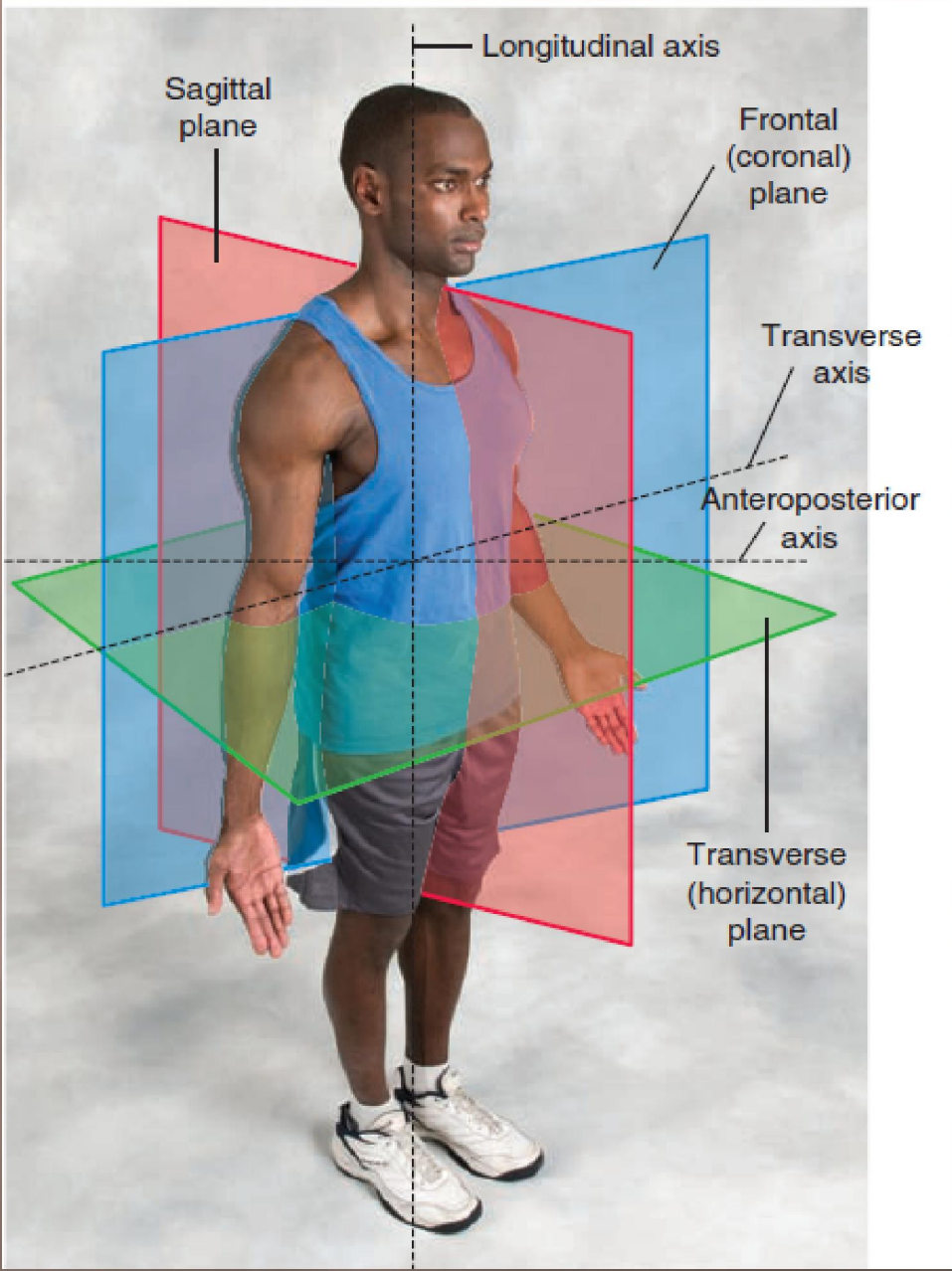
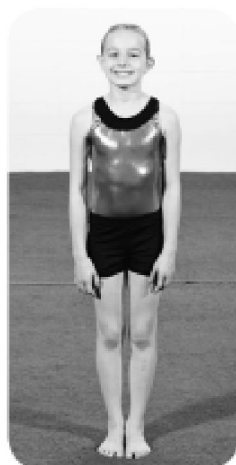


