

Course Name: Bachelor of Physical Education

Year - IInd (Part-3)

Paper Name - Skill and Prowess

Topic Name - Skill and Prowess

Topic No. – Part – III (C)

Paper No. - B

Lecture No. – 22

Lecture Title

Parallel Bar and Horizontal Bar

Summary

After learning a few techniques and skills , you can try mastering some of the more spectacular stunts. Your progress may be a bit slow at first. But you'll soon find it's worth all the practice to become a top performer on the horizontal bar.