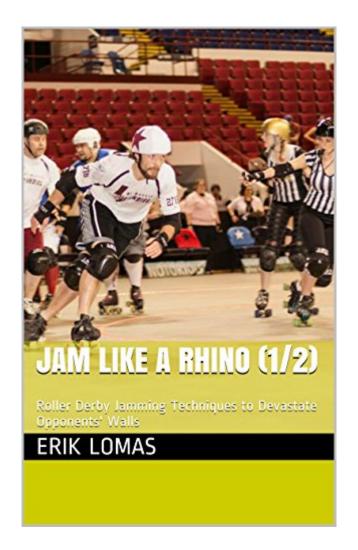
# The book was found

# Jam Like A Rhino (1/2): Roller Derby Jamming Techniques To Devastate Opponents' Walls





## **Synopsis**

Do you ever feel awkward at jam starts? Or do you ever feel like there must be a more effective way to break up a wall? Whether you're already a very physical jammer wanting to amplify that strength or a very agile player, trying to round out your skill set, this lesson plan can help."Jam Like a Rhino -- Part 1" contains about one hour of techniques and drills to add to your skill set and practice repertoire. These techniques were taught to me by Kiki Urhaz, at Beat Me Halfway 2014. This combination of techniques was an epiphany to me. I hope you get even half as much use from them as I have.

### **Book Information**

File Size: 522 KB

Print Length: 12 pages

Simultaneous Device Usage: Unlimited

Publication Date: December 27, 2014

Sold by:Â Digital Services LLC

Language: English

ASIN: B00RJF2RXW

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,101,142 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #19

in Kindle Store > Kindle eBooks > Nonfiction > Sports > Individual Sports > Rollerskating &

Rollerblading #50 in Books > Sports & Outdoors > Individual Sports > Rollerskating &

Rollerblading #440 in Kindle Store > Kindle Short Reads > 30 minutes (12-21 pages) > Sports &

Outdoors

### Customer Reviews

At 9 pages this "book" is not worth \$3.60. It's a rip off. I can give away advice like this for free. Put your arms close to your body and try to get between two blockers. Are you f n kidding me???

Download to continue reading...

Jam Like a Rhino (1/2): Roller Derby Jamming Techniques to Devastate Opponents' Walls

EveryGirl's Guide to Roller Derby: A Navigational Guide through the World of Roller Derby Ultimate Guide to Poker Tells: Devastate Opponents by Reading Body Language, Table Talk, Chip Moves, and Much More Down and Derby: The Insider's Guide to Roller Derby Derby Life: A Crash Course in the Incredible Sport of Roller Derby Eight-Wheeled Freedom: The Derby Nerd?s Short History of Flat Track Roller Derby Jungle Jam and Friends: Wild Times in God's Creation (Audio Cassette) (Jungle Jam and Friends Radio Show) Spin to Win: A Roller Derby Lesson Plan, Emphasizing Spin Techniques for Blockers & Jammers (Encyclopedia Skate-annica Book 1) Roller Derby 101: The Fresh Meat Training Manual Bay Area Roller Derby (Images of America) My BoutBook: A Roller Derby Logbook EveryGirl's Guide to Roller Derby Roller Derby to RollerJam: The Authorized Story of an Unauthorized Sport Shut Up & Sk8: Roller Derby 101 Flat Track Fashion: The Roller Derby Look Book Roller Derby: The History and All-Girl Revival of the Greatest Sport on Wheels WARFACE: A Roller Derby Mystery ACT LIKE A LADY, THINK LIKE A MAN:By Steve Harvey:Act Like a Lady, Think Like a Man: What Men Really Think About Love, Relationships, Intimacy, and Commitment [Hardcover] 1st Edition Journal Your Life's Journey: Silhouette Of Tree And Rhino, Lined Journal, 6 x 9, 100 Pages Cascadia's Fault: The Coming Earthquake and Tsunami that Could Devastate North America

<u>Dmca</u>