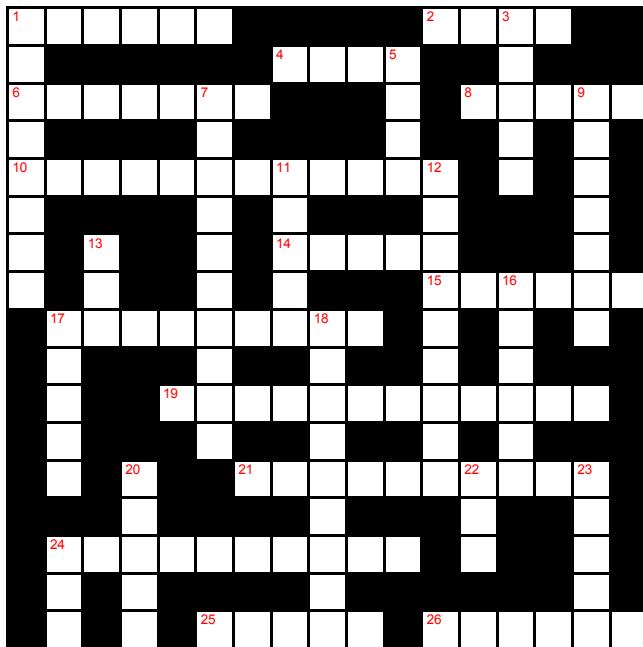


Gymnastics_17x17_2008-10-14

B.B. Huria



Across

- 1 A convex shape made by placing the hands and feet flat on the floor and arching the back. (6)
- 2 Movement taking off and landing on same foot or both feet, emphasis on proper form (upper body lifted, arm placement, extension, height, tight legs, pointed toes). (4)
- 4 A position where the legs are raised off the floor close together and the body is supported by the hands to form a "V" shape. (1-3)
- 6 A leap where both legs are horizontal with the floor, one leg straight, the other bent at the knee. (7)
- 8 A position often used to prepare for a pivot, with one foot well in front of the other and taking most of the weight with the knee bent. (5)

10 An imaginary surface in front of, and parallel to, the body, where moves are performed. (7,5)

14 A rippling movement of the ribbon which resembles the slithering action of a snake. (5)

15 Quick gliding steps with one foot always leading. (6)

17 A forward leap from one foot, landing on the opposite foot and assuming a split position in mid-air. (5,4)

19 A position with the body curved backward. (4,8)

21 The leg that moves, stretches, and/or extends; the leg that is performing. (7,3)

24 Position or leap where the legs are split and both knees are bent, with the back straight. (6,4)

25 Extending or lying across; in a crosswise direction; at right angles to the long axis. (5)

26 A position where one leg

is extended forward and the other backward, at right angles to the body. (6)

Down

- 1 A move that begins with taking off from one or two feet, then jumping backward onto the hands and landing on the feet. (4,4)
- 3 The moves a gymnast makes to get onto a gymnastic apparatus to start a routine. It is often expected to be as spectacular as the routine itself (5)
- 5 A rotation on the body's axis supported by one or both feet. (4)
- 7 A turn on the balls of the feet. (6,4)
- 9 An athlete who is skilled in gymnastics. (7)
- 11 A basic balance position where one leg is turned outward with the thigh at horizontal, knee bent and toes touching the inner knee of the other leg. (5)
- 12 The performance of a routine. (9)
- 13 A move from a position below an apparatus to a position above it. (3)
- 16 A manoeuvre by way of full body rotation in the air. (6)
- 17 To complete a landing without taking any steps. (5)
- 18 The usual term for all gymnastics equipment. (9)
- 20 Jumping and landing on the same foot, toes should be pointed in the air. (5)
- 22 Athletic facility equipped for sports or physical training. (3)
- 23 A swing through 360 degrees around the bar, with the body fully extended. (5)
- 24 Ball of one foot is next to instep of other foot; toe dig-working leg on tip of toe instead of ball of foot. (3)