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## The Little Handbalancing Book.epub

if you just know that you want to learn handbalancing, then this is the book you want to start with. not only is it a great read, but also includes basic anatomy so you can understand the functions that happen when you are balancing on one hand. things like what is the role of the bones in the hand, what is the function of the short and long extensor muscles, how to deal with arm tilt, what to do with fingers, etc.. while the goal of the exercises is to help with wrist stabilization, the conditioning practices should help make the little moves easier. this should be approached as a progression with rhythm and not "get up on one hand" mentality, but rather a methodical way to achieve your goals. when i was first learning handbalancing i would approach it like a gymnastics routine but it was impossible for me to progress. the exercises would feel like "kicks" and any gains would be small and without the correct conditioning, i would be back at square one. this book is an easy to understand introduction to the basics and exercises of handbalancing. included in this book are chapters on how to form the handstand and practice handstands, how to train your inner hand, how to improve the shoulder and arm positioning, how to identify your mistakes and how to avoid them, how to get your handpads strong, how to strengthen your wrists, how to protect your shoulders, how to posture on the handstand, and how to improve strength and mobility of the shoulder and wrist. for this episode, we interviewed micah. he's been training handbalancing for about 5 years. micah has been balancing on a handstand since age 15. he's traveled all around the world balancing. micah trained with nicolo kehrwald in canada and studied under bud tumurbaatar in mongolia. he currently lives in sweden with his wife and daughter. they train together on their home handstands.

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Girls Academy is an afterschool program that provides active and fun opportunities for youth with special needs. They have a wonderful program teaching handbalancing! They just began running

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their Sunday  
Handbalancing group  
and are looking for  
volunteers who are  
passionate about  
handbalancing! You  
can contact the group  
at [info@girlsacademy.org](mailto:info@girlsacademy.org)  
to get involved.  
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handbalancing! You can contact the group at The HandstandCast is proud to have two special guests from the Handstand Press Magazine. Emmet and Mikael are putting out the new print magazine The Handstand Press, a print magazine

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devoted to  
handbalancing culture  
and the art of  
handbalancing. Learn  
about the magazine,  
whats inside, and how  
they found the  
experience of putting  
it all together. Elise is  
a handbalancing  
coach at Motion  
Impulse. She recently

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moved to Montreal  
and quickly became  
immersed in the  
international  
handbalancing scene.  
Now she has a unique  
insight into the  
handbalancing scene,  
and shares it in her  
new video,  
Handbalancing Tips &  
Tricks . Her channel

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has over 135 videos. Check out her website [atmoti.me/elise](http://atmoti.me/elise) to learn more. Sonja is the founder and editor of the handbalancing website Handstand Diary. Sonja handbalances alone every day and records her struggles, progress, and

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everyday life on her site. She has over four years of experience, and is dedicated to bringing greater awareness of the art of handbalancing to the larger handbalancing world.

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