THE CARTOON BOOK OF

# NORDIC WALKING




ENDURANCE

SPORT ON EARTH

**Sport on Earth Books · The Completing the programme Family**

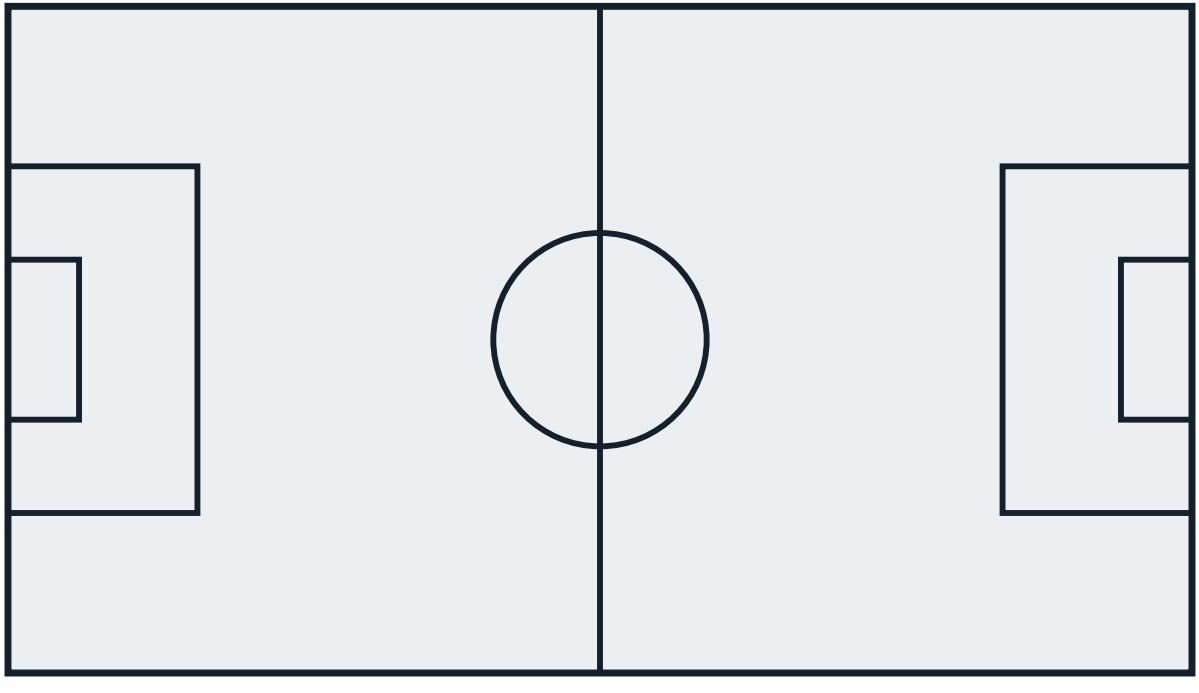
Original illustrations · No characters were copied in the making of this book

# Meet Nordic Walking!

Technique-judged pole-walking racing from Finland, governed by INWA with World Cup rounds and championship rules.

