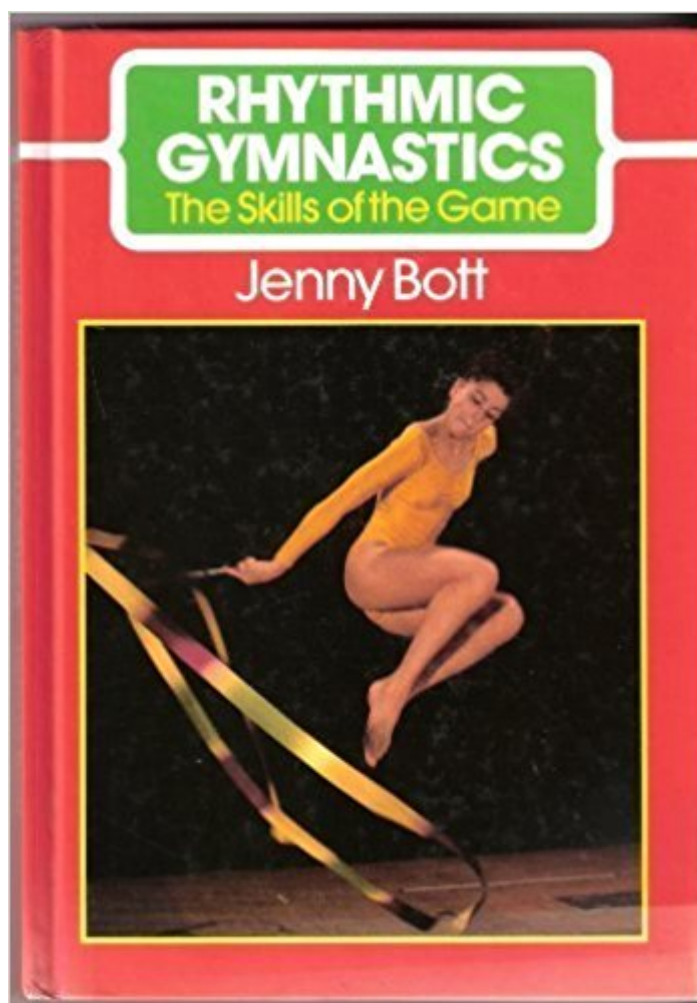


The book was found

Rhythmic Gymnastics: The Skills Of The Game



Synopsis

Combining the strength and agility of the gymnast with the elegance and beauty of the dancer, rhythmic gymnastics is both demanding and intensely satisfying. In this book the author takes us through the basic techniques of work with rope, ball, hoop, ribbon, and clubs and also offers helpful advice on how to put together routines for competitions. --This text refers to an out of print or unavailable edition of this title.

Book Information

Series: The Skills of the Game

Hardcover: 128 pages

Publisher: Crowood Pr (January 1990)

Language: English

ISBN-10: 1852232080

ISBN-13: 978-1852232085

Product Dimensions: 0.8 x 6.8 x 9.5 inches

Shipping Weight: 1 pounds

Average Customer Review: 4.0 out of 5 stars 4 customer reviews

Best Sellers Rank: #851,588 in Books (See Top 100 in Books) #146 in Books > Sports & Outdoors > Individual Sports > Gymnastics

Customer Reviews

Some of the suggestion were timeless and I was able to incorporate the into my teaching approach. A good reference book to add to my library. Thank you for taking the time to document you experiences and expertise. Dale Archer (Director of activities for DartS-Rhythmic)

The book is really not all that helpful for someone trying to get more tips or aid with doing rhythmic gymnastics....I would say this book is for a Gymnast that decide to switch over to rhythmic Gymnastics. I recommend trying to check this out at the library before buying or....become a full time regular gymnast first .

The book helps me so much for my work.

This book is an excellent resource for those who would like to introduce a rhythmic program to their school or gymnastics club. The book covers everything from equipment(it even shows you how to

make your own ribbon and stick) to the different kinds of body movements included in rhythmic gymnastics. Basic apparatus work is illustrated for all the five apparatus: rope, ball, hoop, ribbon, and clubs. There is also a section which covers the stretches and conditioning exercises helpful to rhythmic gymnasts. Nearly 150 photographs and illustrations help make this an excellent tool for teachers.

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