



Australian Calisthenic Federation

TECHNICAL GUIDE

An innovative version of the green technical manual has been developed. It is in CD-ROM format. The technical guide has been carefully planned with photographs and detailed descriptions of all calisthenics movements. It contains a Table of Contents page for each item and links to individual movements. The technical guide has been given copyright.

ACF endorses that all current Level 1 and 2 coaches are to purchase a technical guide.

Cost of the Technical Guide is \$20 including postage and handling.

Payment should be made to the VCCA by cheque or money order.

Please use only one order form per coach.

Any queries please phone VCCA office 9543 3757

VCCA TECHNICAL GUIDE ORDER FORM

Send to VCCA Office P.O Box 8085, East Oakleigh, Victoria 3166

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