

Complete Cheerleading



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Aimed at coaches of cheerleading squads and PE teachers looking to introduce this fast-growing activity into the curriculum. Focuses on comprehensive instruction of the skills used in cheering, including individual body position and movement, voice control, jumping and tumbling, team stunts and formations, and choreography. Contains photographs and diagrams to clearly illustrate the skills and formations, as well as drills to facilitate the learning process.

作者介绍:

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