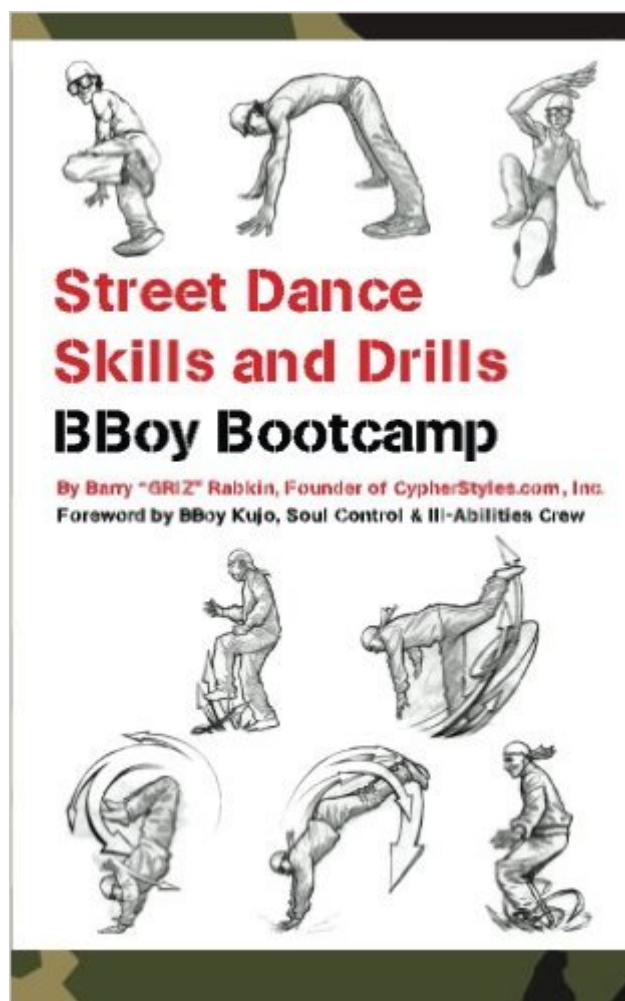


The book was found

Street Dance Skills & Drills - BBoy Bootcamp (Super Power Practice) (Volume 3)



Synopsis

You need the most effective practice skills and drills to get the fastest results. "Street Dance Skills & Drills â “ BBoy Bootcamp" includes over 140 pages of the most effective training techniques used by your favorite street dancers all over the world! No matter who you are, the better your practice sessions, the more progress you'll make and the faster your power and style will improve! With a foreword by BBoy Pioneer Kujo of the legendary Soul Control and Ill-Abilities Crew, these proven techniques break down everything you need to accelerate your street dance results! Barry "GRIZ" Rabkin is the founder of CypherStyles.com, the world's largest street dance source! GRIZ's lessons make it easy for beginners of all ages to quickly master advanced concepts and help experienced dancers perfect their own unique styles. GRIZ has spent over a decade professionally performing and teaching street dance, sharing the most effective practice and training theories. His research led him to a degree in Psychology and certification as both a National Council on Strength and Fitness Personal Trainer and a Sports Nutritionist. GRIZ has had the opportunity to learn secrets from hundreds of world class dancers and the "Super Power Practice" book series passes all that focused knowledge on to you. Take your street dancing to the next level! Join the tens of thousands of people all over the world who have already learned street dancing from CypherStyles.com!

Book Information

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