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Lecture Title

Skills in Gymnastics

Script

Welcome to the second episode of Gymnastics. Friends as in our previous lecture we discussed about the Gymnastics history, general requirement, duties and modern gymnastics.

In this episode, I will be talking about fundamental skills and techniques in Gymnastics

The sport of gymnastics, which derives its name from the ancient Greek word for disciplinary exercises, combines physical skills such as body control, coordination, dexterity, gracefulness, and strength with tumbling and acrobatic skills, all performed in an artistic manner. Gymnastics is performed by both men and women at many levels, from local clubs and schools to colleges and universities, and in elite national and international competitions.

Basic fundamental skill techniques

Buck (sidewise) (the buck is not used in competition.)

1. Straddle vault ($4^{1/2}$ feet high)

Place the hands on the buck somewhat less than shoulder distance apart, and vault straight across the buck, spreading the legs widely and close them in landing on mat.

2. Squat vault mount

Place the hands on the buck to a squat position, and then dismount and land feet together.

3. Scissors vault with half turn

Jump and place hands on the far end of the buck, turning the trunk ninety degrees to the left. Swing the right leg forward, the left leg backward, and straddle the buck in this position; as the legs clear the buck, complete a half twist, and stand facing the buck.

4. Knee vault (jump to knees and dismount)

Start from a keeling position on the buck. In a vigorous swing lift upward with arms, shoulders, and head and pull feet across buck to a standing position and land facing the original direction.

5. Thief vault

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.

6. Dive over with forward roll on mat

Run and take-off from both feet, dive head first over the buck, landing on the hands with head tucked deep, then land and roll successively over neck, shoulder, back and hip and come to stand on the feet. Have double mats for this exercise.

Side Horse

1. Squat vault (standing and running)

Stand facing the horse, grasp the pommels, jump upward and forward and tuck the leg under the body, hold high and allow the body to vault across the horse between the arms and pommels. Push with hands extend the legs to dismount.

2. Straddle Vault (standing and running)

Take same position as in squat vault. Jump upward and forward, and as body passes over horse, spread the legs wide and push with the hands. Release pommels while momentum is moving upward.

3. Front Vault

Stand facing the horse, hands on pommels, and jump upward and forward so weight is over hands. Swing the legs and body over the horse as in flank vault, except as body passes over horse, face entire body down at horse and land facing to the side holding near side hand on pommel. Hold body straight and legs together during entire vault.

4. Flank Vault

Stand facing the horse, and take hold of pommels, jump upward and forward so weight rests over the hands. Swing the legs laterally over the side of the horse, right or left, with the body facing forward, shift centre of body weight over onto supporting hand on pommel and release the other hand as body and legs swing across horse and cut it off. Land on mat facing forward.

Double feet take off. Do a straddle vault over one pommel at first. One leg in straddle position, the other leg in a squat position between the arms. Release pommels while momentum is moving upward and across horse.

5. Thief Vault (running one foot take-off)

Executed the same as on buck except the pommels are grasped as the body leaps over feet first between the pommels. Lean backward. Reach backward with hands to grasp pommels. Lean backward. Reach backward with hands to grasp pommels. Push off from pommels to dismount.

6. Support stunt

From front support hands grasping pommels firmly. Execute left or right leg half circle. Swing leg over side of horse and across pommel releasing hand from the pommel. Shift weight away from swinging leg to opposite supporting arm. Swing from shoulder. Regrasp pommel; keep legs straight. Return to original position in the reverse manner. Try the other leg. Then try both legs at same time. Try for complete circle.

Parallel Bars

1. Hand over hand walk forward length of bars. Keep chest out and head up, back arched and toes pointed.
2. Hop length of bars in straight arm support position. In this hop forward the hands are moved simultaneously.
3. Riding a bicycle with legs increases difficulty.
4. Cross-riding seats, traveling from a cross rest at end of bar, facing the far end, swing forward and proceed to the far end by a series of cross-riding seats.

