

**Announcing: A New Trampoline Instructional Video!**

# **TRAMPOLINE TRAINING** **For Body, Mind & Spirit**

**Progressive Instruction with**  
**USA & WORLD Trampoline Champion**  
**Dan Millman**

***Demonstrating Basic through Advanced Skills***

**A “*must have*” instructional video for all**  
**Trampoline Owners, Users and Enthusiasts**  
**Gymnasts, Divers, and Cheerleaders, Etc.**

**Approximately 1-1/2 hours of expert,**  
**critically acclaimed, SAFETY oriented instruction**

## **How to Order This Video**

This Video costs **\$28.95** Shipping Anywhere in the USA costs \$6.50  
**The total cost of the video including shipping is \$35.45**  
To order, please order by phone with a credit card.

**Astraea**

**1901 W. Main St.**  
**St. Charles, IL 60174-1635**  
**Phone (630) 377-7267**

Shipping anywhere outside the USA is \$9.00 Total cost outside USA is 37.95 USA funds.

**NO RISK!** Your video will be shipped directly to you. If you do not like this video, you may return it to us in its original packaging prepaid at the same above address within 7 days of receiving it for a full refund of your \$28.95 purchase price only--no questions asked.

**This SAFETY oriented instructional video is the wisest investment any trampoline owner or user can make.**

**Let a World Champion help supervise your trampolining!**

***For more information on the contents of this video***  
***Please read the reverse side of this flyer.***

**Learn more about this video and download a free quicktime movie sample from this video at the**  
**Backyard Pro web site at: <http://www.byptrampolines.com>**

**This 1-1/2 hour long, professionally produced video is professionally replicated for maximum viewing quality.**

## ABOUT DAN MILLMAN

Dan Millman is a USA and WORLD Trampoline Champion, International Gymnastics Champion and USA Floor Exercise and Vaulting Champion. Dan is presently inducted into the *Gymnastics Hall of Fame*. Dan has served as Director of Gymnastics at Stanford University, Women's Gymnastics Coach at the University of California, and Professor of Physical Education and Men's and Women's Springboard Diving Coach at Oberlin College in Ohio.

Dan is also author of eight best selling books, including the international classic, *Way of the Peaceful Warrior, Body Mind Mastery* and other books on well-being, philosophy, personal training, and self development that have inspired millions of people in 21 languages worldwide.

Dan Millman is one of the most knowledgeable and experienced trampoline teachers in the world. This *world class* instructional video should help you enjoy safer, progressive trampolining.

## ABOUT THIS CRITICALLY ACCLAIMED VIDEO

*Presents Basic Non-somersaulting through Intermediate and Advanced Somersaulting Skills*

Partial contents include:

- \* Important safety practices & information
- \* All fundamental landing positions and basic skills
- \* Twisting skills and basic combinations
- \* The game of Add On
- \* Principles of somersaulting
- \* Basic and twisting somersaults
- \* Advanced training
- \* Trampoline training for Gymnasts & Divers
- \* Trampoline training Tips for Cheerleaders
- \* 8 practice routines of increasing difficulty
- \* Introduction to Trampolining as an Olympic Sport

This is *your* private class with a world champion, elite coach, & master teacher.

**This SAFETY oriented instructional video is the best & wisest investment any trampoline owner or user can make.**

If you own a trampoline or use one a lot, this video is the *best investment* you can make. Many trampoline enthusiasts are largely self taught or at best only informally coached. This video gives them an opportunity to see how trampolining is actually coached, taught and performed at a world class level. **This video can save them many hours of wasted effort trying to teach themselves a skill in the wrong way. That alone makes it worth many times its modest price.** Imagine being able to find a skill you want to learn to do on this video and seeing it performed by a world champion several times over in both real time and slow motion from various angles while he explains in voice-over how it is done! You will also learn some suggested lead-up skills that you should know so that you are more properly and safely prepared to learn the skill shown. Many self taught trampolinists make the serious mistake of trying a skill before they are properly prepared and in consequence sometimes suffer a mishap. By presenting skills in a logical order of progressive difficulty, this video should reduce the chance of that happening to you. The video also emphasizes the importance of following recommended safety rules, practices, and procedures which many self taught trampoline enthusiasts are sometimes not as aware of as they ideally ought to be. This video is so expert and so good that many professional trampoline performers, coaches and instructors are buying it for the valuable information it contains. **Again, this video can save you many hours of wasted and misdirected effort trying to teach yourself a skill in the wrong way. That alone makes it worth many times its modest price.**

If a picture is worth a thousand words, then a moving picture is worth a million words—especially where trampoline instruction is concerned. This video gives the uninitiated enthusiast a road map to good, safer, progressive trampolining. It shows a safer route one can follow to become a skilled trampolinist. The hazards are clearly marked and the major points of interest along the "roadway" are clearly marked also. Every trampoline owner and user needs such a "road map". Otherwise they can easily become lost along the way and perhaps even have an accident and never arrive at their intended destination. Every trampoline owner and user needs this *safety oriented* world class trampoline instructional video. **WARNING:** we recommend that this video be used as a supplement to professional instruction rather than as a substitute for professional instruction.

