



# Gymnastics School

*Naia Bray-Moffatt*

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## **Gymnastics School** Naia Bray-Moffatt

Want to know more about balancing on the beam or doing the perfect forward roll and handstand? Follow young gymnasts as they learn their basic techniques and then move on to more challenging moves on the beam and bars. Pick up top tips and techniques with the real-life students and soon you'll be ready for the Olympics!

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