

Back Handspring

後手翻

We may think that a back handspring is fun, exiting and exhilarating. IT IS!!! However there are many other benefits that can be attributed to doing a back handspring.
後手翻好玩刺激，亦益處良多！

Overcome challenges

The mentioned skills are challenges for your kids. Allowing them to feel a sense of accomplishment and ultimately self confidence. Your children will progress and develop by providing these challenges, coupled with trusted teaching methods and adequate guidance your child will soon look forward to accepting challenges rather than shying away from them.

這些技能對孩子是個挑戰，亦能讓他們有成就感，有自信。透過專業訓練方法和充足指導，他們將在一次次的挑戰中進步，很快變得不怕困難，願意接受挑戰。



Learn to trust

If your child does not trust the teacher to spot them safely then your child will never be comfortable enough to place their hands over their head while upside down to initiate the back handspring. While your child may be confident enough to trust others they would also be required to trust themselves, being upside down is a scary predicament for a child to be in, by trusting their judgement and spatial awareness, your child will be confident enough to place hands down and kick over without fear.

若孩子不信任老師，就很難完全放心地將雙手舉過頭頂，開始做後手翻的動作。信他人，亦要信自己。小朋友或對翻筋斗感到害怕，但透過判斷力和空間意識的鍛煉，他們將足夠自信地拋開恐懼嘗試。

Develop physical skills

There are many physical skills your child will develop, take for example flexibility. While doing a back handspring your child will be required to arch their backs into a bridge position, which requires a flexible back as well as relaxed shoulder and leg muscles.

孩子將發展不同的身體技能，例如是易曲性。做此動作時，身體要先拱成橋狀。孩子需背部靈活，肩部、腿部肌肉放鬆。

Mental Vs. Physical

If either one of these are not ready to complement each other it will be very difficult for your child to achieve their targets and accomplish their goals. This is where the importance of the instructor comes into play. It is very critical that the teacher identifies correctly which part needs to develop in order to achieve the specific skill.

兩者缺一皆難讓孩子完成目標！因此教練的角色很重要，他們知道何時應該發展哪一部份的能力。

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Website: www.mykiddygym.com
 Address: 10/F, Ming An Plaza, 8 Sunning Road, Causeway Bay
 Tel: 2759 8811 Email: cs@mykiddygym.com