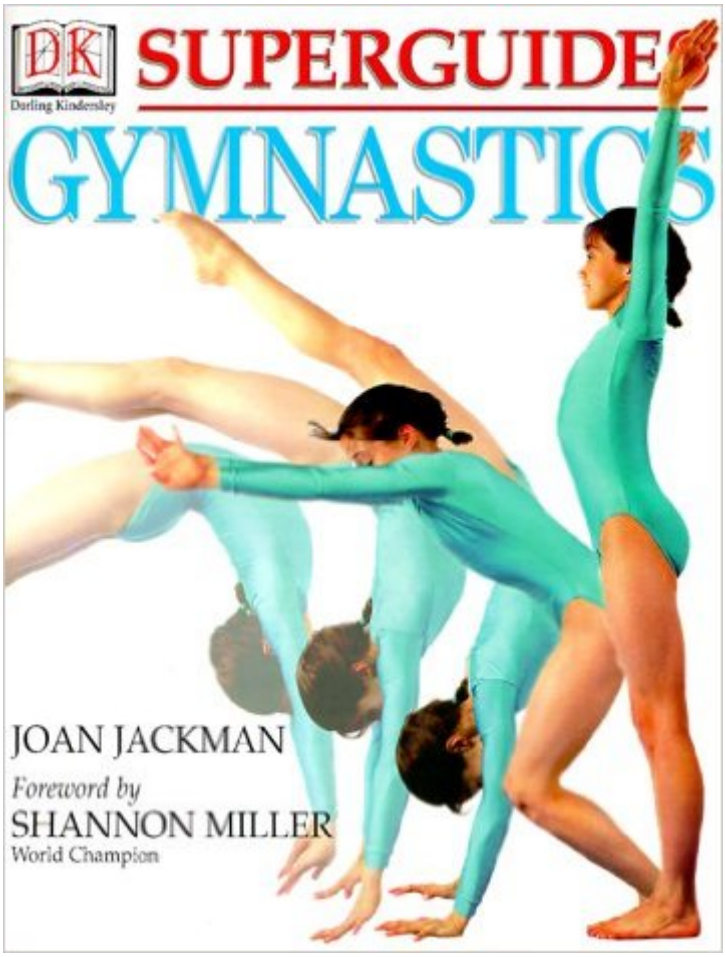
Superguides: Gymnastics



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Synopsis

Young players will refer to these instructive "how-to" guides again and again. Superguides are incisive "how-to" books that answer every question a young sports enthusiast might have! These comprehensive guides in vibrant new jackets and under the new Superguides series title are perfect for young athletes. Young Enthusiasts, the original best-selling series, sold over 3 million copies worldwide. Superguides give valuable advice on everything from suitable clothing to strategy development. Each book includes detailed information on rules, objectives, scoring, and much more.

Book Information

Age Range: 9 and up
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Average Customer Review: 4.0 out of 5 starsÂ Â See all reviewsÂ (7 customer reviews)
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Customer Reviews

I just started gymnastics about two weeks ago because I am a competitive platform diver and my coach suggested taking gymnastics lessons. So I got this book from .com and I read it and found that it helped me in gymanstics thoroughly. Since I am only a beginner, I found this book helpful. Advanced gymansts may want to read a different book, because this one covers the basics, starting from rolls and going to back handsprings.The photographs are step-by-step, and crisp, clear, and high-quality. Detailed instructions are also there to accompony each photograph. Another good thing is that all the gymnasts in the book do the skills with very good technique and form, so you'll know the correct and proper way to perform each skill. Plus, there are fun facts, tips, and photos of famous gymnasts that correspond to what you are learning.Although this book does not cover much

on the apparatus, I still think it is a solid introduction for beginners. In the beginning you'll find information about what to look for in a gymnastics club, what to wear to workouts, information about each gymanstics apparatus, etc. At the end of the book there are sections about sports acrobatics, tumbling, and rhythmic gymnastics.All in all, I would defintely recommend this book to any beginning gymnast of any age, or anyone who is just interested in learning more about this sport. I myself have been following the instructions and tips and I have just about gotten my back handspring by myself- just from reading this book! So definitely check this book out if you're a beginner. Advanced gymnasts would probably enjoy browsing through it, too.Brittany Marshalls

A very attractive book, but covers only a few moves. (Forward/backward rolls, cartwheels, round-offs, back walk-overs, back handsprings, and handstands.) Not really useful for a girl wanting practical tips. Other apparatus (bars/beam/vault) are barely touched on.

This is a very good instructional guide for begging to early intermediate gymnasts. It starts off with a forward by Shannon Miller and a history of gymnastics. Most of the book explains how to do artistic gymnastics skills from an easy forward roll to a back handspring. It also icludes sections on rythmic gymnastics and sports and acrobatics.

I think this is a nice book about gymnastics, but like one reviewer said, it's a little too short. It starts off with a forward by Shannon Miller, a history of gymnastics, what to wear to class, and shows a typical gym. The section with the skills was pretty good, but there weren't many in here. The instructions were nice and detailed, though, and I liked the rythmic gymnastics and sports acrobatics part. It's great for people who want to learn about the sport or beginning gymnasts.

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