



Una vita in pedana (Italian Edition)

Sandro Cuomo

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Se è vero che campioni si diventa con l'impegno e lo sforzo di ogni giorno e non basta il talento innato per avere successo nello sport agonistico, questo sembra ancora più chiaro in una disciplina come la scherma, in cui la fisicità deve trovare il punto d'incontro con la psiche in un gioco di equilibrio teso al controllo massimo del corpo e della mente. Campione olimpico ad Atlanta nel 1996, Sandro Cuomo si racconta ripercorrendo un pezzo di storia della scherma italiana e recuperando, innanzitutto per sé, quel lungo tratto della vita che ogni campione regala al suo sport: la prima gioventù. Il libro è un racconto autobiografico che va avanti in modo non lineare, ma seguendo un filo emozionale di ricordi, rimpianti, nostalgie ed entusiasmi, ma riserva anche un approfondimento su storia, tecniche e regole di uno sport tra i più affascinanti delle discipline olimpiche. In appendice il campione si presenta in veste di allenatore teso a trasmettere ai più giovani tecniche e tattiche del tutto personali di preparazione e combattimento.

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