



Sports Illustrated Women's Gymnastics: The Floor Exercise Event

Don Tonry

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Over 1,000 instructional line drawings by Don Tonry The first of two companion books created specifically for the young female gymnast, Women's Gymnastics 1 offers expert instruction on basic gymnastic training and the floor exercise event. Designed to be used with Book 2, The Vaulting, Balance Beam, and Uneven Parallel Bars Events, this book begins your introduction to the Olympic All-Around Program. This book provides important, up-to-date, commonsense information on safety in the gym, and grades each skill by a unique 1-10 difficulty-rating system. Book 1 covers: I. Preparation • Warmup: strength and flexibility exercises for leg, back, waist, and shoulder muscles • Workout: basic positions and movements for the beginning gymnast including tucked, piked, layout, arched, and straddle positions, and the progressions for learning a handstand II. Floor Exercise Skills • Tumbling, Acrobatic, and Dance Skills: forward and backward rolls, skip step, cartwheel, round-off, tinsica, handspring, forward and backward walkovers, butterfly, aerial cartwheel and walkover, tucked forward and backward somersaults, and dance elements • Selected Floor Exercise Combinations: handstand arch over to feet; split to forward turn and roll to back; forward walkover turn to knee scale; chest roll to chest stand; split to backward turn; plus many more DON TONRY, a former world-class gymnast, is considered one of the best gymnastic technicians in the U.S. He is the author and illustrator of two other books, Gymnastics Illustrated and The Pommel Horse, and is currently men's gymnastics coach at Yale University. His wife, Barbara, former nine-time national tumbling champion, coaches the women's gymnastics team at Yale. LIPPINCOTT & CROWELL, Publishers New Ynrk

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