GYMNASTICS POSITIONS & MOVEMENTS

وضعية الجسم الأساسية في
الجمباز



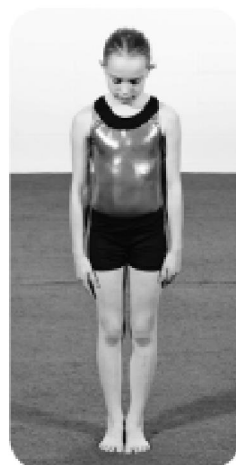
► HEAD POSITIONS



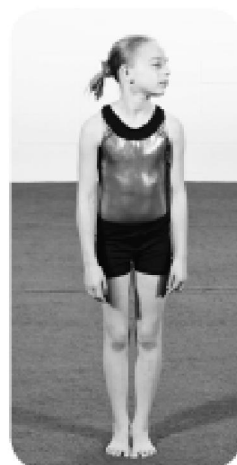
Head neutral
Neck long, chin
lifted, eyes facing
forward.



Head back
Head tilted away
from chest.



Head forward
Chin tucked to
chest.



Head turned
Chin over
shoulder.

► HIP POSITIONS



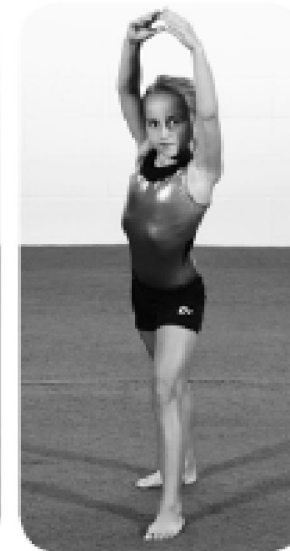
Hips neutral
Hips and shoulders aligned and parallel to each other.



Hips twisted
Shoulders not aligned with hips.



Hips square
Hips aligned with shoulders as well as in line with any apparatus the gymnast is performing on (such as the beam or bar).



Hips open
Hips extended; no segmentation or pike of the body. A straight line can be drawn from the rib cage through the knee.

► **ARM AND SHOULDER POSITIONS**

Arm Positions



Straight Extended.



Bent Flexed.



Rounded Arms slightly bent, with fingertips close together.

Arm Levels



High Arms up by ears, shoulder-width apart.

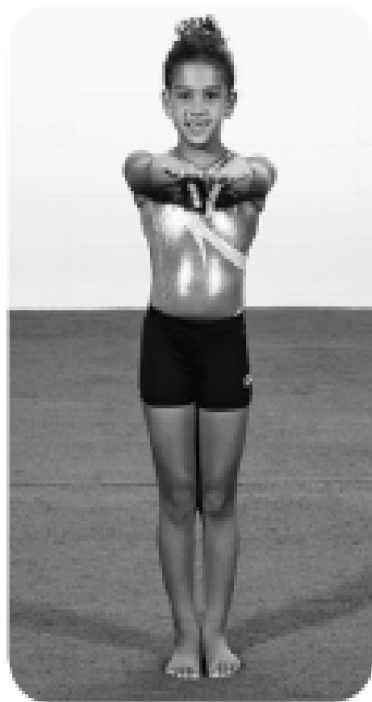


Middle Arms parallel to the floor, either out in front (front middle) or to the sides of the body (side middle).

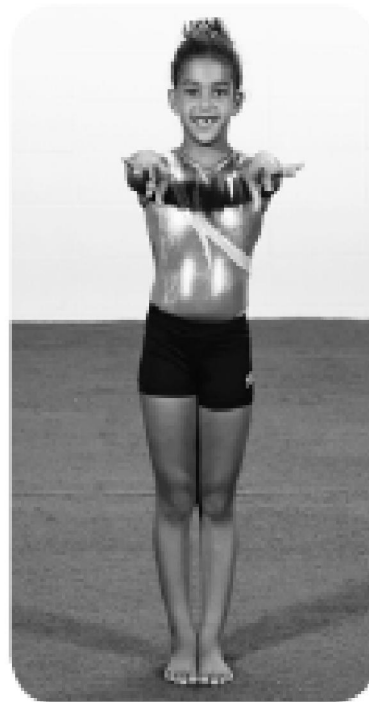


Low Arms down by sides.

