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The Little Handbalancing Book



Synopsis

Nicolo Kehrwald, a professional circus artist, introduces you to the world of handbalancing. With insightful descriptions, beautiful color photographs, and unique drills, this book is the first of its kind. Whether you are hoping to learn to balance a handstand, or want to explore shapes in the one-arm handstand, this book will help you do it. Kehrwald has trained with the masters of handbalancing, including Yury Bozyan in Canada, Claude Victoria in France, and Bileg Batmonkh and Tumurbaatar Bud in Mongolia. Now, he shares the secrets of handbalancing with you. In The Little Handbalancing Book, you will learn the basics of handbalancing, including proper alignment and methods for training the straight handstand, techniques for successfully balancing inverted, instruction on foundational positions such as the tuck, the straddle, the crocodile, and the L-sit; Intermediate and advanced techniques, including pressing up to handstand, flag positions, planche, hollow-back, one-arm handstands, and more; Training programs to help develop your skill; Maintenance exercises, including stretching, warming up, conditioning, and cross-training; and Advice on how to train successfully over the long term, both in terms of physical achievement and emotional/mental health and enjoyment. Kehrwald explains each new move in simple terms and includes full color photographs to help you perfect your form. Whether you are a beginner looking to learn a new skill or an expert pushing to the next level, Kehrwald's book will help you train, learn, and grow.

Book Information

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Customer Reviews

This book is great as a supplement for solitary handbalancing practice. I found that the cues, descriptions and color pictures for the skills made them very easy to understand. The drills were creative and the advice on training advanced skills had a lot of helpful insight, such as what shapes to work first and what people typically struggle with. I was pleasantly surprised by how well handbalancing skills, drills, and coaching could be instructed in a book!

I may be biased, as I've been one of Nicolo's students, but... The book is concise. Which means it is a fast and clear presentation of the information. As a student of handbalance, and as a coach for others, this book has been quite useful.

I had trained with Nicolo in the past and this book is an excellent reminder of his great teaching methods. There are many videos and tutorials available on this topic but this book brings together a cohesive training plan with inspiring words and images.

This book is awesome, super helpful and informative for hand balancing but with plenty of stories to keep it from being dry and overly technical. The pictures are really great as well.

Love the book. Easy to follow with great directions and photos to explain the techniques.

This is more than a book that lists handstand exercises, though it does that, and it's more than a book that even lists suggested routines, though it does that, too. Nicolo is thoughtful and considerate, and his approach to hand-balancing is that is more than exercise --- it's a practice and an art. The Little Handbalancing Book lists and collects his experiences training, teaching, and practicing handbalancing. As of 2017 he performs professionally with Kavalia, and in addition he has trained hand-balancing with Yury Bozyan in Montreal, Claude Victoria in France, as well as at circus schools in China and Mongolia. He has an absolutely rare and unique perspective! It's got training tips, great photos, drills and exercises, and it looks pretty on your coffee table. More than that, it is a tremendous source of inspiration.

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