



# Tumbling Illustrated: The Guidebook to Acrobatic Mastery

*L L McClow*

Download now

[Click here](#) if your download doesn't start automatically

# Tumbling Illustrated: The Guidebook to Acrobatic Mastery

*L L McClow*

**Tumbling Illustrated: The Guidebook to Acrobatic Mastery** L L McClow

Find more at [www.LostArtOfHandBalancing.com](http://www.LostArtOfHandBalancing.com)

“Unleash Your Inner Acrobat”

Step-by-Step Guide gives you 248 Moves You Can Master even if You’ve Never done a Somersault or can do Full Twisting Back Flips

You may be thinking you could never pull off any move like those done by professional acrobats, gymnasts, or Shaolin monks. What if I told you you were wrong? What if you could?

Keeping in shape use to be a top goal of mine but its gone beyond that now. I want more. I want complete control. To be able to pull off impressive moves for the personal challenge but also to WOW others. To feel good and powerful, really to be my own sort of superhero. To train like a Ninja!

I know its tough when you look at super-high level athletes and think “I could never do that.” That you have no way to get there. Even though you may want it badly, it seems like there is no plan nor way of training to do it.

But there is a way to do this safely and reap the benefits no matter your level. And if you stick to it in a little time you’ll be doing moves that’ll leave others saying, “I wish I could do that!”

Train Like a Gymnast...Without Being a Gymnast.

Here’s the thing. People seem to think they can’t get started without being a gymnast. I want to not only dispel that myth, but get you started right now.

Let me tell you a bit about my story. The class that I wanted to attend was for former gymnasts. What this meant is that you were required to have some skill before you even began the class. The problem was I had never taken gymnastics before!

If you can’t attend the class unless you have some skill and you can’t gain the skill without the class what do you do? The truth is you CAN gain the skill without the class...by training on your own.

You can train like this in the great outdoors, just like I did. A park or the beach is perfect. Martial arts studios or anywhere with a matted floor works just as good. In fact each place has its own advantages and disadvantages.

This is ‘Functional Training’ at its best. Because nothing else will teach you how to move better. It is bodyweight training taken to the highest level.

Acrobatic Flips, Springs, Balances and More all at your Fingertips

Tumbling Illustrated is an long forgotten book by L.L. McClow. There was much debate in deciding the best

way to teach acrobatics to you, and for a long time I put off the decision. So why did I finally choose this book to help you? Let me tell you.

Tumbling Illustrated has an incredible array of exercises. In fact there are 248 different moves, split up into 21 different categories. Here's the breakdown:

- \* 16 Forward rolls
- \* 19 Backward rolls
- \* 8 Dives
- \* 14 Head Balancing Moves
- \* 24 Hand Balancing Moves
- \* 5 Forearm Balancing Moves
- \* 6 Cartwheels
- \* 5 Roundoffs
- \* 4 Head and Hand Springs
- \* 12 Hand Springs
- \* 8 Backward Hand Springs
- \* 17 Back Bends
- \* 9 Upstarts aka Floor Kips
- \* 10 Flips
- \* 8 Combination Rolls
- \* 9 Combination Hand Springs
- \* 3 Combination Hand Springs and Flips
- \* 6 Combination Hand Springs and Rolls
- \* 4 Combination Balances and Rolls
- \* 6 Miscellaneous Combinations
- \* 55 Novelty Stunts

From Somersaults to Running Gainers, Handstands to Tinsca's this Book has it All

The sheer variety is astounding. Plenty for you to work on no matter your skill level.

Moves You can do Right Now and Moves You can Aspire to

With the great variety of moves you're bound to come across many that you can do immediately. The greatest thing in this book is that there are moves you'd have never even thought about doing. Many of these moves are low-risk and can be done right away with a little practice.

 [Download Tumbling Illustrated: The Guidebook to Acrobatic M ...pdf](#)

 [Read Online Tumbling Illustrated: The Guidebook to Acrobatic ...pdf](#)

## **Download and Read Free Online *Tumbling Illustrated: The Guidebook to Acrobatic Mastery* L L McClow**

---

### **From reader reviews:**

#### **Timothy King:**

Here thing why this *Tumbling Illustrated: The Guidebook to Acrobatic Mastery* are different and dependable to be yours. First of all examining a book is good but it really depends in the content from it which is the content is as delicious as food or not. *Tumbling Illustrated: The Guidebook to Acrobatic Mastery* giving you information deeper as different ways, you can find any guide out there but there is no guide that similar with *Tumbling Illustrated: The Guidebook to Acrobatic Mastery*. It gives you thrill reading through journey, its open up your own personal eyes about the thing in which happened in the world which is perhaps can be happened around you. It is possible to bring everywhere like in park your car, café, or even in your approach home by train. In case you are having difficulties in bringing the paper book maybe the form of *Tumbling Illustrated: The Guidebook to Acrobatic Mastery* in e-book can be your choice.

#### **Thomas Woods:**

Often the book *Tumbling Illustrated: The Guidebook to Acrobatic Mastery* will bring you to the new experience of reading any book. The author style to spell out the idea is very unique. Should you try to find new book to read, this book very acceptable to you. The book *Tumbling Illustrated: The Guidebook to Acrobatic Mastery* is much recommended to you you just read. You can also get the e-book through the official web site, so you can more easily to read the book.

#### **Jack Williams:**

Playing with family in a very park, coming to see the coastal world or hanging out with buddies is thing that usually you will have done when you have spare time, in that case why you don't try factor that really opposite from that. 1 activity that make you not sensation tired but still relaxing, trilling like on roller coaster you have been ride on and with addition details. Even you love *Tumbling Illustrated: The Guidebook to Acrobatic Mastery*, you are able to enjoy both. It is fine combination right, you still wish to miss it? What kind of hang type is it? Oh come on its mind hangout people. What? Still don't buy it, oh come on its known as reading friends.

#### **Harold Karr:**

Your reading sixth sense will not betray you, why because this *Tumbling Illustrated: The Guidebook to Acrobatic Mastery* e-book written by well-known writer we are excited for well how to make book which might be understand by anyone who all read the book. Written throughout good manner for you, dripping every ideas and publishing skill only for eliminate your personal hunger then you still doubt *Tumbling Illustrated: The Guidebook to Acrobatic Mastery* as good book not merely by the cover but also with the content. This is one book that can break don't determine book by its protect, so do you still needing another sixth sense to pick that!?! Oh come on your looking at sixth sense already said so why you have to listening to another sixth sense.

**Download and Read Online Tumbling Illustrated: The Guidebook  
to Acrobatic Mastery L L McClow #P3ZTHNDX2R4**

## **Read *Tumbling Illustrated: The Guidebook to Acrobatic Mastery* by L L McClow for online ebook**

*Tumbling Illustrated: The Guidebook to Acrobatic Mastery* by L L McClow Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read *Tumbling Illustrated: The Guidebook to Acrobatic Mastery* by L L McClow books to read online.

### **Online *Tumbling Illustrated: The Guidebook to Acrobatic Mastery* by L L McClow ebook PDF download**

***Tumbling Illustrated: The Guidebook to Acrobatic Mastery* by L L McClow Doc**

***Tumbling Illustrated: The Guidebook to Acrobatic Mastery* by L L McClow Mobipocket**

***Tumbling Illustrated: The Guidebook to Acrobatic Mastery* by L L McClow EPub**