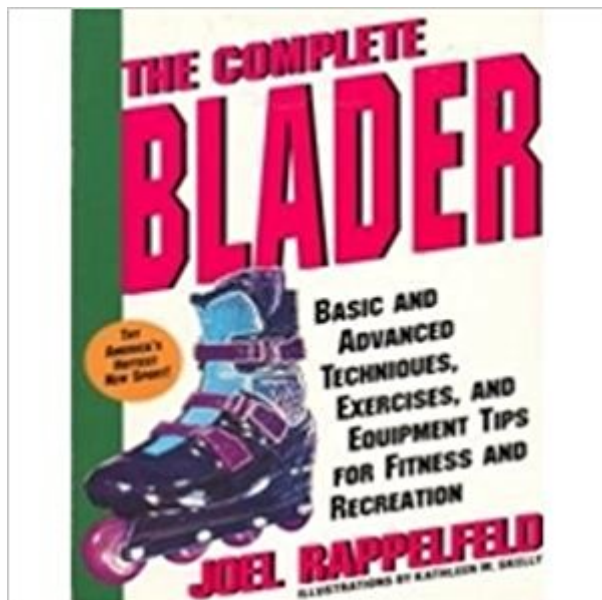


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The Complete Blader



Synopsis

Rollerblading is the exciting new recreational activity that's taken the sports world by storm. This illustrated blader's companion provides basic beginner's instruction as well as explanations of the more advanced techniques, plus exercises and equipment tips to improve fitness and increase safety. 100 line drawings.

Book Information

Paperback: 165 pages

Publisher: St Martins Pr; 1st edition (July 1992)

Language: English

ISBN-10: 0312069367

ISBN-13: 978-0312069360

Product Dimensions: 0.5 x 5.5 x 8.2 inches

Shipping Weight: 5.6 ounces

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Customer Reviews

Blading, the term for roller skating utilizing boots with wheels in one line rather than in pairs, is hot. Rappelfeld, a blading instructor, handily distills this relatively new activity's basics. After giving a brief summary of the origins of blading, he gets into the meat and potatoes of what one needs to do to get involved. Chapters include "Equipment," "Skate Check and Maintenance," and various other topics covered in order of skill progression. Safety is emphasized. Line drawings demonstrating correct and (perhaps more importantly) incorrect form are distributed profusely throughout the readable text. While no one will likely try to "learn" blading from this or any other book, it certainly does serve as a handy reference on an activity presently eliciting a lot of attention. This is a good buy for the general or YA collections of public libraries.- David M. Turkalo, Social Law Lib., Boston
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