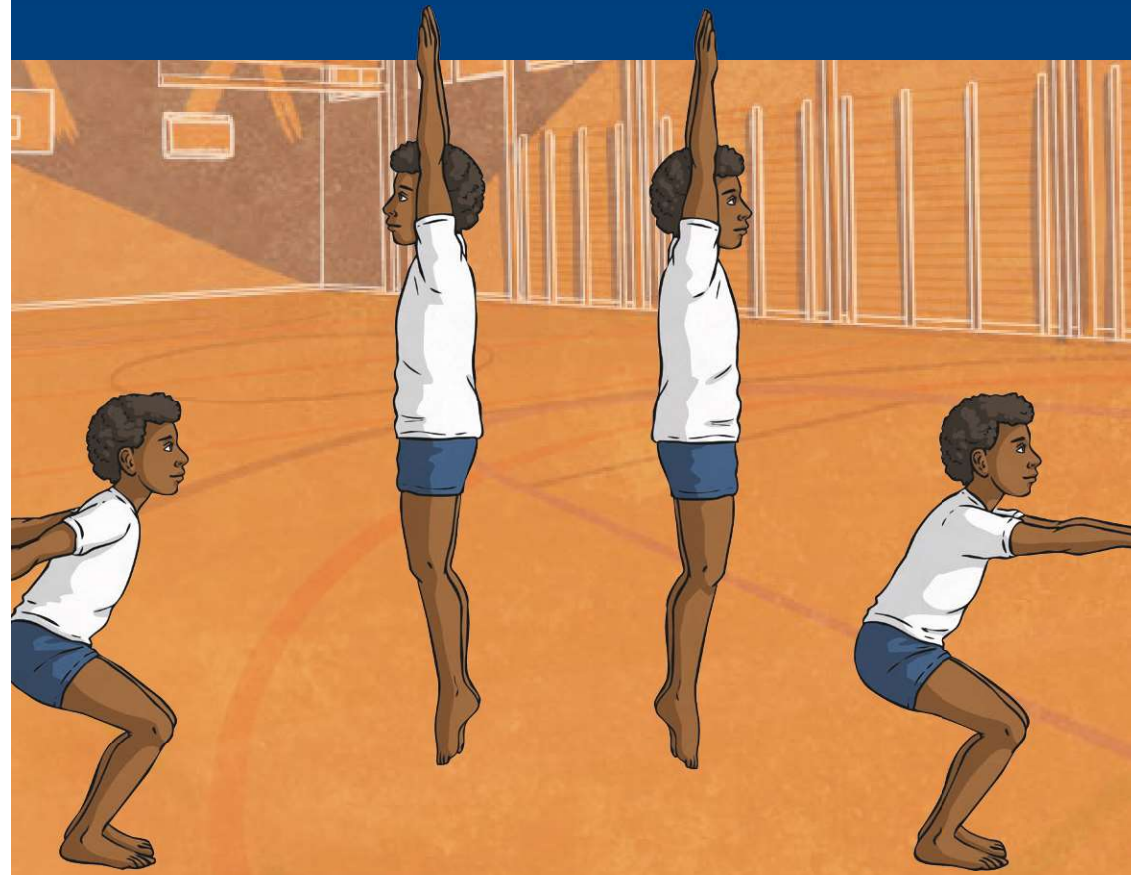
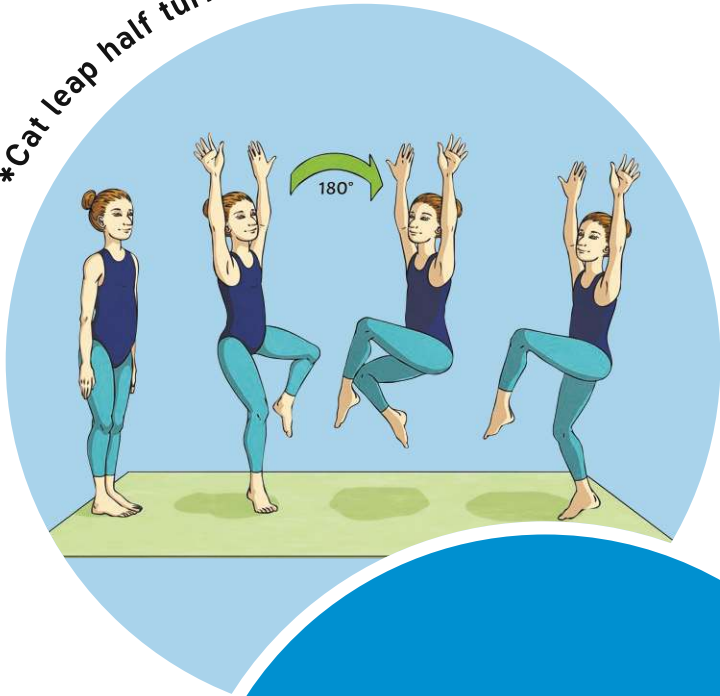




