# National Fitness Sports Series: skating. skiing. swimming. sports manual(Chinese Edition)



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#### **Reviews**

This book will not be straightforward to start on studying but really fun to read. it absolutely was writtern really flawlessly and helpful. You can expect to like just how the writer write this publication. (Glenna Goldner)

## NATIONAL FITNESS SPORTS SERIES: SKATING. SKIING. SWIMMING. SPORTS MANUAL(CHINESE EDITION)



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paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. The paperback. Pub Date: November 2012 Pages: 197 Language: Chinese in Publisher: Golden Shield Press National Fitness Sports Books: skating. skiing. swimming Manual learn skating. skiing, swimming, getting started, highlight the technical essentials of sports, exercise and fitness efficacy; how the organization of community (grassroots units) to carry out these activities, and adapted to local conditions to organize the events. and the development of competition rules. to give specific guidance and detailed instructions. National Fitness Sports Books: skating. skiing. swimming Manual content easy to understand. all the technical movements have graphic demonstration is a practical manual one both for to exercise personal use. and convenient social unit organized fitness activities. Contents: Chapter Ice Sports Section 1 of the significance of the ice sports and fitness function. the significance of ice sports, ice sports fitness function three ice sports Introduction Section II ice sports venues and equipment speed skating venue and equipment. figure skating venue and equipment, ice hockey venues and equipment, the curling venue, equipment and race the third quarter to start from scratch to play ice sports. land-based exercises two straight glide three corners taxiing IV to stop the law and start of the fourth quarter figure skating a straight line and curve gliding exercises two basic graphical exercises three free skating practice Section V the ice hockey glide technology practice, use of the club basic skills practice packet game exercises Section VI of the simple rules of conduct Ice Sports Notes, preparatory activities two security matters skating wrestling section VII Ice Sports appreciate a speed skating appreciation figure skating appreciation. the appreciation of the sport of ice hockey IV the second youngster skiing Curling appreciation first skiing...

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