

SOURCE BOOKS

These books represent my background reading to support the articles. I do not own them all and this is indicated. There were many texts on sports and dance injuries and skills not included which I have seen in bookshops and libraries. Many have been found in the US during my many visits. Useful material and insights can be found in each of this apparently quite diverse set of topics.

1. BASICS

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|-----|---------------------------------|--|
| 1.1 | Stanley Plagenhoef | Patterns of Human Motion *
Prentice Hall, Englewood Cliffs, New Jersey, 1971. |
| 1.2 | A Dagg | Running, Walking and Jumping *
Wykeham Publications, London, 1977. |
| 1.3 | Bob Glover &
Jack Shepherd | The Runner's Handbook
Penguin Books, New York, USA, 1978.
(later 1985 UK edition different) |
| 1.4 | Sandra Noll Hammond | Ballet Basics
Mayfield Pub Co, Palo Alto, California, USA, 1974. |
| 1.5 | Sandra Noll Hammond | Ballet : Beyond the Basics
Mayfield Publishing Co, Palo Alto, California 1982 |
| 1.6 | Jean Carroll
Peter Lofthouse | Creative Dance for Boys
Macdonald & Evans, London, 1969. |
| 1.7 | Joan Lawson | Teaching Young Dancers
Adam and Charles Black, London, 1975. |
| 1.8 | Mary Joyce | Dance Technique for Children
Mayfield Pub Co, Palo Alto, California, USA, 1984. |
| 1.9 | Robert Cohan | The Dance Workshop
Unwin Paperbacks, London, 1986 |

2. WORKSHOP

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|-----|--------------------------------|--|
| 2.1 | Barbara Knapp | Skill in Sport - The Attainment of Proficiency
Routledge & Kegan Paul, London, 1983 reprint. |
| 2.2 | Dorothy Harris
Bette Harris | Athlete's Guide to Sports Psychology
Mental Skills for Physical People
Leisure Press, Champaign, Illinois, USA, 1984. |
| 2.5 | Athene Seyler | The Craft of Comedy
Routledge, Chapman & Hall, New York, 1943
rep Nick Hern Books of Walker Books, London, 1990 |
| 2.4 | Carlton Colyer | The Art of Acting
Meriwether Pub, Colorado Springs, USA, 1989. |

- 2.3 Russell Grandstaff **Acting and Directing**
National Textbook Co, Lincolnwood, Illinois, 1990.
- 3. MUSIC**
- 3.1 E Sawyer **Dance with the Music**
Cambridge University Press, Cambridge, 1985.
- 3.2 Barry Gree **The Inner Game of Music**
Bantam Pub, Doubleday, New York, USA, 1986.
- 3.3 Nancy Toff **The Flute Book ***
David & Charles, Newton Abbot.
- 3.4 Ward Cannel & Fred Marx **How to Play the Piano Despite Years of Lessons - What Music is and how to make it at home**
Crown & Bridge Pub, Paterson, New Jersey, 1976
- 3.5 Dallas Clin **Homemade Instruments**
Oak Pub, New York, USA, 1976
- 3.6 edit Dallas Cline **How to Play Nearly Everything**
Oak Pub, New York, USA, 1977
- 3.7 Dennis Waring **Making Wood Folk Instruments**
Sterling Pub, New York, USA, 1979, reprint 1990
- 3.8 Ralph Denyer **The Guitar Handbook**
Alfred Knopf, New York, 1982.
- 3.9 James Blades & Johnny Dean **How to Play Drums**
Elm Tree Books, London, 1985.
- 3.10 Roger Evans **How to Read Music**
Guild Publishing, London, 1987.
- 3.11 Edit E Shanaphy & J Knowlton **The Do-It-Yourself Handbook for Keyboard Playing**
Shacor Inc, 1982
- 4. DEEPER LOOK**
- 4.1 Prof Gerhard Hochmuth **Biomechanics of Athletic Movement**
Sportverlag, Berlin, 1984.
- 4.2 Rolf Wirhed **Athletic Ability & the Anatomy of Motion**
Wolfe Medical Publications, London, 1984.
- 4.3 Kenneth Laws **The Physics of Dance**
Schirmer Books, New York, USA, 1984.
- 4.4 Geoffrey Dyson **Dyson's Mechanics of Athletics** (revised)

Hodder and Stoughton, London, 1986.

