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Children skating junior tutorial(Chinese Edition)

By BEN SHE

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date: Unknown in Publisher: Fujian Science and Technology Press List Price: 14.00 yuan Author: Publisher: Fujian Science and Technology Press ISBN: 9787533541712 Page: Revision: Binding: Folio: Published :2012 -12-1 printing time: words: Product ID: 22924135 About this book In addition to the introduction of the basics. mainly introduced junior speed skating and the primary freestyle skating. The primary speed skating including basic the straights technology. the bend technique as well as start technique. the contents of the junior freestyle skating including the F-class and E-class action. The contents of the book are the basis of technical legend detailed. accurate text. and the layout is easy to learn. strong teaching guide. The first part of the basis of knowledge of the author catalog. the origins and development of the skating two types of skating. the characteristics and advantages of the Roller Skating. skating equipment five skating common method of teaching second part of skating initial learning safety knowledge wear off roller skates and wearing protective gear 3. stand up. stand up and fall practice four squat exercises standing...



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