



# A Guide to Beginner Tumbling

*Mike Ferralli*

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Today's gymnasts and cheerleaders are extremely competitive and are expected to perform some of the most complex and strenuous tumbling and gymnastic combinations in the field. This level of training and expertise is finding its way into amateur ranks, including high schools and community leagues. As cheerleading quickly develops as a sport, the art of tumbling is becoming an integral part of it. Building a first rate team of athletes takes discipline, dedication, and hard work on the part of the coach as well as each member. In "A Guide to Beginner Tumbling," author and tumbling coach Mike Ferralli outlines the essential elements in developing skilled and healthy athletes. Concentrating on drills that teach body control, body awareness, and tumbling techniques, this clear and well-illustrated guide also includes safety, nutritional, and conditioning guidelines. Step-by-step instructions, detailed descriptions, and excellent photos showing correct and incorrect form and positioning make "A Guide to Beginner Tumbling" a valuable working handbook for any coach or squad leader.

"A Guide to Beginner Tumbling" is currently being used by the North Carolina State University Physical Education department as the manual for gymnastics classes.

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