



## Jumping in the Air: Coloring Activity Book: Ib Has Authored Various of Books Which Giving to Children the Values of Physical Arts. Related Themes: Juggling Acrobatic Stunts, Capoeira Etc. (Paperback)

By Idan Boaz

Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Jumping has always been the first move that a child tries when they learn to stand on their feet. Jumping is the most basic form of all exercises. Not only children but elders also enjoy it as Spread Eagle and Pike in cheerleading and as Au de Costa Au Mortal in capoeira. It is also regarded as a physical performance art, developing one's flexibility, strong muscles and lean body through the aerobic activities like breakdance and gymnastics. For a child Jumping is an expression of happiness. So does your little one love tumbling and have lots of energy? If yes, then this book is the perfect choice. This book introduces your child to incredible jumping techniques collected from different forms of martial arts and aerobic techniques, teaching them body control. Jumping is one of those rare workouts that join fitness and fun together. As this is a cardiovascular exercise, Kids aged 2-8 should be encouraged to take part in this fun activity as it makes muscles, bones and heart healthy. Books without words picture beg for readers participation; to keep...



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