

The 1st Three Years of Acro Gymnastics & Tumbling Teaching Tips Monthly Lesson Plans and Syllabi for Successful Gymnastics Classes



BOOK DETAILS

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BOOK SYNOPSIS

Children and teenagers find acrobatics exciting. The challenge of risking their equilibrium together and building human formations is intriguing. Team spirit and the willingness to cooperate are required. Many of the spectacular human pyramids and partner balances are easy to learn and considerable progress can be made in a short period of time. This book provides a vivid and informative description of the principles of partner acrobatics with children and teenagers. It provides suggestions on how to begin and how to design meaningful training sessions, as well as different options for the structuring of performances. In addition to the many preparatory exercises, the practical portion of the book introduces simple acrobatic formations that have been tried and tested. The individual chapters include detailed written and visual descriptions of the many different techniques, from pyramid building to fantasy formations, from dynamic elements to elegant partner formations.

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