- 4.5 The Diagram Group **The Complete Encyclopedia of Exercises**
Paddington Press Ltd, London, 1979.
- 4.6 Bob Anderson
(original) **Stretching**
Stretching Inc, Palmer Lake, Colorado, USA, 1975.
(latest) Shelter Publications Inc, PO Box 279, Bolinas,
California, USA, 1980, 22nd printing, 1988.
- 4.7 Joyce Allen **Sense & Sensitivity in Gymnastics**
Heinemann, London, 1972.
- 4.8 Jean Honeyman **Dance Training and Choreography for Gymnasts**
Stanley Paul Ltd, London, 1981.
- 4.9 Jenny Bott **Modern Rhythmic Gymnastics**
EP Pub Ltd, Wakefield, Yorks, 1981.
- 4.10 Morgan Smith **An Introduction to Sports Acrobatics**
Stanley Paul, London, 1982.
- 4.11 Edit L R Herkimner
& Phyllis Hollander **The Complete Book of Cheerleading**
Doubleday & Co, Garden City, New York, USA, 1975.
- 4.12 Randy L Neil **The Official Cheerleader's Handbook**
Simon and Schuster, New York, USA, 1979.
- 4.13 Randy Neil
& Elaine Hart **The All New Official Cheerleader's Handbook**
Simon and Schuster, New York, USA, 1986. (photos)
- 4.14 Doris Wheelus **Baton Twirling**
Lion Books, New York, USA, 1975.
- 4.15 Virginia Page **Baton Twirling ***
M M Cole Publishing Co, Chicago, USA, 1977 (prob).
- 4.16 Taisen Deshimaru **The Zen Way to the Martial Arts**
Century Hutchinson Ltd, London, 1982
- 4.17 Howard Reid
Michael Croucher **The Way of the Warrior**
Century Publishing, London, 1983 for the BBC
- 4.18 Don Zier &
Torn Lang **JO, The Japanese Short Staff**
Unique Pubs, Burbank, California, USA, 1985.
- 4.19 David Mitchell **The Martial Arts Coaching Manual**
A & C Black, London, 1988.

5. INJURIES

- 5.1 Which? **Fitness Benefits**
January 1990 issue of Which.
- 5.2 Health Education Authority & **Exercise, Why Bother?**
Look after your Heart Campaign
Sports Council Health Education Authority, 78 New Oxford St, London, 1987
- 5.3 Maggie Lettvin **Maggie's Back Book**
Houghton Mifflin Co, Boston, USA, 1976.
- 5.4 Gabe Mirkin & Marshall Hooffman **The Sportsmedicine Book**
Little, Brown & Company, Boston, USA, 1978.
- 5.5 Marshall Editions London **The Complete Manual of Fitness and Wellbeing**
Macdonald & Co (Publishers), London, 1984.
- 5.6 Terry Moule **Fit for Sport**
Patrick Stephens Ltd, Wellingborough, 1986.
- 5.7 Myles Schneider Mark Sussman **The Athlete's Health Care Book**
- from the hip down.
Acropolis Books Ltd, Washington DC, USA, 1986.
- 5.8 Richard Mangi, Peter Jokl & O. William Dayton **Sports Fitness and Training**
Pantheon Books, New York, USA, 1987.
- 5.9 Allan Ryan & Robert Stephens **The Healthy Dancer**
Princeton Book Co, Princeton, New Jersey, 1987.
- 5.10 James Fox & Rick McQuire **Save Your Knees**
Dell Pub, Doubleday, New York, USA, 1988.
- 5.11 B Segesser & W Pforringer **The Shoe in Sport**
Wolfe Publishing Ltd, London, 1989.
- 6. SOCIOLOGY**
- 6.1 Robert Bolton **People Skills**
Simon & Schuster Inc, New York, USA, 1979.
- 6.2 Keith Pearson **Group Dynamics**
Joint Board of Christian Education,
Melbourne, Australia, 1986.
- 6.3 Tony Lake **Relationships**
Michael Joseph, London, 1981
- 6.4 Desmond Morris **Tribes**

- Peter Marsh
Pyramid Books, London 1988
- 6.5 A Barrand
**Zen in the Art of Morris Group Maintenance:
Aesthetics and the Web of Team Politics**
Lore & Language, 6/2, 1987.
- 6.6 Leonard Zunin
& Natalie Zunin
Contact : The First Four Minutes
Ballantine Books, New York, 1973, 21st Print 1989.
- 6.7 Theodore Brun
International Dictionary of Sign Language
Wolfe Pub Ltd, London, 1969.
- 6.8 Julius Fast
Body Language
PAN, London, 1971
- 6.9 Desmond Morris,
Peter Collett,
Peter Marsh & Marie O'Shaughnessy
Gestures, Their Origins and Distribution
Pub by the authors, 1979.
- 6.10 Gerald Nierenberg
& Henry Calero
How to Read a Person Like a Book
Thorsons Pub Group, Wellingborough, 1980.
- 6.11 Allan Pease
Signals
Bantam Books, New York, USA, 1984.
- 6.12 Allan Pease
Body Language
how to read other's thoughts by their gestures.
Sheldon Press, London, 1984.
- 6.13 Gordon Wainwright
Body Language
Hodder and Stoughton, Sevenoaks, 1985.
- 6.14 Dr David Lewis
The Secret Language of Success
How to read and use body talk
Guild Publishing, London, 1989.
- 6.15 Allan Pease,
Alan Garner
Talk Language
Simon & Schuster, London, 1989.
- 6.16 Jane Lyle
Body Language
Guild Publishing, London, 1990
- 6.17 Howard Gardner
Frames of Mind
Heinemann, London, 1983
- 7. CHARACTERS**
- 7.1 Lupino Lane
How to Become a Comedian
Frederick Muller, London, 1945
- 7.2 Jack Wiley
Basic Circus Skills