Dips

1. Stationary dips- start from a straight arm support position with back arched and head up. Drop to a bent arm position and then extend the arms. Do this six times for credit.
2. Forward swinging dips- swing from shoulders, at the end of rear swing, flex arms, keeping back arched and head up. Swing forward in a bent arm position so the chin is even with bars in middle of swing. At front end of swing straighten arms and shoot feet forward. This must be done four times for credit.
3. Backward swing dips- swing from shoulders, at front end of swing, flex arms and drop to a bent arm position. Swing backward in the bent arm position at rear end of swing straighten arms and arch back. Must be done four times for credit.

Straddles

1. Series of straddle seats going across bars.
2. Then a single straddle seat to centre of bar with front dismount.
3. Cross rest swing from a cross rest position in centre of bars, start to swing body from the shoulders forward and backward. Learn to balance your centre of body weight over your hand supports by leaning backwards when legs are swinging forward, and lean forward when legs are moving backwards.
4. Single straddle seat to centre of bar with a rear dismount.

Skin the Cat

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.

Shoulder Balance and Roll on top of Bar

Be in centre of bar and extend elbows to be level with shoulders. Forearms flexed at elbow with hands on bar. Roll hips up first, then legs, and arch back to maintain balance. If you start to fall backward, keep elbows well spread and swing downward with the upper arms being the rockers. Have a spotter on each side always when practicing this.

Dismounts

From a cross rest at the centre of bars execute one of the following dismounts, over either bar:

1. Rear vault dismount, in front of hands.
2. Front vault dismount, behind hands.
3. Side vault dismount, facing outward. This vault is made in front of the hands.

From the outside cross seat on one bar, execute a rear vault swing, or a front vault swing to an outside cross seat on the other bar.

Leg straddle mounts

1. Straddle vault mount over one bar to a cross riding seat on one bar.
2. Straddle vault mount over one bar to a cross riding seat over both bars.
3. Straddle vault mount over both bars to a cross riding seat on both bars.
4. Straddle vault mount over one bar to a cross rest between the bars.
5. Right leg full circle outward over the right bar (left circle) to a cross rest between the bars.
6. Both legs full circle from outside inward to outside. Cross seat on other bar.
7. Both legs full circle from outside inward to cross seat on other bar.
8. Both legs full circle from outside inward to cross rest between the bars.
9. Straddle vault mount over the ends of both bars to cross rest between the bars, with or without the legs in a pike position.

Single and double leg cut-offs

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; regasp bar as feet land on mat. Try the other leg the same way. Now try both legs simultaneously with spotter behind to assist.

Inside bar vault

Run forward between the bars toward the far end, and jump in a forward dive position to a cross rest position. The arms swing upward inside the bars and press down with hands to aid the mount.

Front uprise

Swing forward vigorously in the upper arm hang. Approaching the front end of the swing, pull forward with arms, and then push up to a straddle seat.

Back roll from a Sitting Position

From a straddle seat position in centre of bar, grip the bar behind back with thumbs in. spread the flexed elbow to make rockers. Slowly roll backward and swing down through the bars.

High Horizontal Bar

1. Grasps

Show the correct grasps and significance of each one. The wide grasp, ordinary grasp, crossed grasp, and the reversed grasp.

2. Swing

Short under swing from hand and dismount.

3. Chins

- Ordinary grasp and pull up to chest six times.
- Use wide grasp and pull up to back of neck four times.
- One hand grasps bar and the other hand grasps wrist of chinning arm.
- Two times

- One hand grasps bar and the other hand grasps biceps of chinning arm.

4. Belly Grind

From hang pull legs up through hands then over the bar; do not allow swinging of body

5. Skin the cat

From hang bring legs up through the arms and over the head until feet points toward floor and back to original position.

6. Monkey hang

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.

7. Back grind

From hang pull legs up through hands and then over the bar. Arch back and slowly pull body up over the bar into sitting position on top of bar.

Do not allow swinging of body.

8. Kip or upstart

Stress arch at front of swing, wait for the hips to start the return swing before bringing instep to bar. Bring instep to bar, shoot legs up, and down. Press down and in with shoulder muscles. Get a little wrist motion when going above bar. Do not away from bar. Force shoulders well forward.

9. Single knee mount

From a hang with an ordinary grasp, swing one knee over and hook it on bar outside or inside the arms, either leg. Swing the other leg hard downward and backward, and pull in with the arms, mounting to a side-riding seat on top of bar.