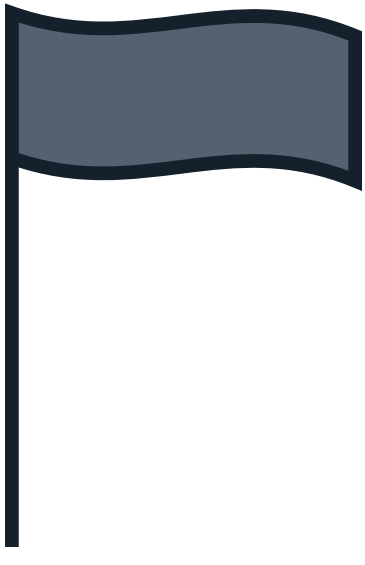


# Where It Is Played



# The Gear

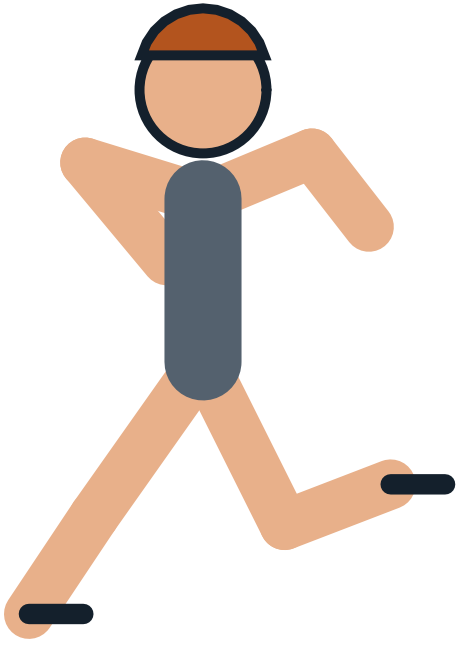




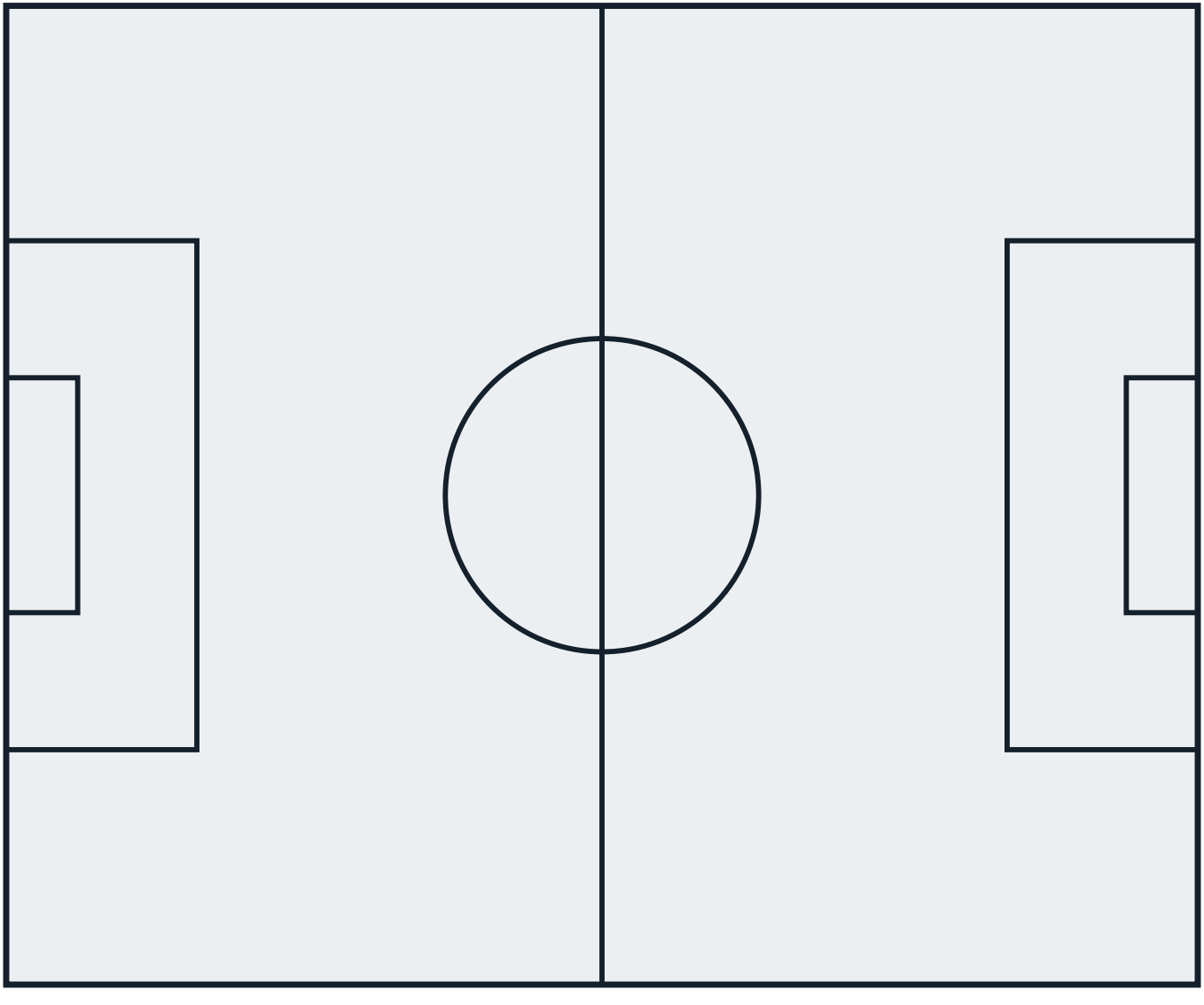
# Meet the Completing the programme Family

- Gymnastics — Artistic, rhythmic and trampoline disciplines judged under the Code of Points.
- Diving — Springboard and platform diving, scored on difficulty and execution.
- Artistic Swimming — Choreographed routines in deep water — the renamed synchronised swimming.
- Weightlifting — The snatch and the clean and jerk for the heaviest total.
- Equestrian — Dressage, eventing and jumping — horse and rider as one team.
- Canoeing and Kayaking — Sprint racing on flat water and slalom on whitewater.

# Action!



# The Playing Area



# Good to Know

Nordic walking's competitive form is governed by INWA under published Competition Rules for its World and European Championships and World Cups (the 2025 edition standardises technique, pole length and the warning system). The code is revised in editions by the federation rather than replaced at dated landmarks. No major dated rule change is carried for nordic walking.