- Stackpole Books, Harrisburg, Pennsylvania, 1974.
- 7.3 Hovey Burgess **Circus Techniques ***
Drama Book Specialists, New York, 1976/7
- 7.4 Mark Stolzenberg **Clown for Circus and Stage**
Sterling Pub Co, New York, USA, 1983.
- 7.5 Wes McVicar **Clown Act Omnibus**
Meriwether Pub Ltd, Colorado Springs, USA, 1987
- 7.6 Various **Creative Clowning**
Java Pub Co, Colorado Springs, USA, 1988.
- 7.7 Dave Finnigan **The Complete Juggler**
Vintage Books, Random House, New York, 1987.
- 7.8 Claude Kipnis **The Mime Book**
Meriwether Pub, Colorado Springs, USA, 1974
- 7.9 Maravene S Loeschke **All About Mime**
Prentice-Hall, Englewood Cliffs, New Jersey, 1982.
- 7.10 Mack Stolzenberg **Exploring Mime**
Sterling Pub Co, New York, USA, paperback 1983
- 7.11 Marvin Kaye **The Complete Magician**
Macmillan, London, 1973.
- 7.12 Camilla Gryski **Cat's Cradle and Other String Games :
Step by Step Instructions for Eleven Fascinating Designs**
Angus and Roberts, London, 1983, reprint 1988
- 7.13 Peggy Beck & Anna Walters **The Sacred, Ways of Knowledge, Sources of Life**
Navajo Community College Press, Tsaile,
Navajo Nation Arizona, USA, 4th printing, 1984.
- 8. NOTATIONS**
- 8.1 Cecil Sharp **The Morris Book, Vols 1-5**
Novello & Co Ltd, 1910-1924.
- 8.2 Mary Neal **The Esperance Morris Book**, parts 1 and 2
Curwen, London.
- 8.3 John Graham **Shakespearean Bidford Morris Dances**
Roberton Publications, for J Curwen & Sons Ltd.
- 8.4 EFDSS **Journals of the EFDS and the EFDSS**
- 8.5 Lionel Bacon **A Handbook of Morris Dancing**

- The Morris Ring, 1974.
- 8.6 Morris Federation **Wheatley Tradition**
Cotswold Morris Dancing - Workshop Series, 1984.
- Adderbury Tradition**
Cotswold Morris Dancing - Workshop Series, 1989.
- 8.7 Tony Barrand
Editor **Roy Dommett's Morris Notes**
Vol 1, Cotswold or Wychwood Morris, Pts I and II
CDSS of America, Northampton, NY, 1986.
- 8.8 V. Preston-Dunlop **Practical Kinetography Laban**
Macdonald & Evans, London, 1969.
- 8.9 Ann Hutchinson **Labanotation**
OUP, London 2nd edit, 1972.
- 8.10 Rudolf Laban **The Mastery of Movement**
4th Edition revised by Lisa Ullmann
Macdonald and Evans, Plymouth, 1980.
- 8.11 Rudolf Laban
& F C Lawrence **Effort**
Macdonald & Evans, Plymouth, 2nd edit, 1974.
- 8.12 Rudolf Laban
Edit R Lange **Laban's Principles of Dance and Movement Notation**
Macdonald & Evans, London, 2nd edit, 1975.
- 8.13 Albrecht Knust **Dictionary of Kinetography Laban (Labanotation)**
Vol 1, Text. Vol 2, Examples
Macdonald & Evans, Plymouth, 1979.
- 8.14 Ann Hutchinson Guest **Dance Notation**
Dance Books Ltd, London, 1984.
- 8.15 Roderyk Lange **Laban's System of Movement Notation**
Dance Studies Vol 9, 1985
Centre for Dance Studies, Les Bois, St Peter, Jersey

9. HISTORICAL DANCE

- 9.1 Mabel Dolmetsch **Dances of England and France 1450-1600**
Routledge & Kegan Paul, London, 2nd edit 1959
- 9.2 Mabel Dolmetsch **Dances of Spain and Italy 1400-1600 ***
Routledge & Kegan Paul, London.

* = not held by author.