



## The Handstand: Basics (Paperback)

By Peter Marino

Lulu.com, United Kingdom, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.My name is Peter Wraae Marino, and I have been teaching gymnastics for more than 25 years. I am often asked what the most important skill a gymnast should master. I always answer The handstand. Sooner or later, you will be doing a handstand in just about every event. Many other skills, such as handsprings and cartwheels, contain a hidden handstand. Mastering the handstand will certainly make learning other skills easier and will help to reduce the learning curve. This handbook contains basic handstand exercises, all of which can be done at home or the gym. The exercises are written in order so you will steadily progress toward a perfect freestanding handstand.



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