# More of the Completing the programme Family

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# A Note on the Rules

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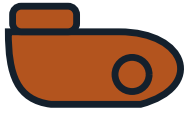
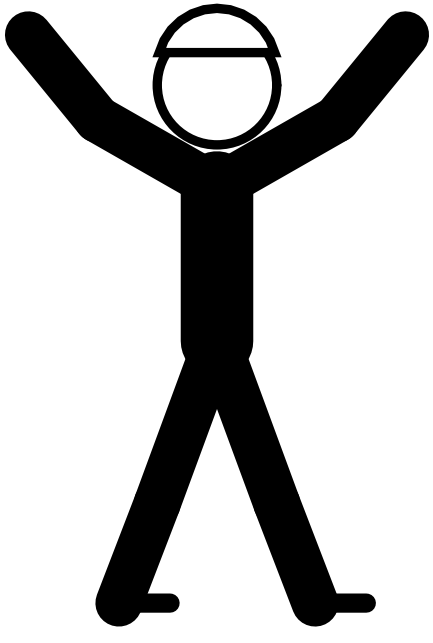
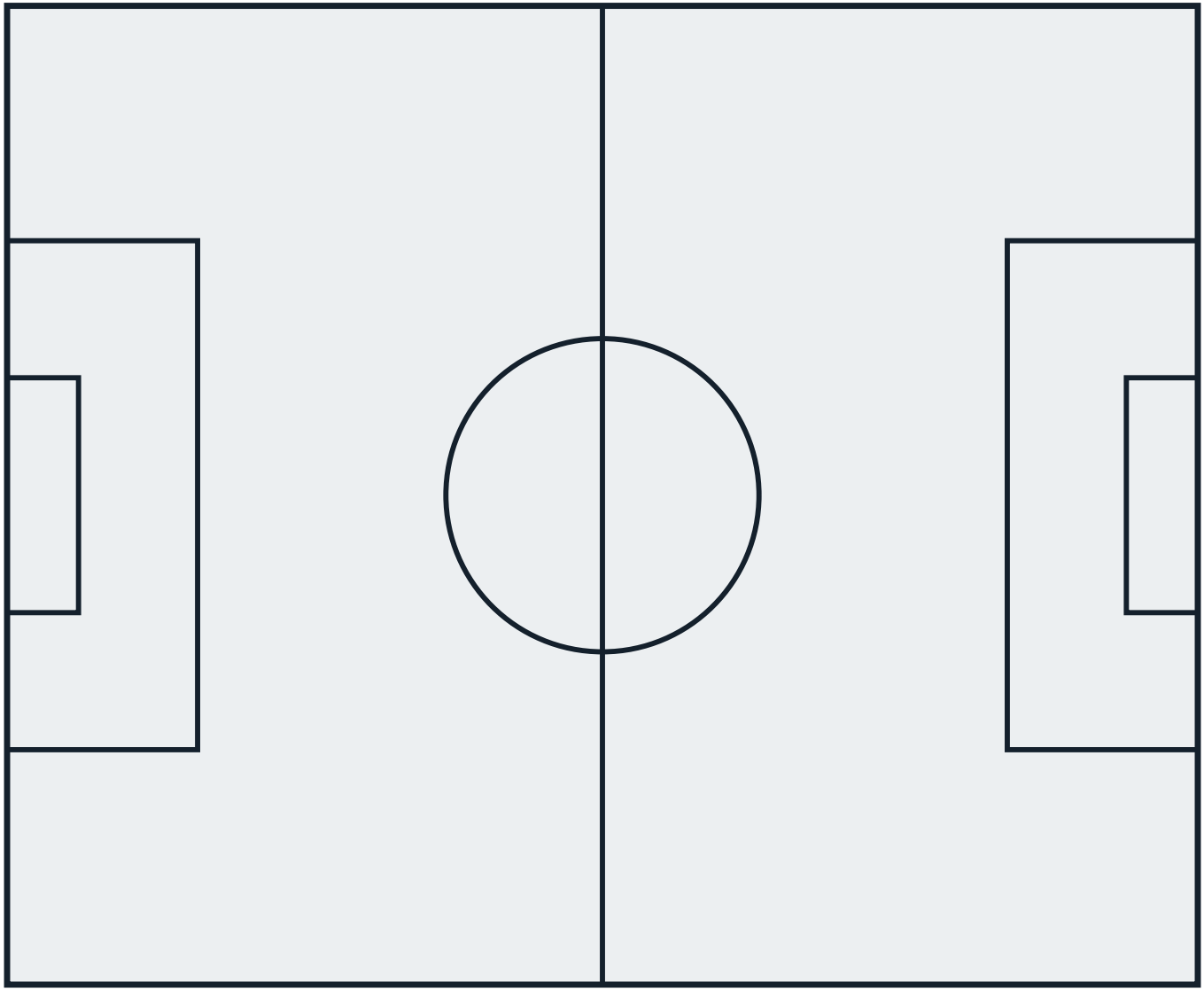


