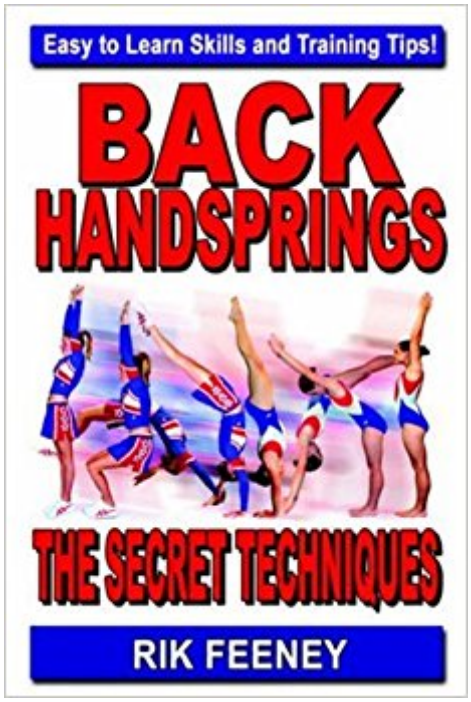
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Back Handsprings: The Secret Techniques



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Synopsis

BACK HANDSPRINGS: THE SECRET TECHNIQUES uncovers the easy-to-learn drills to safely and successfully learning a back handspring. Heads will turn and crowds will cheer when you tumble across the floor with high-speed, explosive back handsprings! This book contains valuable resources, techniques, and illustrations gathered from master coaches over the past thirty years including suggestions for improvement, that lead to more advanced tumbling skills. Get this book now and get started before your competition does. Make your dream a reality. Order your copy ($19.95) at: www.GymnasticsTrainingTips.com or email coachrik@aol.com for more information. Richardson Publishing, PO Box 162115, Altamonte, FL 32716.

Book Information

Paperback: 128 pages

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Language: English

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Product Dimensions: 6.1 x 0.3 x 9.2 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 10 customer reviews

Best Sellers Rank: #1,677,695 in Books (See Top 100 in Books) #90 inÃ Â Books > Children's Books > Sports & Outdoors > Gymnastics #16620 inÃ Â Books > Parenting & Relationships > Parenting

Age Range: 8 - 12 years

Grade Level: 3 - 07

Customer Reviews

I use this to guide my back handspring class at our local gymnastics gym. I would recommend this to another coach.

I'm a Martial Artist and this book helped my to get my focus back when I do backhand springs and flips. It also helped me with better shoulder and back flexibility. I'm usually not interested in books where the Author is not in shape, but this Author is a good teacher. Some of the illustrations and intructions are mixed up but all around this is a good book.

Has helpful information but also has alot of "fluff". I feel it is more geared toward a student or fresh new coach in training. Some parts/diagrams a little confusing.Overall good book.

One of the best book on the subject!!! There is no magic bullet when it come to back handsprings but this little book is a treasure of exercise and specific application that easily can guide you toward this difficult goal!

Great and fast shipping!!!

Written by former competitive gymnast and current trainer Rik Feeney, Back Handsprings: the Secret Techniques is a straightforward guide for cheerleaders, gymnasts, dancers, martial artists, and choreographers. Chapters cover the four areas that any athlete needs to work on in order to master the back handspring: conditioning, training, environment, and desire. Black-and-white photographs and diagrams illustrate the step-by-step instructions to strengthening muscles, aligning one’s body properly, performing appropriate training drills, and more. "In both the handstand and the back handspring, it is very important that you position your hands correctly to prevent injury to the wrists, elbows, and arms. If your hands are turned out, you can cause the elbows to lock which could lead to hyperextension injuries, dislocations, or worse." A "must-have" for anyone seeking to master the back handspring.

My cheerleading coach always said "Go for the gold".So I got this book and tried to do it but failed.I never thought this book would be so helpful.Now I own my own business.I pass out this book to my students and they live to do back handsprings.Thank you

This is THE book for everyone including gym owners and parents. The Back Handspring is the premier trick needed by both gymnasts and cheerleaders.As a former gym owner,and a Mom, I highly recommend it. This book takes the mystery out of the skill and breaks it down into easy to learn pieces. Safety is the number one concern when learning this skill and Coach Rik makes safety an integral part of the learning process.This book is for everyone (coaches, students, owners and parents) that wants a "How To" manual on this skill.I will be the first one in line when he writes another book on skills.Keep "flipping" those pages.Rayelynn Henderson

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