



Hurdle (Author: Wang Hong Kong) (Pricing: 6.5) (Publisher: Head Office Head Office of the Chinese sports newspaper Te Jiashu) (ISBN: 7500914113)(Chinese Edition)

By WANG GANG

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date :1999-01-01 Pages: 104 Publisher: Basic information of the Chinese sports newspaper. Inc. (People's Sports Publishing) title: Hurdle original price: 6.5 yuan Author: the Wanggang Press: Chinese sports newspaper. Inc. (People's Sports Publishing) Xinhua Te Jiashu Publication Date :1999-1-1 ISBN: 7500914113 Words: Page: 104 Revision: Binding: Folio: 32 Editor's Summary catalog first chapter gives an overview a Hurdle overview of the development of . evolution and trends of the Hurdles Hurdle characteristics of the project and fitness value Hurdle technical analysis. 110m Hurdles technology two. three. 400 meters hurdle technique third of the women's 100 meters hurdle technique Chapter hurdler special physical training methods and means of the the hurdler special physical training. the hurdler special physical training in the diagnosis and evaluation of Chapter Hurdle teaching. important and difficult hurdles teaching Hurdling Teaching steps method in Hurdling Teaching training content and methods of common error correction method Chapter hurdler. the training methods of the training methods of the 110-meter hurdles and 100-meter hurdles. 400 meter hurdles Chapter VI Hurdle run training before match game the Hurdling before...

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