# Colour the Action



*Psst — this page is a colouring page!*

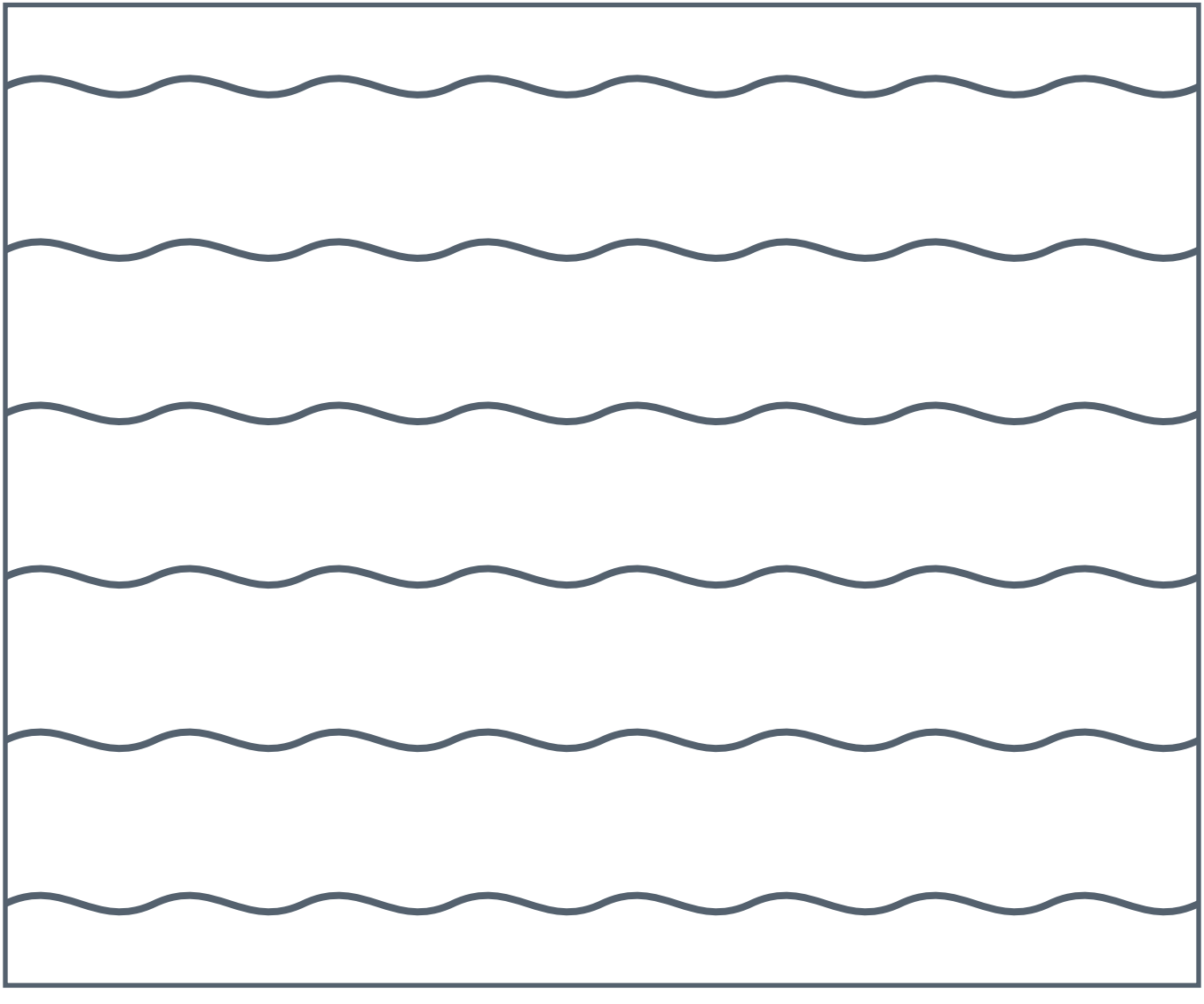
# The Sport Today



# At School and College



# Play It Near You



# Through the Year



# The Completing the programme Family

Every sport belongs to a family of games that share its shapes and skills. Here are some of this book's closest relatives — each with a cartoon book and a colouring book of its own.

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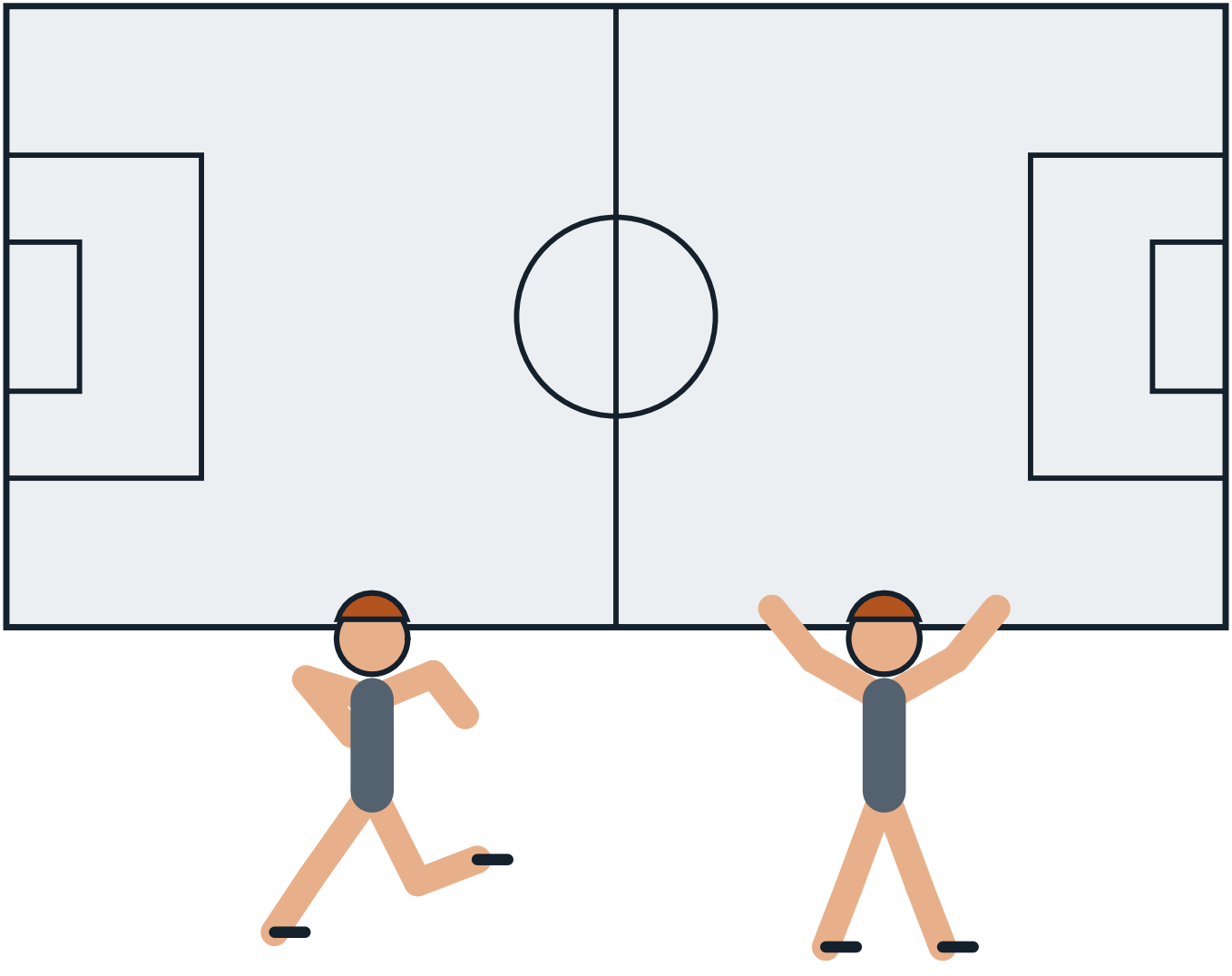
# Game Day!

