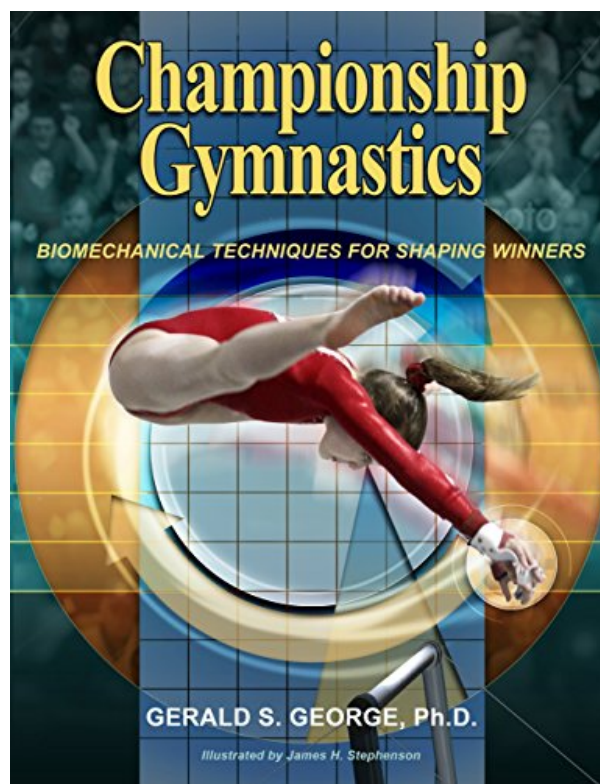
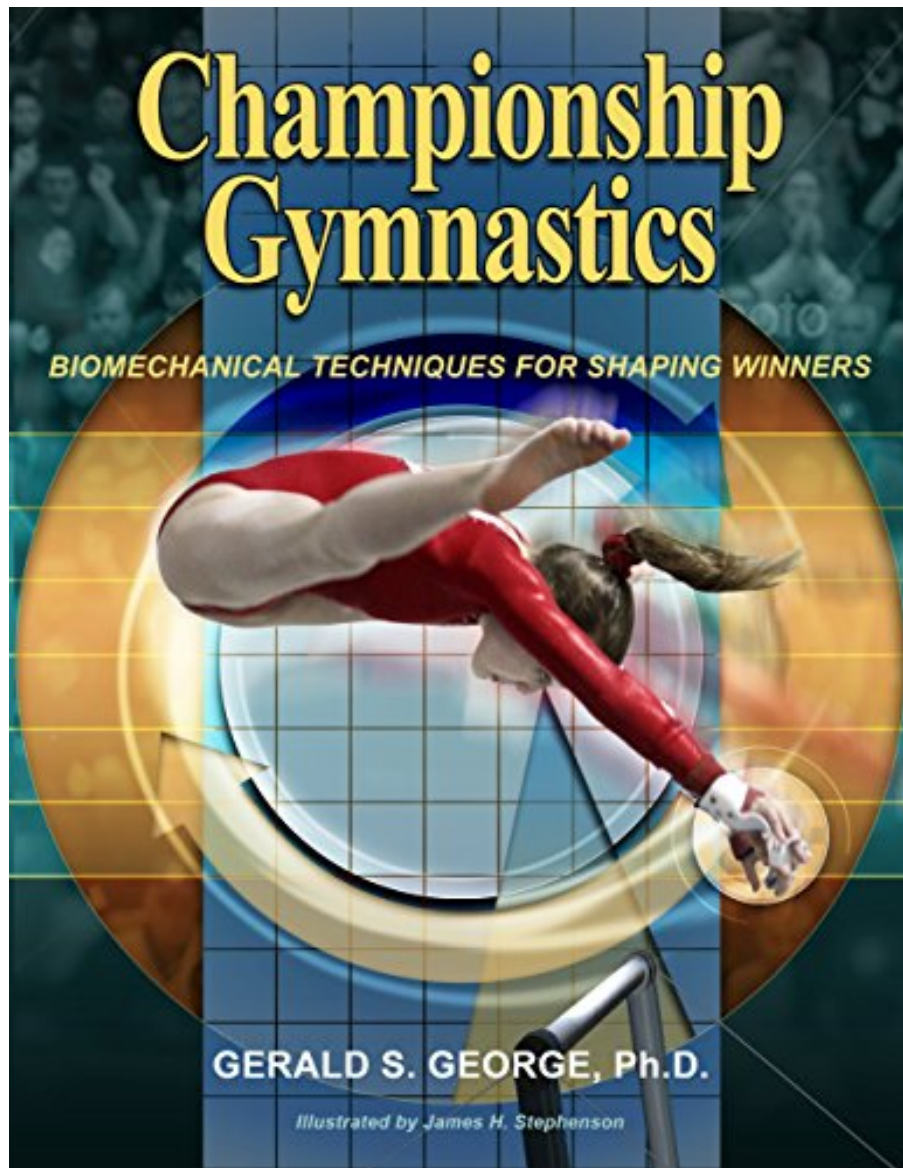


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Now used in 44 countries worldwide, Championship Gymnastics represents an entirely new approach to the study and understanding of gymnastics movement. It is the only textbook on the market that bridges the gap between theory and practice. Whether you 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 +Endorsed by Paul Ziert, Publisher, International Gymnast magazine; Greg Marsden, Women's Gymnastics Coach, University of Utah; Bruno Klaus, Owner, International Gymnastics Camp, Inc.

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- Binding: Textbook Binding
- 280 pages

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12 of 12 people found the following review helpful.

not enough stars

By Tom

I've been teaching gymnastics for 20 years. I'd acquired a copy of Jerry's earlier book, "Biomechanics of Women's Gymnastics" and found it to contain clear descriptions of how certain skills should be performed, and from those descriptions constructed the mental models I've used to teach these skills. I find that "Championship Gymnastics" does an amazing job of explaining "why" a skill works - a key element in upgrading my mental models and my athletes' performance. By page 65, I decided I'd already gotten my money's worth.

10 of 10 people found the following review helpful.

A "Must-Read" for every Gymnastics Coach

By Jack Medina

Dr. Jerry George is one of the finest gymnastics technicians and teachers in the world. In his book

Championship Gymnastics, he breaks down movement technique into key elements that allow the gymnast to go from basic to elite movements successfully. Using this book every coach will get a clear picture of what they need to teach, and what every gymnast needs to understand to perform their best. The detailed illustrations give the teacher, coach, or gymnast a clear picture of the "key" parts of a gymnastics movement (the secret to the recipe) which is often missing. This book is a must-read for anyone involved in gymnastics.

As a gymnastics coach myself for 45 years, from beginners to Olympic level, I feel Championship Gymnastics is the best "gymnastics teaching" book I've ever read.

Jack A. Medina, M.A.

Author, "The Winning Edge: Fueling & Training The Body For Peak Performance."

The Winning Edge: Fueling & Training the Body for Peak Performance

8 of 8 people found the following review helpful.

Another Brilliant Work from Dr Gerald George...

By Karen Goeller

Another Brilliant Work from Dr Gerald George... This book is well written, informative, and a necessity for all gymnastics coaches. It discusses theory and practical application. The information can be used immediately. The illustrations are very clear and accurate. I have been coaching since 1978 and have produced many successful gymnasts. I am also a gymnastics author and have educated thousands of gymnastics coaches, gymnasts, physical education teachers, and fitness experts. Other than my gymnastics books and training programs, Championship Gymnastics is the ONLY gymnastics book that I would highly recommend for gymnastics coaches.

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