

**Course Name: Bachelor of Physical Education**

**Year - IInd (Part-3)**

**Paper Name - Skill and Prowess**

**Topic Name - Skill and Prowess**

**Topic No. – Part – III (C)**

**Paper No. - B**

**Lecture No. – 22**

### **Lecture Title**

### **Parallel Bar and Horizontal Bar**

### **FAQ's**

#### **Question 1: What is the technique required for Parallel bars?**

**Answer:** Becoming a successful performer on the parallel bars takes more than strength and some tumbling experience. You must be willing to devote a lot of time to practice, to building your skill and confidence gradually. First familiarize yourself with the apparatus. The parallel bars are two smooth wooden handrails supported on a pair of sturdy uprights and bases. For safety's sake, the base should be padded with mats and bars adjusted to about chest while you're learning.

#### **Question 2: What is the technique required for Shoulder balance?**

**Answer:** At first for 'Shoulder Balance' you'll need the help of a spotter. Start from a straddle seat and lean forward on both hands until the bars support your upper arms close to your shoulder. Keep your elbows out to the sides. Raise your hips, keeping your legs extended, forcing your body straight up over your head into a shoulder balance. Keep your back arched toes pointed.

#### **Question 3: What is the technique for Straddle forward dismount?**

**Answer:** To perform the straddle forward dismount, swing your legs and hips backward, spread your feet outside the bars in a straddle, and shoot your legs forward, releasing your grip to drop to a landing.

#### **Question 4: Describe the various handgrips in H. Bar?**

**Answer:** There two basic grips- One of them is the underhand or reverse grip, in which you circle the bar with the palms facing you.

Another is the overhand or regular grip, in which the backs of your hands face you.

#### **Question 5: What is meant by term "Skin the Cat"?**

**Answer:** There is a well-known stunt called "skin the cat". Start it from your basic stance, holding the bar in a regular grip. Then bend your knees so that you will hang

from the bar. As soon as your body is fully supported by your hands, lift your knees so you can pass your legs through your arms and under the bar. Extend your legs back through your arms, until eventually you can lower them behind you to the mat without losing your grip. To finish the skin the cat, reverse your movements and return to your original stand.