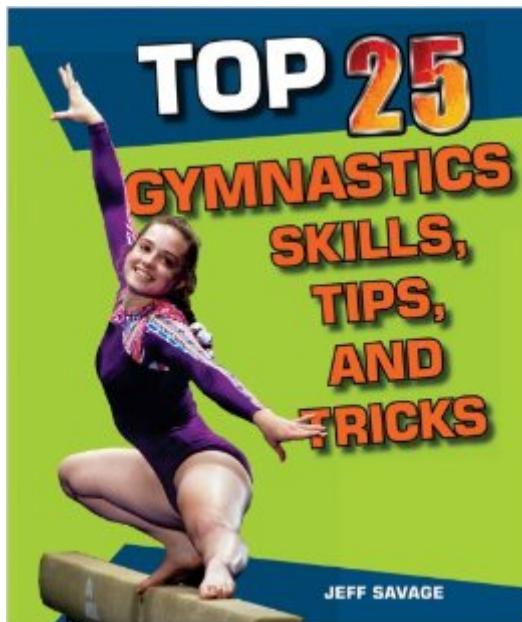


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# Top 25 Gymnastics Skills, Tips, And Tricks (Top 25 Sports Skills, Tips, And Tricks)



## **Synopsis**

During the heat of competition, the slightest misstep in your floor exercise or a fall off the balance beam could cost you a trophy or your team a championship. Gymnastics is all about precision and technique. Would you like to perform like an Olympic gold medallist? Author Jeff Savage gives step-by-step instructions to many of the basic techniques in gymnastics, and provides you with some fun tips from Olympic champions.

## **Book Information**

Series: Top 25 Sports Skills, Tips, and Tricks

Library Binding: 48 pages

Publisher: Enslow Publishers (August 1, 2011)

Language: English

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ISBN-13: 978-0766038684

Product Dimensions: 7.8 x 0.4 x 9.1 inches

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

Average Customer Review: 4.0 out of 5 starsÂ  See all reviewsÂ  (12 customer reviews)

Best Sellers Rank: #1,221,294 in Books (See Top 100 in Books) #55 inÂ  Books > Children's Books > Sports & Outdoors > Gymnastics

Age Range: 9 - 12 years

Grade Level: 3 - 7

## **Customer Reviews**

Jeff Savage presents a visually appealing and a clear, brief introduction to the various skills for competitive gymnastics. With glossy pages and nearly every page layout with a color photo of young athletes performing skills, readers will be engrossed and turning the pages. The "Tips and Tricks" and fact boxes throughout the book, sets this series apart from other sports skills books. Tips like, "Pump your arms and keep your palms up slightly," give basic clues to readers for success. The Table of Contents makes it easy to select floor exercise skills and techniques, or vaulting, bars, rings, parallel bars, pommel horse or strength training skills. The glossary and index at the end of the book will be helpful for novices to locate topics. But, the Further Reading section is an extra bonus, that will lead gymnastic learners to other valuable books and internet sites for gymnastic training. Top 25 Gymnastics Skills, Tips and Tricks would be ideal for public and school library sport's collections, because it will appeal to elementary and middle school youngsters.

interests. Other titles in this series include Top 25 Basketball Skills..., Top 25 Hockey Skills..., and Top 25 Soccer Skills.

I am returning this book. It's the authors narrative about how some gymnastics poses are performed. No images, no instructions, no step by steps of any kind. A complete waste of money, no redeeming qualities.

I thought this was a full sized book on gymnastics, but I should have read the description, or at least realized otherwise from the low price. It is a slim little paperback, about half text and half pictures. It does have good advice on conditioning and nutrition. Hopefully my kid will gain a better understanding of the sport she's nuts about, and will also understand my insistence that she train with a coach rather than make up her own moves by watching youtube videos and practicing on the (shudder) trampoline.

I bought it thinking it would give my about-to-be-intermediate-gymnast daughter some insight into improving her act, but once we read it, we realized it's intended to draw beginners gymnasts' motivation, great for that purpose, anyway.

Great informational book for my daughter who's a beginner gymnast. She loves reading about all of the gymnastics moves and techniques.

Nice book with great pictures and easy to read instructions. My daughter found it useful and she's been in gymnastics for years.

Granddaughter loved it!

For your beginning gymnast. It has all the basics. I'd recommend.

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