



## Individual Tumbling, Acrobatics and Balancing

*Jack Wiley*

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# **Individual Tumbling, Acrobatics and Balancing**

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## **Individual Tumbling, Acrobatics and Balancing** Jack Wiley

INDIVIDUAL TUMBLING, ACROBATICS AND BALANCING is a complete guide to individual tumbling, balancing and acrobatics, from basic rolls to the most advanced skills and routines ever performed. This book also covers history and development and competition rules. THIS BOOK is based on the author's experiences as a performer from the seventh to twelfth grades in the Fresno YMCA Gym Circus; as a competitive tumbler from the seventh grade to the end of college with a second place finish in tumbling in the National Collegiate (NCAA) Gymnastics Championships in 1959; as a teacher and coach of gymnastics in various YMCA programs and at the university level; and doing research in tumbling, acrobatics and balancing before, during, and after earning a PhD in exercise physiology at the University of Illinois in 1968. SUBJECTS COVERED INCLUDE: •History and Development •Clothing, Equipment and Workout Areas •Learning Tumbling, Acrobatics and Balancing •Mechanical Principles •Basic Skills •Basic Somersaults •Twisting Somersaults •Multiple Somersaults •Competition Rules



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