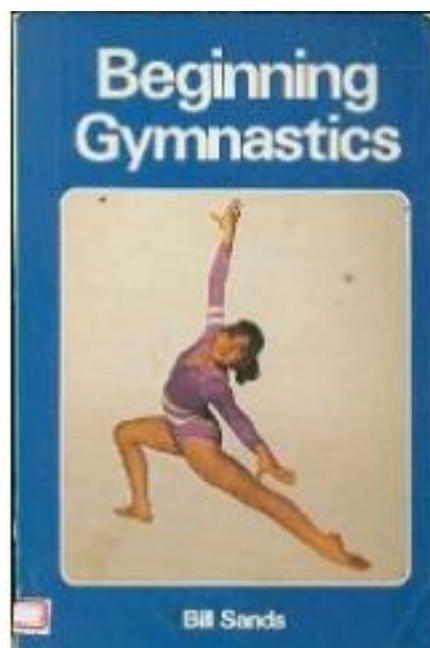


# Beginning Gymnastics



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This book is intended to fill an apparent void in progressive gymnastics training. Too little attention has been paid to the concept of preparation for gymnasts that is physical technical psychological tactical and theoretical preparation. Beyond the very earliest stages of the training and education process a general lack of knowledge becomes evident in the direction of beginning gymnasts. This stage in the development of a gymnast is particularly critical. The five types of preparation mentioned above provide an important framework for determining the training process and for recognizing the questions that must be asked and answered for each gymnast who reaches this stage. Physical preparation concerns the general and specific strength flexibility muscular endurance weight and health of

the gymnast. It is important to decide where the gymnast is<br>going and what she would like to be capable of doing in the<br>near future. Then the training and education by which the<br><br>

作者介绍:

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