

Course Name: Bachelor of Physical Education

Year: Ist

Paper Name: Skill and Prowess

Paper No.: I (Part-B 2)

Topic No. B-II (1)

Topic Name: Gymnastics

Lecture No.: 53

Lecture Title

Skills in Gymnastics

F.A.Q's

Question 1: What is meant by term “Thief Vault”?

Answer: Run and take-off from one foot and jump across the buck feet first, facing to the front and as body is passing over, place hands on buck and push the body upward and forward to landing position, feet together. Hold legs straight in passing over buck.

Question 2: How is “Skin the Cat” executed?

Answer: Ends of bars bring the feet forward and up through the bars and back trying to touch the floor with toes and return to the original position. Hands must keep grip to touch the floor with toes and return to the original position. Hands must keep grip on bars.

Question 3: What are Stationary dips?

Answer: Stationary dips- start from a straight arm support position with back arched and head up. Drop to a bend arm position and then extend the arms. Do this six times for credit.

Question 4 What are the Single and double leg cut-offs?

Answer: From a standing position at end of bar, facing bar, place hands on the bars. Leap up, leaning backward, swing right or left leg up over the bar and cut off hand; regrasp bar as feet land on mat. Try the other leg the same way. Now try both legs simultaneously with spotter behind to assist.

Question 5: Define the term “Monkey Hang”?

Answer: From hang bring legs up through the arms and over the head until feet points toward. Release one arm and swing a complete turn on one arm and then regrasp the bar.

