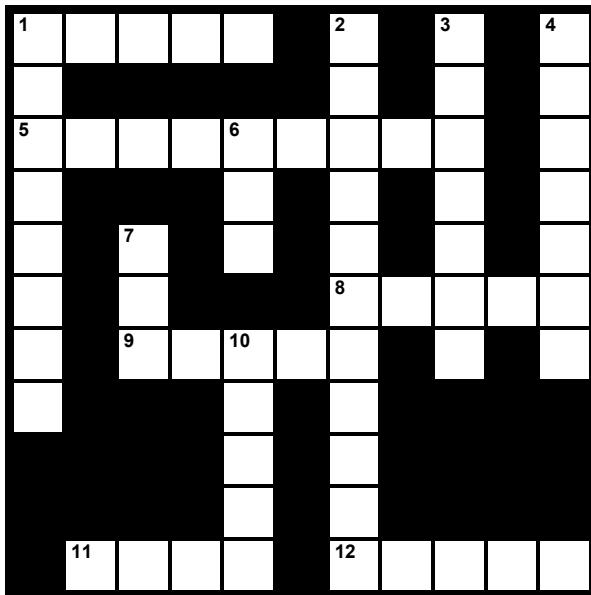


Sports_Gymnastics_11x11_2003-09-03
B.B. Huria



Across

- 1 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)
- 5 full bend of the knees, heels come off the floor. (5,4)
- 8 Extending or lying across; in a crosswise direction; at right angles to the long axis. (5)
- 9 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)

- 11 Knees are brought to the chest and the upper body bent forward. (4)

12 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)

Down

- 1 A balance on one leg, with the other leg fully extended in a front, side or rear split position. (8)
- 2 A beam about 1.2 metres above the floor, used for routines involving leaps, turns and tumbling moves. (7,4)
- 3 Act of bending a joint; especially a joint between the bones of a limb so that the angle between them is decreased. (7)
- 4 To leave the bar to perform a move before grasping it again. (7)
- 6 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)
- 7 A move from a position below an apparatus to a position above it. (3)
- 10 To complete a landing without taking any steps. (5)