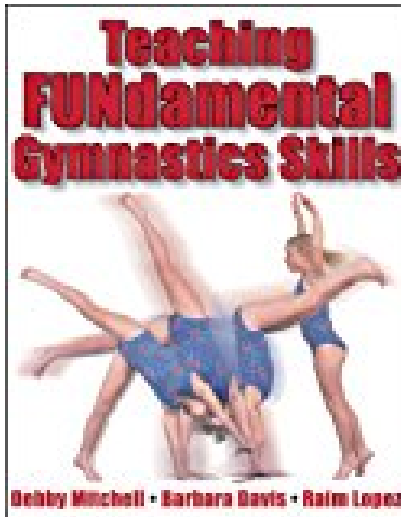


Teaching Fundamental Gymnastics Skills



BOOK DETAILS

- Author : Debby Mitchell
- Pages : 312 Pages
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- Language : English
- ISBN : 0736001247



BOOK SYNOPSIS

Safety tips for teaching gymnastics - Exploratory gymnastics - Foundational positions and movements - Floor exercise - Balance beam - Springboard and vault - Bars_

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