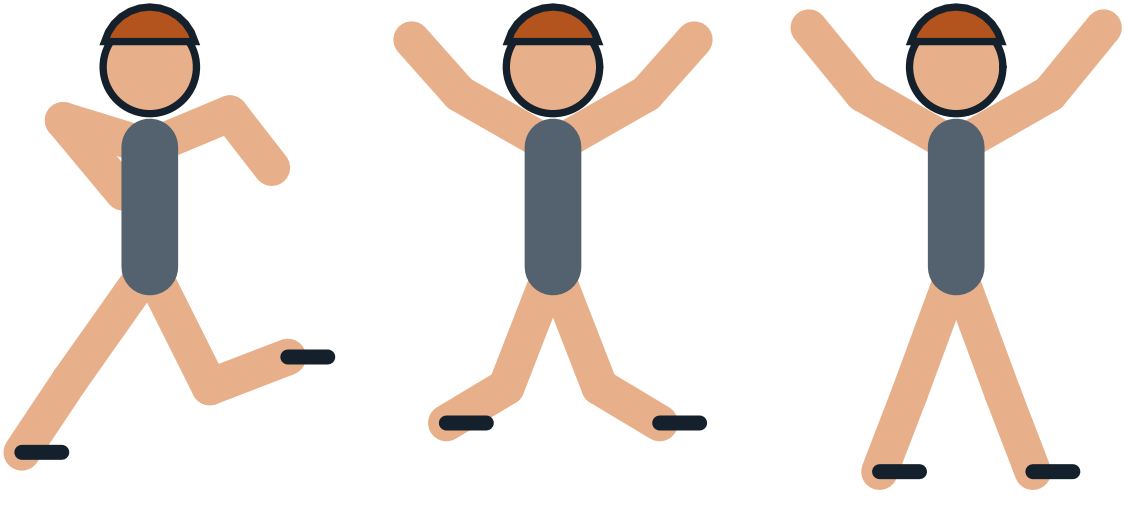


# The Sport on Earth Mark

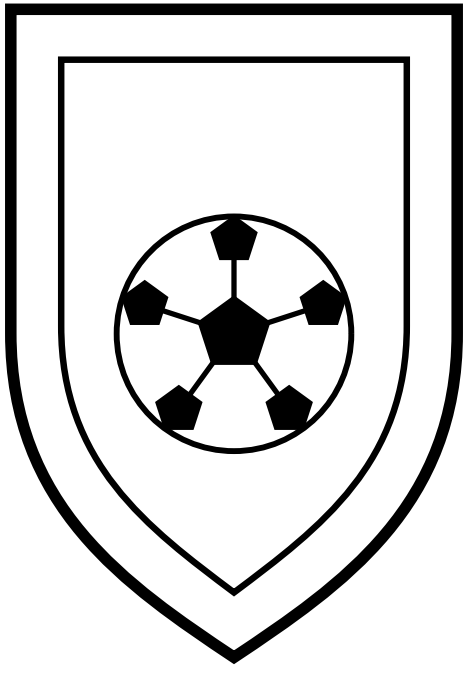
Every sport on Sport on Earth carries its own original mark, drawn for the site. Here is this sport's.



