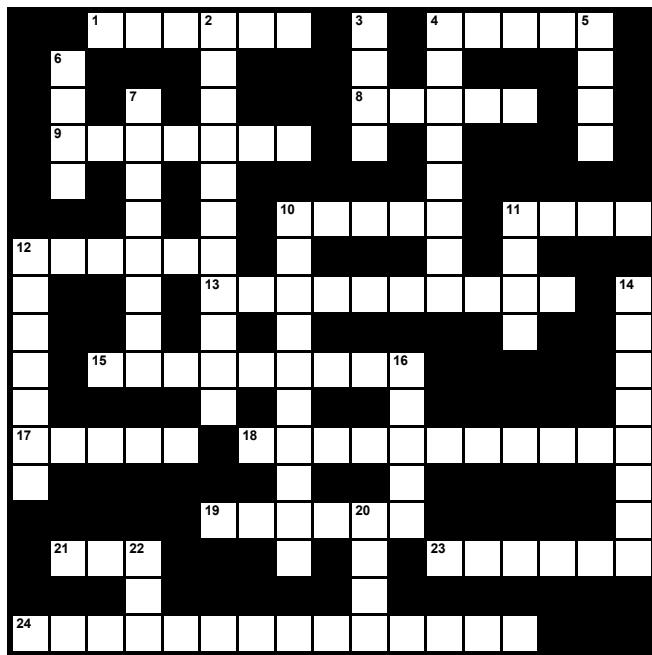


Sports_Gymnastics_17x17_2003-09-03

B.B. Huria



Across

- 1 Continuous circling movement of the body or apparatus. (6)
- 4 A move in acrobatic skills where a gymnast rotates around the body's longitudinal axis, defined by the spine. (5)
- 8 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)
- 9 A leap where a gymnast takes off from one foot, raising one knee and then the other. (3,4)
- 10 Jumping and landing on the same foot, toes should be pointed in the air. (5)
- 11 A position with the knees bent and the back straight. (4)
- 12 A convex shape made by placing the hands and feet flat on the floor and arching the back. (6)
- 13 Named after Soviet

gymnast Alexandra Timochenko, a side flexion performed in standing side splits. (10)

- 15 A roll of the hoop in any direction which returns to the gymnast. (5,4)
- 17 Extending or lying across; in a crosswise direction; at right angles to the long axis. (5)
- 18 A beam about 1.2 metres above the floor, used for routines involving leaps, turns and tumbling moves. (7,4)
- 19 raised on the ball of the foot/feet. (6)
- 21 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)
- 23 Quick gliding steps with one foot always leading. (6)
- 24 A throw of the ribbon where the cane is thrown but the gymnast grasps the end of the ribbon and pulls back on it, sending the cane flying towards

her. (9,5)

Down

- 2 A turn in the direction of the supporting leg; also known as an "inward turn". (7,4)
- 3 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 jump with a half-turn which transfers weight from one foot to the other. (4,4)
- 5 A rotation on the body's axis supported by one or both feet. (4)
- 6 Knees are brought to the chest and the upper body bent forward. (4)
- 7 Similar to the splits, but the legs are stretched out on either side of the body. (8)
- 10 An acrobatic movement where the body makes a complete revolution, heels over head; also known as "salto". (10)
- 11 A movement in which the body is bent quite far forward at the hips with legs raised high and straight, so that the gymnast forms a V shape (4)
- 12 A state of equilibrium. (7)
- 14 A common jump where the legs are brought together in the air. (8)
- 16 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)
- 20 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)
- 22 Athletic facility equipped for sports or physical training. (3)