10. Hand and knee circles

From a cross-riding seat on the bar, (one leg on each side of the bar) and with an ordinary grasp (thumbs in direction circle is made), reach back with the rear leg and swing it downward hard and forward hard and forward, and the other leg is hooked at the knee over the bar; a complete circle backward around the bar is made. Instructor stands by to assist.

11. Hook swing dismount

Sit on bar, then let body back slowly with both knees hooked on bar between hands. Release hand grip and make an under bar swing at end of forward swing, snap the knees the straight, and swing the legs down to a stand on mat. Instructor stands by for protection. (Student should wear long pants for knee hooks.)

12. Short under swing dismount

Stand under bar, jump up- grasp bar. From hang pull body up over bar to a front rest, drop the trunk backward and at the same time pike at the hips and raise the legs (straight at knees) forward until ankles are at the bar. As the body swings downward under the bar, shoot the feet forward, and pull backward and upward with the arms, shooting out forward to a stand on the mat.

13. Crotch circles

From a side riding seat and an ordinary grasp, fall backward to start the circle. When the body is under the bar, flex and pull on the arms somewhat to complete the circle. This circle can also be executed forward with the reverse grasp. Thumbs in direction of the circle. This can also be performed sideways from a cross riding seat, the hands grasping in front. Dismount with a short under swing.

14. Swing

From a hang with a regular grasp, pull up to a half chin, lean shoulders and head back, at the same time raise the legs (hold knees and ankles stretched and together) and shoot them forward and upward, at the same time extending the elbows. Note, as the legs swing upward and shoot outward, also shoot the body forward by pushing on the elbows for a big swing. Practice this swing several times with a deep arch of the back at end of forward swing in preparation for knee-hook uprise or the kip.

Flying Rings

1. Inverted Hang

Body is arched with head back and feet together. Keep the rings close to the sides on recovery roll on a front swing to a hang.

2. Nest hang

Hook insteps in the rings and arch back. Bring the head up and keep the rings apart the width of hips. Arms are extended and knees flexed. Roll out on a front swing.

3. Monkey hang

From a hang bring the legs up through the hands and over the head until the toes point toward the mat. Release one arm and make a complete turn on the one arm and then regrasp the ring.

4. Double front cut off

From a pike hang position, rotate the body forward vigorously and bending the elbows, at the same time bring the separated legs, with the knees bent, down across the elbows. Immediately after this and while still rotating forward, release the rings and land standing on the mat.

5. Double cut-off backward

From a bent arm hang, swing the legs and hips upward vigorously, spreading the legs held straight until the crotch is astride the wrists. While the body still has momentum. Release the rings and land in a standing position. Spot the mat. Instructors stand by to assist.

6. Work up swing

Grasp rings and run forward hard as far as possible with a strong push of last step and shoot legs forward. On the back and forth subsequent swings push off with both feet to increase the swing. Usually a one-two step. Carry the back limber to give it suppleness on the end of each pendulum swing and as the push steps are taken.

When the swing has been learned, cut-offs skills can be learned.

7. Elementary dismounts

Learn these simple dismounts as follows:

a. Forward run away

On the front swing just as the bottom of the swing is reached, release the rings and run forward on mat.

b. Back drop

At the end of the back swing, release the rings and drop to the mat.

c. Front shoot out

From a pike hang, shoot the feet forward and outward at the end of the front swing, drop to the mat on the feet. (Use this dismount only on low swings.)

8. Dislocation at back end of swing or on still rings

From a pike hang in the swing wait until the end of the backward swing is reached. Then thrust the legs vigorously and about 20 degree backward and at the same time turns the thumbs out. The body will swing around through the shoulders and performer will come to an ordinary hang.

So while concluding, Gymnastics provides the necessary physical activity to promote balance, coordination and flexibility. From tumbling to spins on the parallel bars and the pommel horse, the body must bend and twist in multiple directions and remain balanced to complete the routine. The gymnast learns to instinctively know where the body must go and where it is in relation to objects to successfully execute and complete each portion of the program.

That's all for today's lecture.

Thank you have a nice day