# Moves of the Game



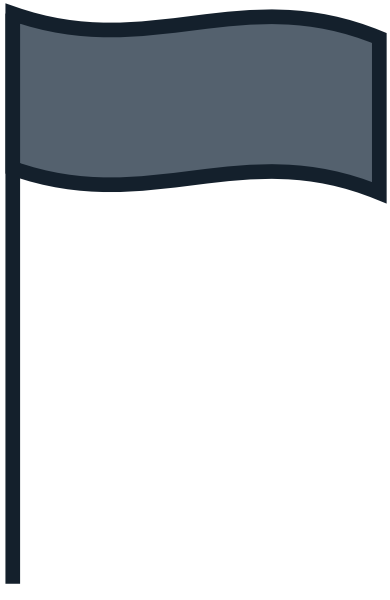
# Design a Badge



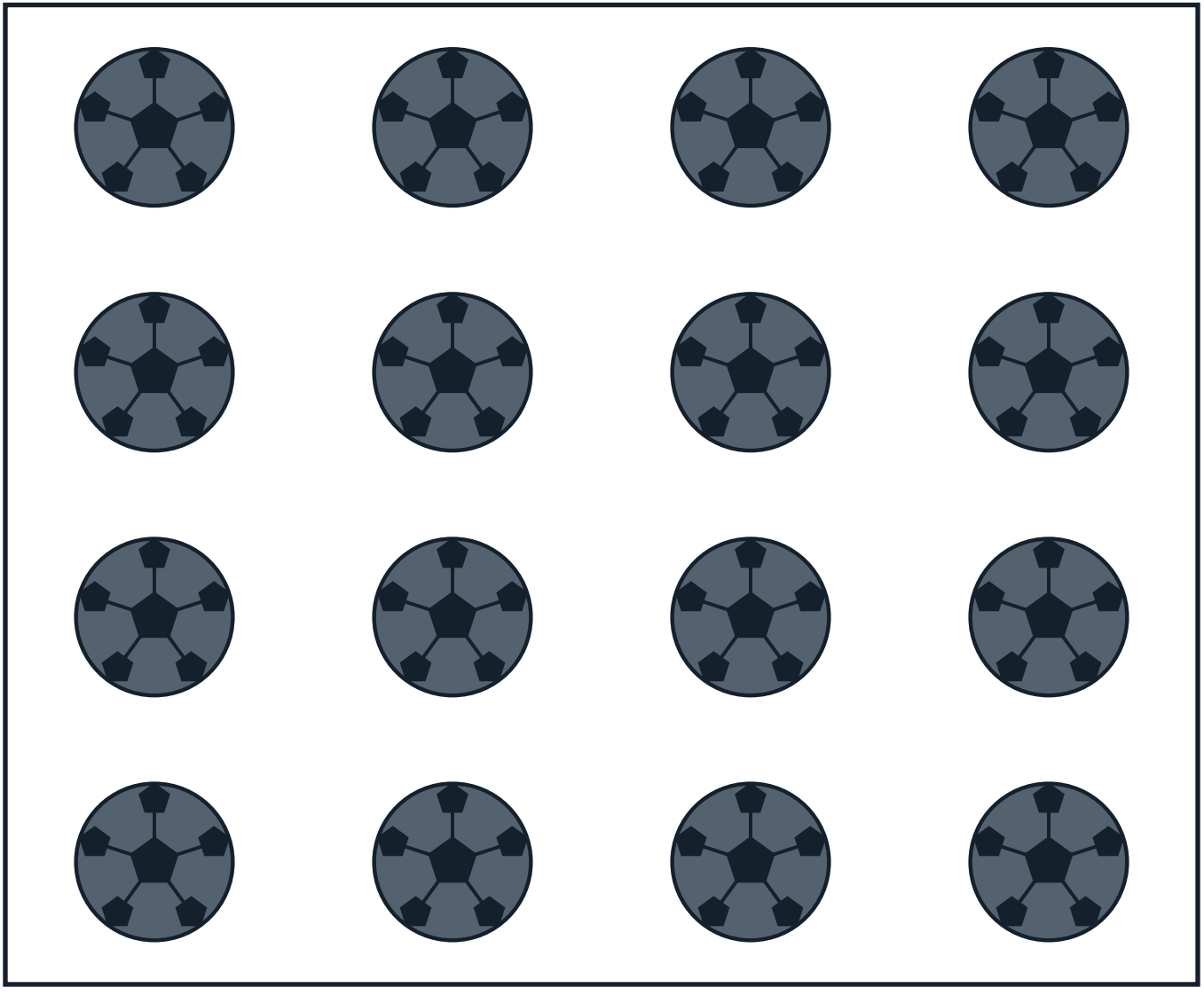
*Draw and colour a badge for your own team.*

