



The Handstand: Basics (Paperback)

By Peter Marino

Lulu.com, United Kingdom, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.My name is Peter Wraae Marino, and I have been teaching gymnastics for more than 25 years. I am often asked what the most important skill a gymnast should master. I always answer The handstand. Sooner or later, you will be doing a handstand in just about every event. Many other skills, such as handsprings and cartwheels, contain a hidden handstand. Mastering the handstand will certainly make learning other skills easier and will help to reduce the learning curve. This handbook contains basic handstand exercises, all of which can be done at home or the gym. The exercises are written in order so you will steadily progress toward a perfect freestanding handstand.

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Createspace, United States, 2014. Paperback. Book Condition: New. Taylor Southerland (illustrator). 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.The adventures of CyberThunder (Tony) and CyberPrincess (Emma) continue in The Savvy Cyber Kids at Home: The...



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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This is the original version with black-and-white illustrations. JoJo is an active and happy 4-year old boy. 4-year old boys...



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Random House USA Inc, United States, 2009. Paperback. Book Condition: New. 2nd. 229 x 185 mm. Language: English . Brand New Book. Provide a solid education at home without breaking the bank. Introduced in 2000, Homeschool Your Child for Free gave countless...



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Right Kind of Pride, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.After 20 years of marriage author Christopher Cudworth and his wife Linda faced a future changed by...