



Championship Gymnastics: Biomechanical Techniques for Shaping Winners

Gerald S. George

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Now used in 42 countries worldwide, Championship Gymnastics represents an entirely new approach to the study and understanding of gymnastics movement. It is the only textbook on the market that bridges the gap between theory and practice. Whether you are a gymnastics performer, teacher, coach, or even a judge, this textbook seamlessly weaves together the "science" of biomechanics with the "art" of gymnastics movement. Rather than laboring on complex physics formulas, fundamental principles of biomechanics are clearly explained and presented in layman's terms. Easy to read and expertly illustrated, readers are guided effortlessly through a "conceptualization process" for developing ideal movement patterns. The book includes over 140 technical illustrations by noted artist and gymnastics coach Jim Stephenson. Gymnastics skills are described clearly and illustrated progressively to demonstrate that "similarities" in gymnastics movement patterns far outweigh "differences." As a result, seemingly complex gymnastics skills are reduced to simple, easy-to-understand patterns of motion. +Learn Time-Tested Principles for Shaping Winners +Over 140 Illustrations Show You the Exact Positions and Movements for Achieving Success +Understand the Biomechanical Principles Underlying All Gymnastics Skills +Learn an Easy-to-Follow System for the Fundamental Patterns of Gymnastics Movement +Discover Ten Key Teaching Concepts for Success in Each of the Four Olympic Gymnastics Events for Women

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