**The rave reviews keep coming in. The expert critics are unanimous!**  
**TRAMPOLINE TRAINING for Body, Mind, & Spirit is SUPERB!!**

**Other Experts, Including Leading Gymnastic Magazines, Praise Dan Millman's Trampoline Instructional Video**

"Bought a trampoline and don't know how to use it? Trampoline Training for Body, Mind and Spirit is a well designed video that can show you everything from the basic bounce to entire routines.... Gymnasts in particular should be able to glean important tips from Millman, who also coached gymnastics at Stanford and UC-Berkeley.... Tips for Cheerleaders, eight practice routines and important safety practices help make Trampoline Training a versatile educational tool for any coach or gym." excerpted from Video Review by Carter Knoop from *INTERNATIONAL GYMNAST*

"...[Dan] Millman's trampolining credentials are impeccable and his professional presentation...clearly demonstrates safety tips and progressions from straight jumping to advanced...skills. Overall, this is a very fine video. Millman is an excellent communicator and knows his stuff. Production quality is excellent and content is more than adequate to educate the home trampolinist." from Video Review by Bil Copp, world champion and trampoline historian and scholar from *WORLD ACROBATICS MAGAZINE*

"**★★★ 1/2 HIGHLY RECOMMENDED...A NATURAL PURCHASE FOR MOST PUBLIC LIBRARY COLLECTIONS.** World trampoline champion Dan Millman, who is a good speaker and teacher, demonstrates on a Backyard Pro many basic, intermediate and advanced skills—virtually covering every move possible...on the trampoline. With its emphasis on safety and excellent presentation of right and wrong moves, it seems a natural purchase for most public library collections..." excerpted from Video Review by R. Ray from *VIDEO LIBRARIAN*

"...host and world champion Dan Millman makes a convincing case for the fitness benefits and fun of trampoline jumping. Excellent camera work and direction make it easy to watch the various twists, tucks, straddles, and drops as Millman narrates along, describing the correct form needed for proper execution...the tape is divided into sections and practice routines that can be memorized. Millman is a terrific host and instructor, and with the burgeoning of home trampoline sales, this tape makes a unique and welcome addition to public library collections." excerpted from Video Review by Ellen Druda from *LIBRARY JOURNAL*

"...the best video on the market for trampoline progressions and skills." Lani Loken-Dable, USA Platform Diving Champion, trampoline & diving coach University of Oregon, memberboard of directors, World Acrobatic Society, Executive Director of the International Trampoline Industry Association (ITIA) and Director USA Trampoline Safety.

"The video is a first class, quality production. Millman's comments and demonstrations are excellent. His skill progressions help maximize appropriate skill learning sequences. The use of the video, along with qualified instruction, would clearly help provide an exceptionally safe approach to the development of trampolining skills. This would be especially true for beginner trampolinists and for bouncers who aspire to develop competitive trampoline skills. The video should be a component of any instructional program, especially for home-based backyard trampolining. from Video Review by Dr. H. Edsel Buchanan, Ed. D., CLP, CRSS Professor Emeritus of Physical Education University of Nebraska and 3 time NCAA Trampoline Champion and 2 time AAU Trampoline Champion

"Expert diving demonstrations..." Brad Smart, current World Champion Diver, masters division.

"The video shows nice progressions and good demonstrations." Don Leas, chairman US Diving Safety Committee.

**Experts world wide agree that it is a "must have" video for every trampoline owner & user, gymnast, diver, cheerleader, coach, gym and club.**

**This critically acclaimed video may be ordered from:**

**Astraea by CREDIT or DEBIT card. Phone (630) 377-7267**

New, Critically Acclaimed 1-1/2 hour World Class Instructional Video  
**TRAMPOLINE TRAINING for Body, Mind & Spirit**  
with USA & WORLD Trampoline Champion *Dan Millman*

**Now you can bring a USA and WORLD Trampoline Champion, Elite Gymnastics Hall of Fame Champion & Master Teacher into your home to show your family correct, progressive SAFETY oriented trampoline technique from beginning through advanced skills & routines! Trampoline Fun & Safety STARTS RIGHT HERE! KNOWLEDGE is your *best* safety investment.**

**BELOW ARE A FEW OF OUR MANY SATISFIED CUSTOMERS**

Some of the top professional coaches and performers in the WORLD have ordered this video for the expert instruction it contains. A few examples are:

**The AUSTRALIAN SPORTS INSTITUTE** (This is the nationally sponsored elite training institute for the Olympic class Australian athletes including, of course, their trampolinists, gymnasts and divers.)

**CIRQUE DU SOLEIL**

**UNITED STATES TRAMPOLINE ASSOCIATION**

**MISSION VIEJO NADADORES DIVING TEAM** (One of the top diving teams and programs in the world. Olympic champion Greg Louganis was a member of this team.)

**UCLA DIVING TEAM** (Another top diving team—coached by Olympic Gold Medalist Hongping Li.)

**UNIVERSITY OF OREGON** (used by their competitive diving and gymnastic teams and also in their physical education classes.)

**TEXAS A & M UNIVERSITY**

**UNIVERSITY OF INDIANA**

**PROFESSIONAL DIVING COACHES ASSOCIATION (PDCA)**

**ATLANTA SURFACE BREAKERS DIVING TEAM**

**METRO ATLANTA DIVERS**

**DR. BRAD SMART** (World's Champion Master's Diver.)

**DEREK STARKS** (USA Champion 10 meter platform and 3rd in the world on the 1 meter springboard.)

**SONOMA TRAPEZE FOUNDATION**

**GYMNASTIC SCHOOLS WORLDWIDE**

**PUBLIC & SCHOOL LIBRARIES WORLDWIDE** (If your local library does not yet have this video, ask to speak with your library director or head librarian and request that your local library acquire it.)

**HOME TRAMPOLINE OWNERS AND USERS WORLDWIDE**

**And many other of the top universities, teams, sports clubs, coaches & performers throughout the world (as well as many everyday home trampoline owners who want to enjoy safer trampolining while also improving their skills)!**