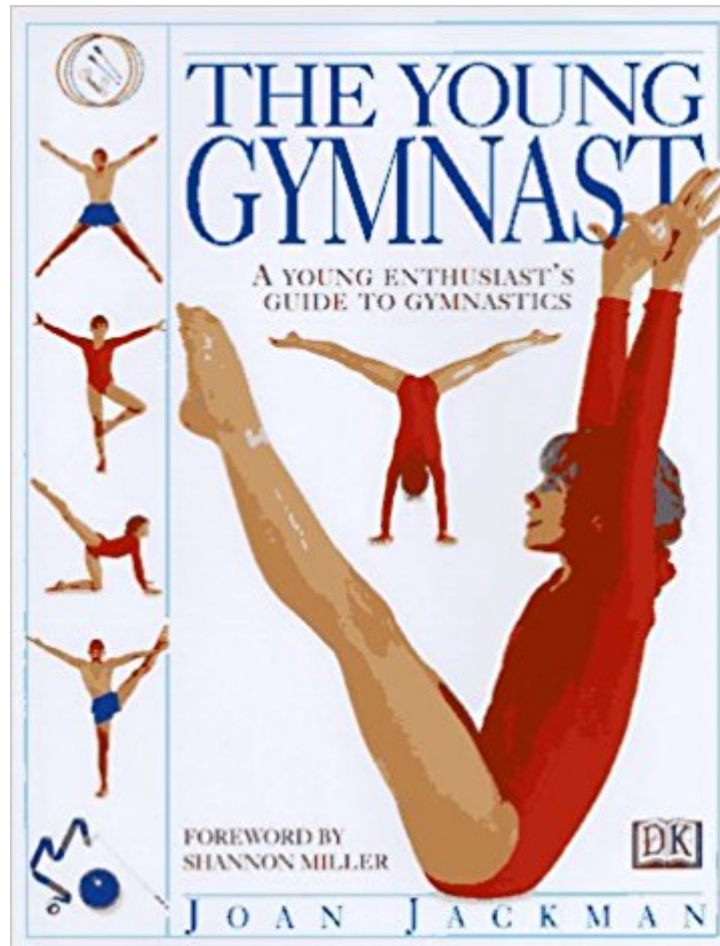




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The Young Gymnast



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Synopsis

An introduction to gymnastics features demonstrations of a variety of techniques and skills, including floor and equipment exercises, and provides advice on choosing a gym, wearing the proper clothing, and composing routines.

Book Information

Hardcover: 64 pages

Publisher: DK CHILDREN; Complete Numbers Starting with 1, 1st Ed edition (March 15, 1995)

Language: English

ISBN-10: 1564586774

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Product Dimensions: 11.4 x 0.4 x 8.8 inches

Shipping Weight: 15.2 ounces

Average Customer Review: 4.0 out of 5 stars 6 customer reviews

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[Books > Sports & Outdoors > Gymnastics](#) #31135 in [Books > Children's Books > Literature & Fiction](#)

Customer Reviews

Joan Jackman's *The Young Gymnast* offers a balanced take on a favored form of exercise for both girls and boys; the book features 200-plus photos and a foreword by Olympic gymnastics medalist Shannon Miller (Dorling Kindersley, \$15.95, ages 8-11 ISBN 1-56458-677-4 Apr.). Copyright 1995 Reed Business Information, Inc.

Gr. 4⁺-7. Young sports enthusiasts will enjoy this book with its many full-color photos of gymnasts in action. After an introduction by 1993 world champion gymnast Shannon Miller and a brief history of the sport, the book talks about clothing and equipment. Then it deals with the basic tumbling and the balancing skills needed to perform headstands, handstands, cartwheels

I ordered 2 gymnastics books - one was *Gymnastics DK Superguide* by Joan Jackman & the other was *The Young Gymnast* by Joan Jackman. Well, even though the outside cover looks different, the insides are exactly the same thing! So if you are ordering these two books thinking they are different, they are not. I will have my granddaughter give one of the books to a friend or teacher, as she doesn't need two of the same exact book.

I was disappointed with the number of pages in the book and the book is pretty basic suitable for 4-6 years old. I purchased the book for an 8 year old. I may need to return the book.

Got this to replace a damaged copy at our school library. Can't keep it on the shelf.

I thought that it was a good book for just beginning, but if you want to get it make sure you are just starting or it will be all stuff you already know and it won't be of very much use. I was in level 2 when I got it, but I think it would be of more use if I got it last year.

This book is great for young gymnasts. Or any age as a matter of fact. The foreword is by Shannon Miller, America's most decorated gymnast. This book tells you how to do some basic skills and warm-ups. It covers each apparatus in gymnastics, including rhythmic and sports acrobatics. If you're a gymnast, then this is the book for you.

When I got this book, I hadn't even started gymnastics. So I couldn't do most of the stuff in it. So I only recommend it to people who are beginners and whose coach has already gone over it.

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