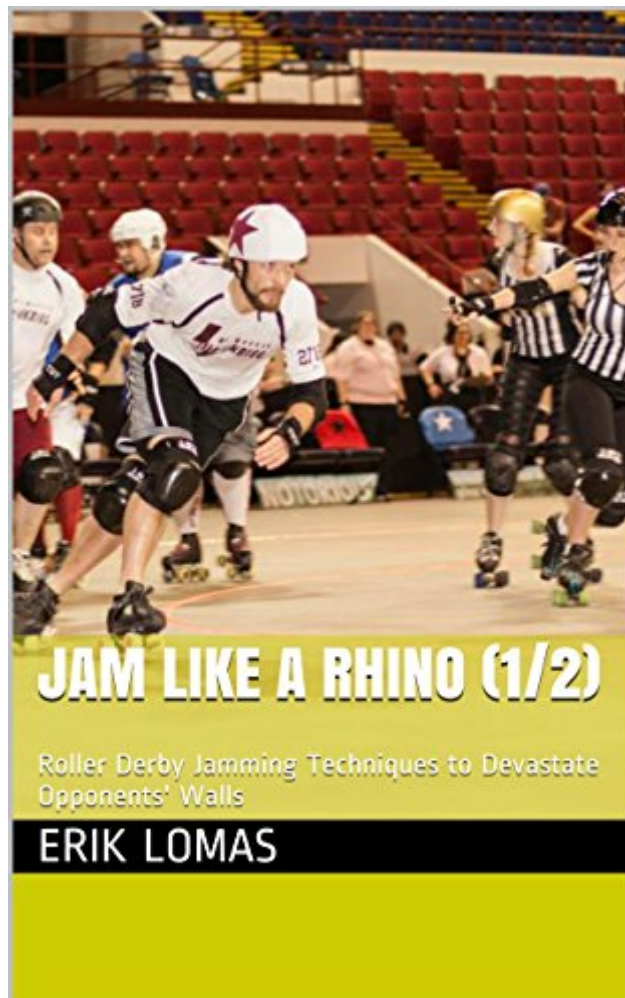




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Jam Like A Rhino (1/2): Roller Derby Jamming Techniques To Devastate Opponents' Walls



Synopsis

Do you ever feel awkward at jam starts? Or do you ever feel like there must be a more effective way to break up a wall? Whether you're already a very physical jammer wanting to amplify that strength or a very agile player, trying to round out your skill set, this lesson plan can help."Jam Like a Rhino -- Part 1" contains about one hour of techniques and drills to add to your skill set and practice repertoire. These techniques were taught to me by Kiki Urhaz, at Beat Me Halfway 2014. This combination of techniques was an epiphany to me. I hope you get even half as much use from them as I have.

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Customer Reviews

At 9 pages this "book" is not worth \$3.60. It's a rip off. I can give away advice like this for free. Put your arms close to your body and try to get between two blockers. Are you f n kidding me???

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