

# Tumbling Illustrated Illustrations By D N Anderson

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Tumbling Illustrated - L. McClow 2012-07-08

Find more at [www.LostArtOfHandBalancing.com](http://www.LostArtOfHandBalancing.com) "Unleash Your Inner Acrobat" Step-by-Step Guide gives you 248 Moves You Can Master even if You've Never done a Somersault or can do Full Twisting Back Flips You may be thinking you could never pull off any move like those done by professional acrobats, gymnasts, or Shaolin monks. What if I told you you were wrong? What if you could? Keeping in shape use to be a top goal of mine but its gone beyond that now. I want more. I want complete control. To be able to pull off impressive moves for the personal challenge but also to WOW others. To feel good and powerful, really to be my own sort of superhero. To train like a Ninja! I know its tough when you look at super-high level athletes and think "I could never do that." That you have no way to get there. Even though you may want it badly, it seems like there is no plan nor way of training to do it. But there is a way to do this safely and reap the benefits no matter your level. And if you stick to it in a little time you'll be doing moves that'll leave others saying, "I wish I could do that!" Train Like a Gymnast...Without Being a Gymnast. Here's the thing. People seem to think they can't get started without being a gymnast. I want to not only dispel that myth, but get you started right now. Let me tell you a bit about my story. The class that I wanted to attend was for former gymnasts. What this meant is that you were required to have some skill before you even began the class. The problem was I had never taken gymnastics before! If you can't attend the class unless you have some skill and you can't gain the skill without the class what do you do? The truth is you CAN gain the skill without the class...by training on your own. You can train like this in the great outdoors, just like I did. A park or the beach is perfect. Martial arts studios or anywhere with a matted floor works just as good. In fact each place has its own advantages and disadvantages. This is 'Functional Training' at its best. Because nothing else will teach you how to move better. It is bodyweight training taken to the highest level. Acrobatic Flips, Springs, Balances and More all at your Fingertips Tumbling Illustrated is an long forgotten book by L.L. McClow. There was much debate in deciding the best way to teach acrobatics to you, and for a long time I put off the decision. So why did I finally choose this book to help you? Let me tell

you. Tumbling Illustrated has an incredible array of exercises. In fact there are 248 different moves, split up into 21 different categories. Here's the breakdown: \* 16 Forward rolls \* 19 Backward rolls \* 8 Dives \* 14 Head Balancing Moves \* 24 Hand Balancing Moves \* 5 Forearm Balancing Moves \* 6 Cartwheels \* 5 Roundoffs \* 4 Head and Hand Springs \* 12 Hand Springs \* 8 Backward Hand Springs \* 17 Back Bends \* 9 Upstarts aka Floor Kips \* 10 Flips \* 8 Combination Rolls \* 9 Combination Hand Springs \* 3 Combination Hand Springs and Flips \* 6 Combination Hand Springs and Rolls \* 4 Combination Balances and Rolls \* 6 Miscellaneous Combinations \* 55 Novelty Stunts From Somersaults to Running Gainers, Handstands to Tinsca's this Book has it All The sheer variety is astounding. Plenty for you to work on no matter your skill level. Moves You can do Right Now and Moves You can Aspire to With the great variety of moves you're bound to come across many that you can do immediately. The greatest thing in this book is that there are moves you'd have never even thought about doing. Many of these moves are low-risk and can be done right away with a little practice. *Catalog of Copyright Entries. Third Series* - Library of Congress. Copyright Office 1970

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