



Walking and Jumping on Your Hands

Professor E.M. Orlick

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Professor Orlick tells his story of walking down eight flights of stairs at one time. Can you imagine having that kind of skill and strength?

You can with step-by-step instructions (no pun intended) for walking, running, jumping, climbing and more all on your hands. I was blown away by the simplicity in how the Professor presented this material.

Here is a partial list of what's inside:

- * **Why you Must Learn to Stand on your Hands First**
- * The Orlick Walk-n-Stop Method for Absolute Handstand Control
- * **Ordinary Handwalking and 5 Variations**
- * Walking Backwards and Sideways
- * **The 4 Methods of Turning on your Hands**
- * How to Dance on Your Hands
- * **The Half and Full-Step methods of Climbing Stairs**
- * Tips on tackling a Real Flight of Stairs whether going Up or Down
- * **The Biggest Secrets to Stair Walking**
- * Climbing onto Tables and Ladders
- * **The Secret to Jumping on your Hands**
- * 4 Extra Important Tips when Jumping
- * **13 Variations of Jumping including Clapping Jumps, Jumps for Distance, Jumping Up and Down Stairs and much more**

From your first baby steps to jumping on top of tables it is all inside. Broken down into instructions so simple you're going to be smacking your head saying "Why didn't I think of that?"

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From reader reviews:

Bridgett Killion:

Have you spare time for a day? What do you do when you have much more or little spare time? Sure, you can choose the suitable activity for spend your time. Any person spent their particular spare time to take a go walking, shopping, or went to the particular Mall. How about open or even read a book titled Walking and Jumping on Your Hands? Maybe it is to be best activity for you. You understand beside you can spend your time with the favorite's book, you can wiser than before. Do you agree with their opinion or you have additional opinion?

Kristine Toomey:

As people who live in the actual modest era should be change about what going on or facts even knowledge to make all of them keep up with the era and that is always change and move forward. Some of you maybe will update themselves by reading through books. It is a good choice in your case but the problems coming to an individual is you don't know what type you should start with. This Walking and Jumping on Your Hands is our recommendation to make you keep up with the world. Why, since this book serves what you want and need in this era.

Ellis Dunn:

The publication untitled Walking and Jumping on Your Hands is the book that recommended to you to study. You can see the quality of the reserve content that will be shown to anyone. The language that author use to explained their ideas are easily to understand. The article author was did a lot of exploration when write the book, so the information that they share for you is absolutely accurate. You also could possibly get the e-book of Walking and Jumping on Your Hands from the publisher to make you much more enjoy free time.

Beverly Hill:

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