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The concepts, explanations, and descriptive illustrations in this book are unique in that they transcend much of the published knowledge currently available to the gymnastics discipline. This book provides a deeper understanding of gymnastics concepts and techniques, which will serve as a valuable aid to gymnasts and coaches alike.

This book is comprehensive, involving the various facets of gymnastics technique, and thoroughly explaining, in detail, the biomechanics of skill types and groups for each of the four women's gymnastics events—Floor Exercise, Balance Beam, Vaulting, and Uneven Bars. Included are the concepts relating to somersault, twist, balance, impact, and swing skills, along with guidelines for achieving optimal levels of conditioning.

Championship Gymnastics is highly recommended for anyone wishing to increase their knowledge and understanding of gymnastics training and technique. It is a must-have for any serious teacher or coach of gymnastics.

Able Grossfeld

Professor Emeritus of Athletics, Southern Connecticut State University

U.S. Olympic Gymnastic Team Member, 1956 and 1960

Head Olympic Gymnastics Coach, 1972, 1984 (team gold medal), and 1988

U.S. Olympic Hall of Fame, 2009