Gymnastics: Movement Glossary



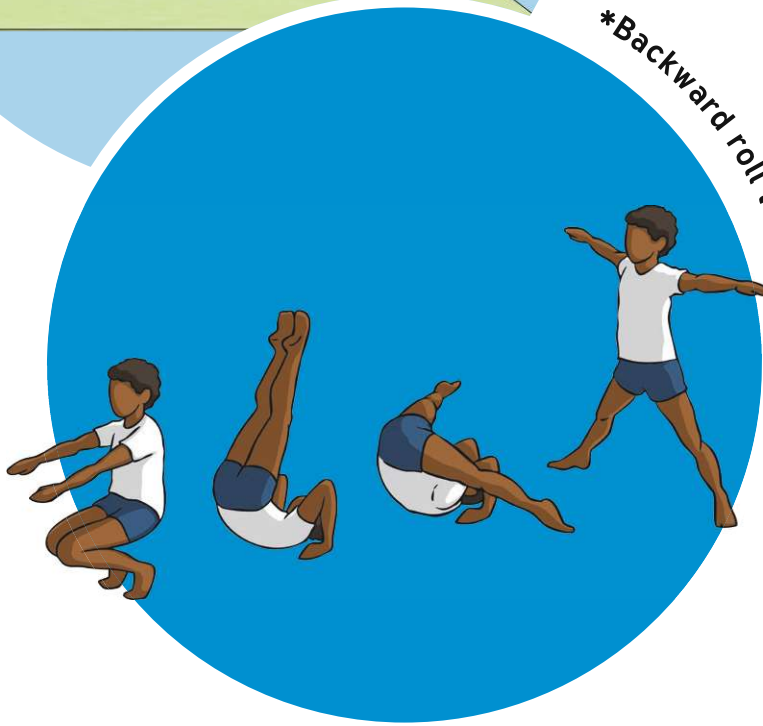
***Cat leap half turn**



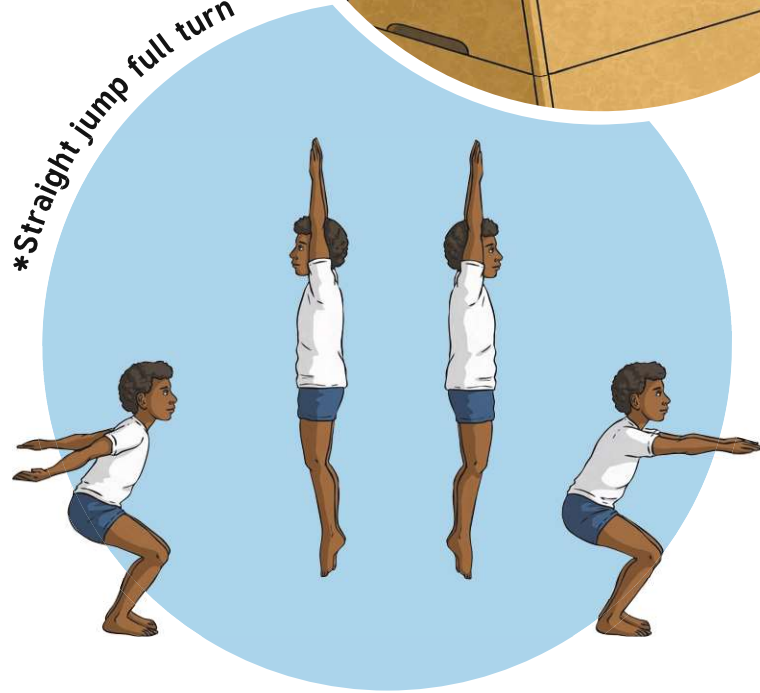
***Straddle on vault**



***Backward roll to straddle**



***Straight jump full turn**



Straddle on vault*	Vaulting movement in which the gymnast rebounds off a springboard to land on the vaulting box in a straddle position.
Straight jump full turn*	Jumping movement in which the gymnast maintains a straight upright position after jumping into the air and then turning through 360 degrees.
Tt	
Theme	The subject or recurrent idea in a sequence.
Vv	
Vaulting Box	Piece of apparatus used to vault onto or over. Often comprising of wooden sections allowing for variation of height and covered with a padded suede top.

Bb	
Backward roll to straddle*	Backward roll in which the gymnast extends the legs out into a straddle shape (straight and out to the sides) as they come over the top of the body and ends in a standing straddle position.
Cc	
Cat leap half turn*	Cat leap movement in which the gymnast turns 180 degrees in the air to face the opposite direction.
Chassis step	Movement in which the gymnast hops forward or sideways onto the ball of one foot then brings the ball of the other foot in to meet it, before hopping again onto the ball of the first foot. Performed quickly and fluently.
Control	Awareness and manipulation of physical elements of the body required to execute a skill, e.g. Combining elements of strength, coordination and balance to hold a handstand.
Ff	
Flexibility	Range of motion in and around the joints of the body allowing for greater movement, assisted by the lengthening and strengthening of supporting muscles.
Hh	
Hurdle step (onto springboard)	A hop off one foot to land on two feet on the springboard ready for take-off.

Ll	
Landing	The ending position of a skill or movement.
Lunge	Position in which the upper body remains upright while one leg is bent at the knee and placed forward of the body while the other leg is positioned straight and behind.
Lunge into cartwheel*	Cartwheel beginning and ending in a lunge position.
Pp	
Pivot	Movement in which the gymnast rotates on the ball of one foot.
Rr	
Rebound	To bounce back after hitting a surface, such as the ground or springboard, with force.
Ss	
Sequence	A combination of two or more skills performed one after the other.
Springboard	Piece of equipment comprising of a flexible/sprung wooden board, used to rebound off to gain height and momentum, e.g. Before performing a skill such as a vault.
Straddle	Position in which the body faces forward and the legs are spread out wide to the sides.
Straddle forward roll*	Forward roll that begins and ends in a standing straddle position.