# The Gear Parade

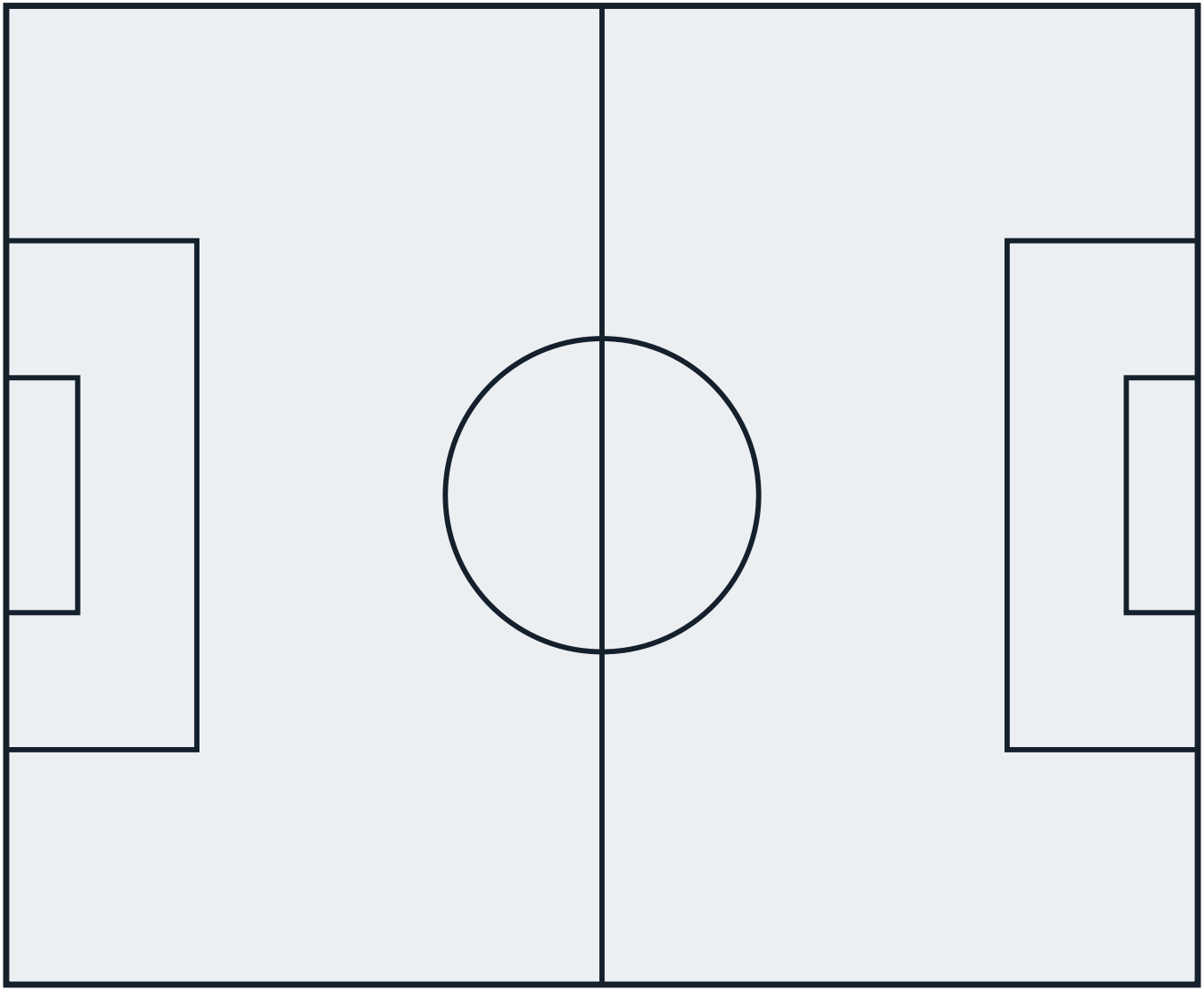




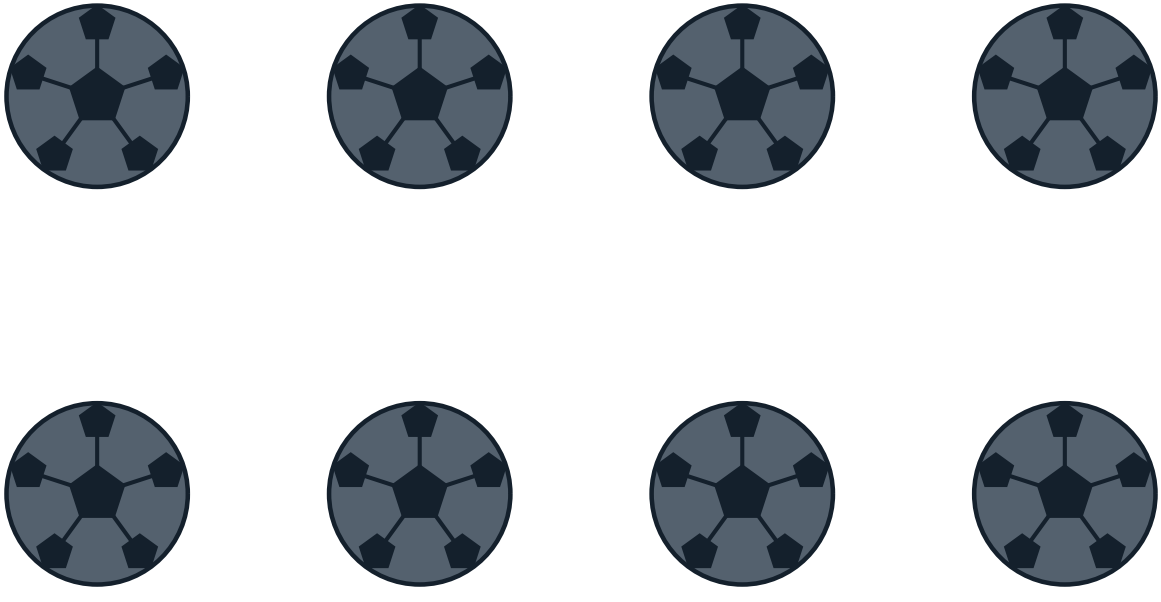
# Pattern Play



# The Arena From Above



# Count the Balls!



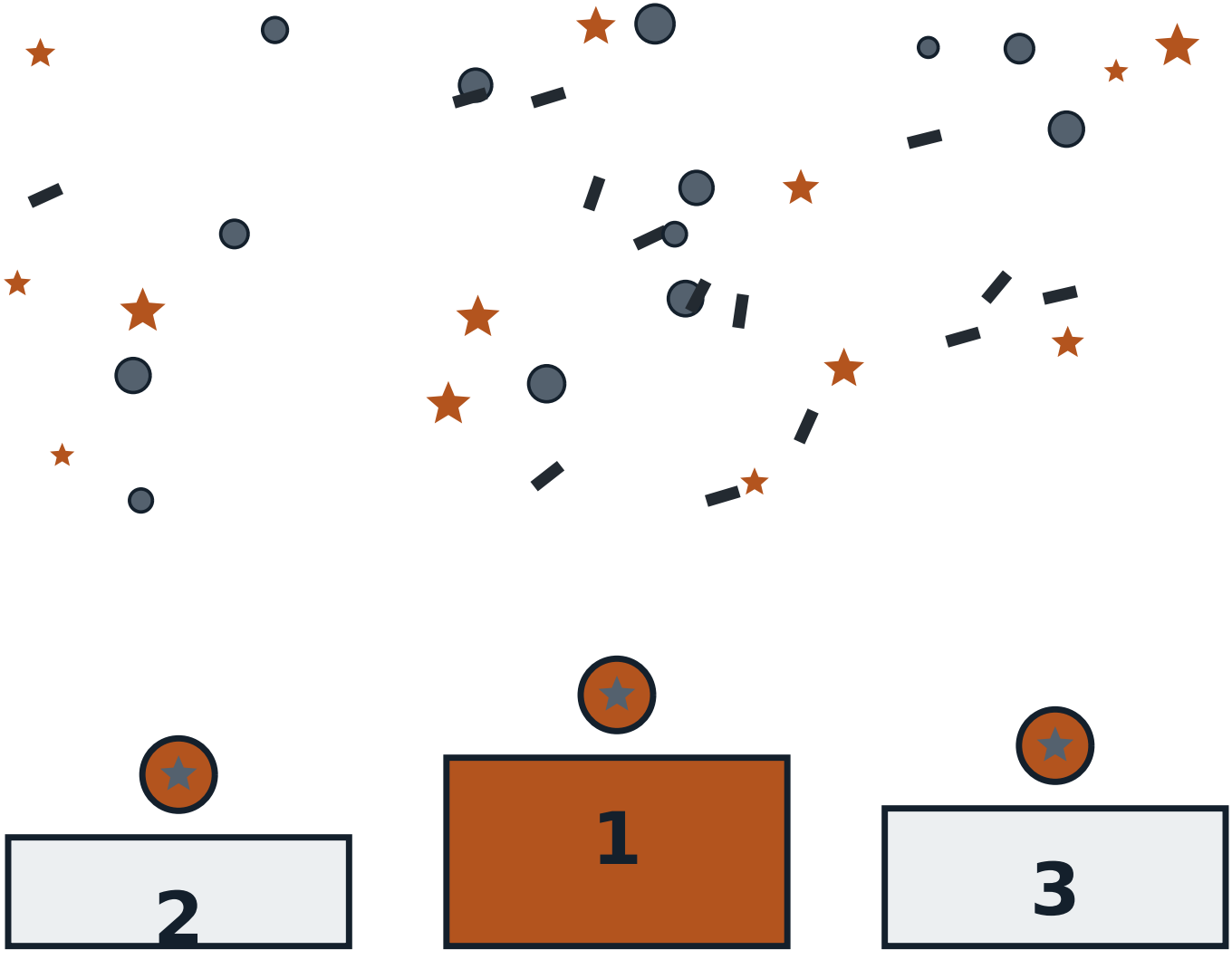
*How many can you count? Write the number here: _____*