Arm Widths



Close together

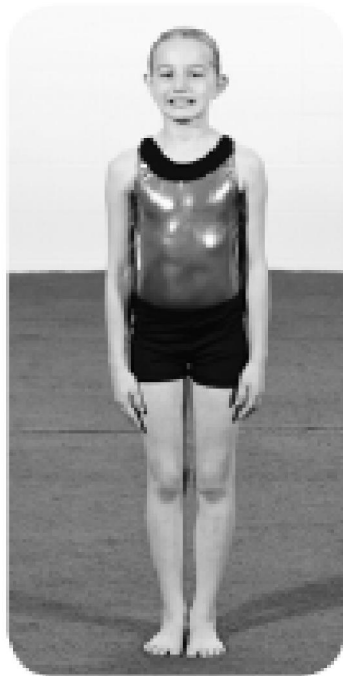


**Shoulder-width
apart**

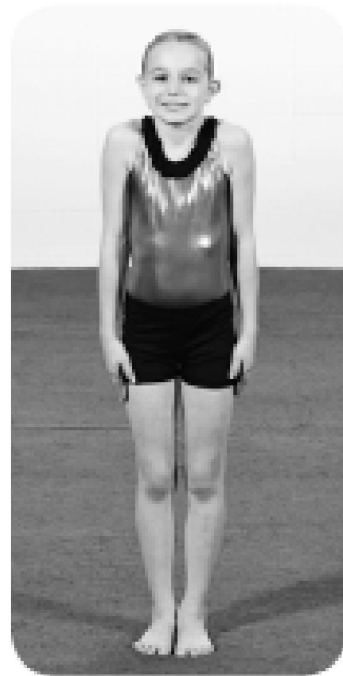


Wide Greater than shoulder-
width apart.

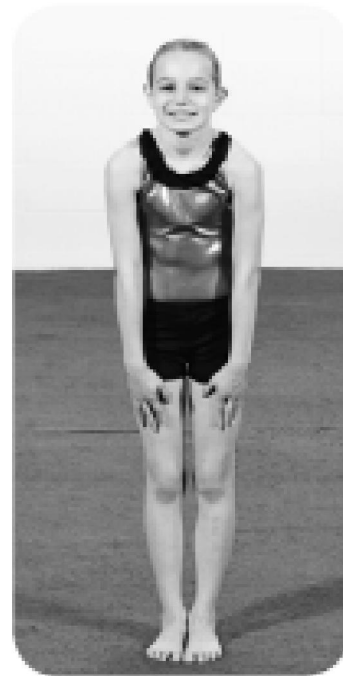
Shoulder Positions



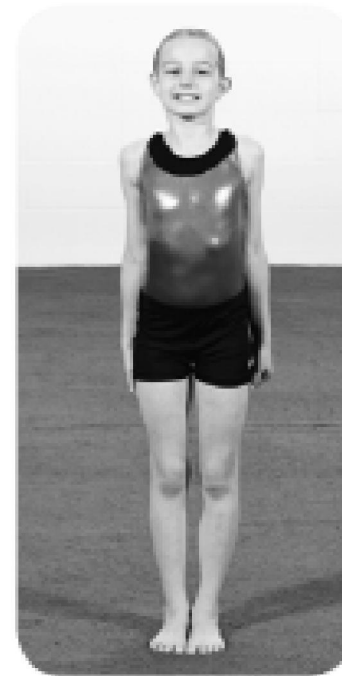
Neutral
Shoulders
pressed down,
relaxed.



Elevated
Shoulders up
close to ears.



Forward
Hollow chest.



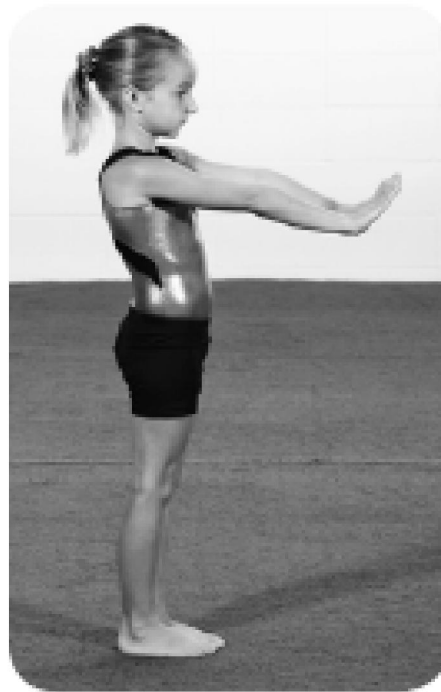
Backward
Shoulder blades
pinched together.

► **WRIST, HAND, AND FINGER POSITIONS**

Wrists



Neutral Straight position.



