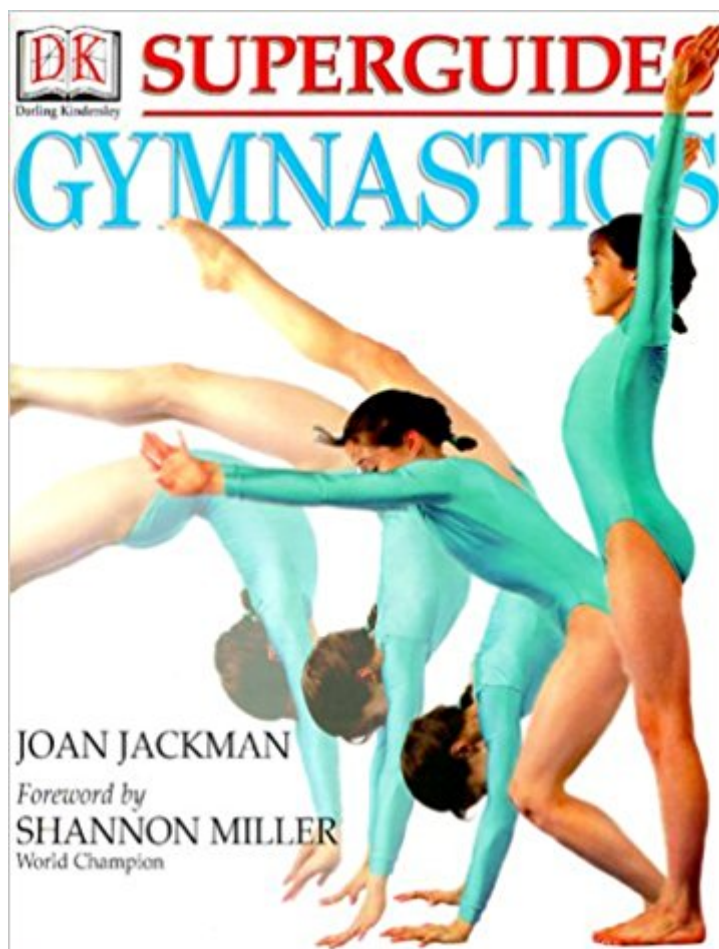


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# Superguides: Gymnastics



## Synopsis

Young players will refer to these instructive "how-to" guides again and again. Superguides are incisive "how-to" books that answer every question a young sports enthusiast might have! These comprehensive guides in vibrant new jackets and under the new Superguides series title are perfect for young athletes. Young Enthusiasts, the original best-selling series, sold over 3 million copies worldwide. Superguides give valuable advice on everything from suitable clothing to strategy development. Each book includes detailed information on rules, objectives, scoring, and much more.

## Book Information

Age Range: 9 and up

Series: DK Superguides

Hardcover: 48 pages

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Average Customer Review: 4.0 out of 5 stars 7 customer reviews

Best Sellers Rank: #1,692,505 in Books (See Top 100 in Books) #91 in [Books > Children's Books > Sports & Outdoors > Gymnastics](#) #21147 in [Books > Children's Books > Activities, Crafts & Games](#)

## Customer Reviews

Grade 2-6-These titles are almost identical to *The Young Gymnast* (1995) and *The Young Soccer Player* (1994, both DK); the only perceptible differences are the photos on the endpapers and the ISBNs. *Gymnastics* covers the history of the sport and routines using the typical colorful photographs for which the publisher is known. *Soccer* presents basic skills and rules of the game. If the older editions are in good condition, it is not necessary to purchase these "Superguides."-Blair Christolon, Prince William Public Library System, Manassas, VA Copyright 2000 Reed Business Information, Inc.

I used to be a pretty flexible self-taught gymnast type of guy in my teenage years. I purchased this

"guide" with the aim of getting that flexibility back and supplement my regular weight training. However, the book turned out to be more of a picture book than a guide. It might still find some use with young people who have recently gotten started in Gymnastics with a coach.

My 7 year old enjoyed learning from this book. She was constantly going around the house showing me something new.

A very attractive book, but covers only a few moves. (Forward/backward rolls, cartwheels, round-offs, back walk-overs, back handsprings, and handstands.) Not really useful for a girl wanting practical tips. Other apparatus (bars/beam/vault) are barely touched on.

I just started gymnastics about two weeks ago because I am a competitive platform diver and my coach suggested taking gymnastics lessons. So I got this book from .com and I read it and found that it helped me in gymnastics thoroughly. Since I am only a beginner, I found this book helpful. Advanced gymnasts may want to read a different book, because this one covers the basics, starting from rolls and going to back handsprings. The photographs are step-by-step, and crisp, clear, and high-quality. Detailed instructions are also there to accompany each photograph. Another good thing is that all the gymnasts in the book do the skills with very good technique and form, so you'll know the correct and proper way to perform each skill. Plus, there are fun facts, tips, and photos of famous gymnasts that correspond to what you are learning. Although this book does not cover much on the apparatus, I still think it is a solid introduction for beginners. In the beginning you'll find information about what to look for in a gymnastics club, what to wear to workouts, information about each gymnastics apparatus, etc. At the end of the book there are sections about sports acrobatics, tumbling, and rhythmic gymnastics. All in all, I would definitely recommend this book to any beginning gymnast of any age, or anyone who is just interested in learning more about this sport. I myself have been following the instructions and tips and I have just about gotten my back handspring by myself- just from reading this book! So definitely check this book out if you're a beginner. Advanced gymnasts would probably enjoy browsing through it, too. Brittany Marshalls

I think this is a nice book about gymnastics, but like one reviewer said, it's a little too short. It starts off with a forward by Shannon Miller, a history of gymnastics, what to wear to class, and shows a typical gym. The section with the skills was pretty good, but there weren't many in here. The instructions were nice and detailed, though, and I liked the rhythmic gymnastics and sports acrobatics

part. It's great for people who want to learn about the sport or beginning gymnasts.

This is one of the best books on gymnastics I have read. It has pictures that show people how to do the move, and it starts with really simple tricks and moves on to the most difficult trick in the book- a backhandspring. It also has parts on sports acrobatics and rhythmic gymnastics. It's a great book, but I would recommend it to beginning gymnasts.

This is a very good instructional guide for begging to early intermediate gymnasts. It starts off with a forward by Shannon Miller and a history of gymnastics. Most of the book explains how to do artistic gymnastics skills from an easy forward roll to a back handspring. It also includes sections on rhythmic gymnastics and sports and acrobatics.

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