# My Favourite Part of Nordic Walking

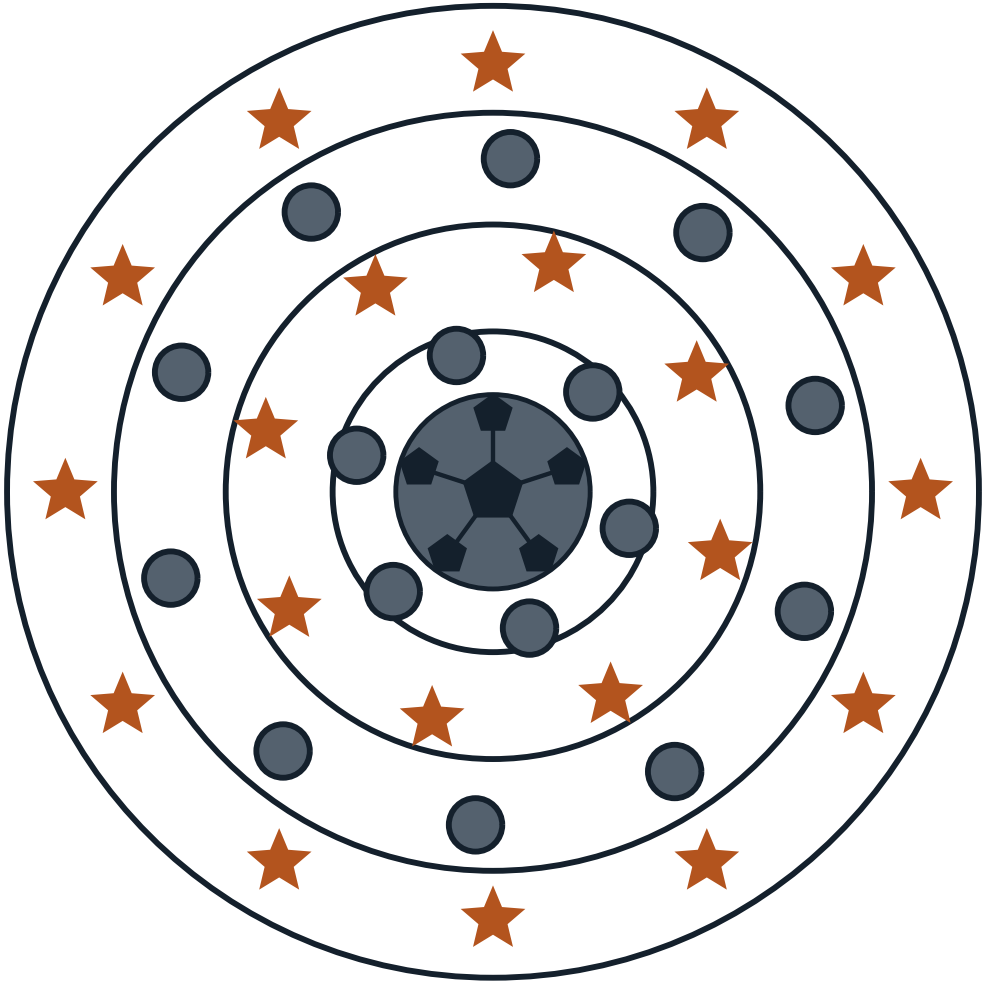
# Gear Close-Up



# Champions!



# The Mandala of the Game



# About This Book

Everything in this book comes from Sport on Earth's own verified sport files — the same words you can read on the sport's page at Sport on Earth. The illustrations are original artwork drawn by computer for this book series. They are not pictures of real players, real teams or anybody else's characters.

# More Books in the Family

- The Cartoon Book of Gymnastics
- The Cartoon Book of Diving
- The Cartoon Book of Artistic Swimming
- The Cartoon Book of Weightlifting
- The Cartoon Book of Equestrian
- The Cartoon Book of Canoeing and Kayaking
- The Gymnastics Colouring Book
- The Diving Colouring Book

# My Notes

# Nordic Walking

The Cartoon Book of Nordic Walking — a Sport on Earth Book.

Text from Sport on Earth's verified sport files. Illustrations: original programmatic artwork created for this series, including the site's own sport mark. No copyrighted characters, team logos or player likenesses appear in this book.

Collect the whole shelf: a cartoon book and a colouring book for every one of the 442 sports and games on Sport on Earth.