Extended



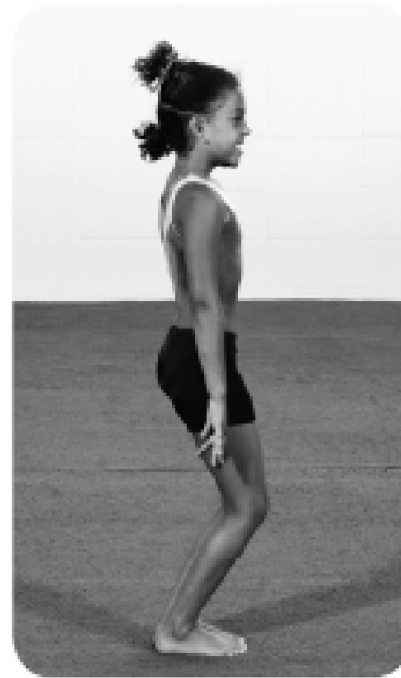
Flexed

► KNEE, LEG, AND FOOT POSITIONS

Knees



Straight



Bent

Legs

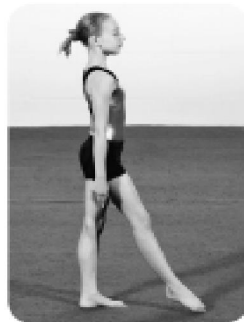


Together

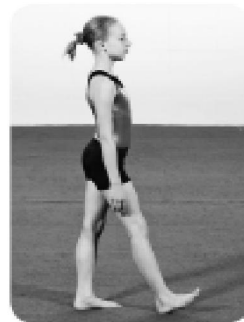


Apart

Feet

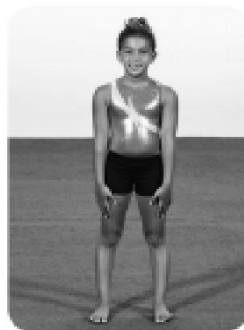


Pointed

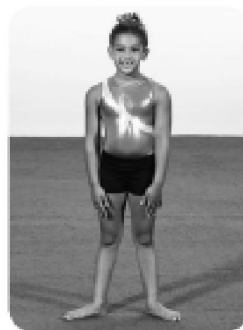


Flexed

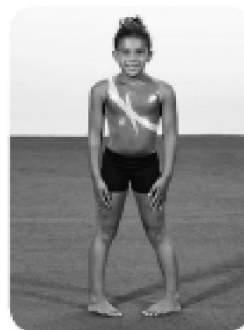
Legs and Feet



Parallel



Turned out



Turned in

Relative Body Positions

Numerous positions are used in gymnastics where the body (torso) has a different relationship to the legs or the apparatus. Understanding these positions is important when performing certain skills or movements.

➤ SQUAT

Using the balls of the feet for support with the knees and hips flexed so that the buttocks is near, but not touching, the heels and the torso is erect.



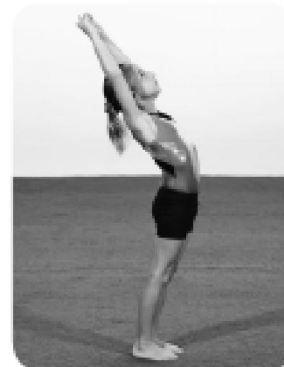
➤ TUCK

The body is curled up in a ball; the upper body is flexed forward at the hips, and the knees are flexed and pulled up to the chest.



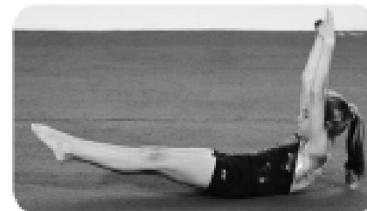
➤ ARCH

The upper and lower parts of the back are stretched backward, forming a curve.



➤ HOLLOW

Beginning from a stretched body position, contracting the chest and abdomen inward with a pelvic tilt and bringing the shoulders forward. The gymnast should have a rounded upper back.



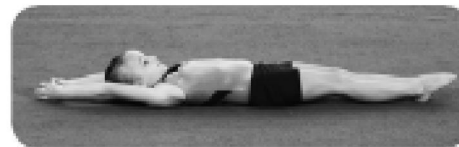
➤ **STRADDLE**

A position in which the legs are straight and extended sideward.



➤ **LAYOUT**

The whole body is extended (no bent segments). Also called straight or stretched position.



➤ **PIKE**

The body is flexed forward at the hips while the legs remain straight.



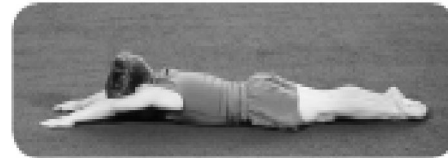
➤ **INVERTED**

Any position in which the lower body is moved into a position above the upper body.



