



Tennis Method - Defined Timing: Unit of perception and movement

Siegfried Rudel

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Description

An ideal book to learn tennis quickly and easily.

" Defined Timing" makes it possible to develop his own movement in each grade, if you are beginner or advance player. A theoretical and practical part describes the holistic method and apprenticeship.

Requirements:

Compatible with iPad, iPhone and iPod touch

Requires iPhone OS 2.2 or later

Website:

www.definiertes-timing.de

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