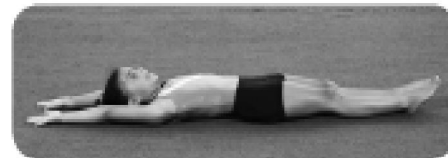
➤ **PRONE**

Lying facedown on the floor.



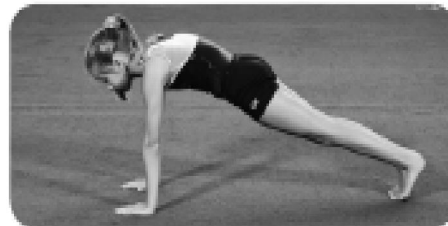
➤ **SUPINE**

Lying flat on the back.



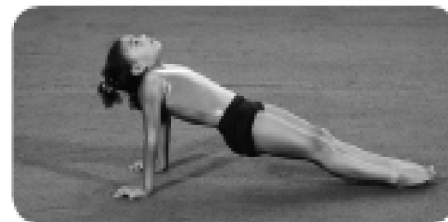
➤ **FRONT SUPPORT**

Arms are straight and extended in front of the body.



➤ **REAR SUPPORT**

Arms are straight and extended behind the body.

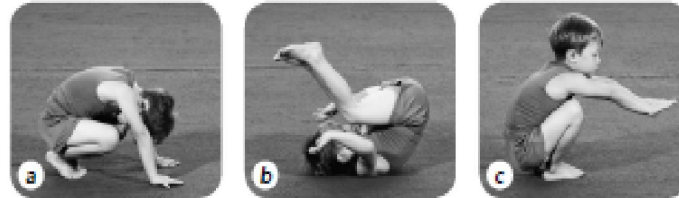


Movements

Following are general movements used often in gymnastics.

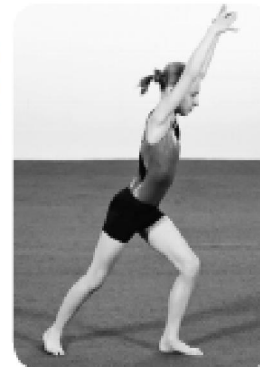
► SALTO

Better known as a somersault, a skill where the lower body rotates over the upper body. It can be performed backward, forward, and sideward.



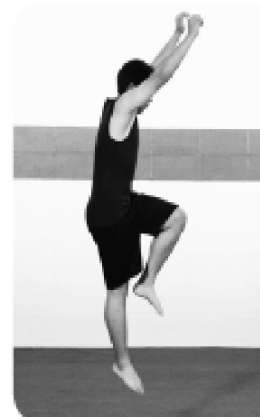
► LUNGE

Position in which one leg is forward and flexed (approximately 45 degrees) and the other leg is straight and extended backward. The body is stretched and upright, with weight over the flexed leg. A lunge is often used as an initiation or finish position for gymnastics skills.



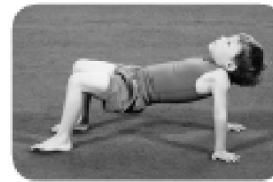
► HURDLE

A long, low, powerful skip step that may be preceded by one or more running steps. Generally, a hurdle is used to generate power into a round-off tumbling series or as a step onto the vaulting springboard.



► **CRAB STAND**

A flat, tabletop-like position with feet and hands flat on the floor and the abdomen up. Hips should be open and torso extended and as close to parallel to the floor as possible. This is a skill progression for a bridge.



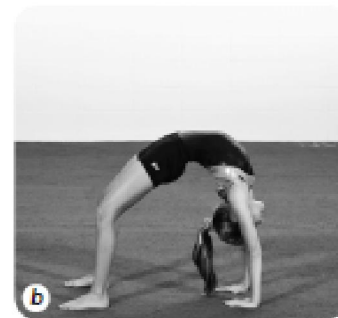
► **BRIDGE**

An arched position with the feet and hands flat on the floor and the abdomen up. This position is achieved by lying on the back and pushing up onto the hands and feet.



► **BACKBEND**

From a stand, arching backward to place the hands on the floor to form a bridge.



► **SPLIT**

Position where the legs are extended 180 degrees on both sides of the torso. Stride splits have one leg forward and one leg in back of the torso (a). Straddle splits have the right leg extending right and the left leg extending left of the body (b).



➤ **HANDSTAND**

Hands are flat on the floor, shoulder-width apart, and the body is completely extended and straight, legs together. Leg positions can also vary: stride, stag, straddle, or any combination of these.

