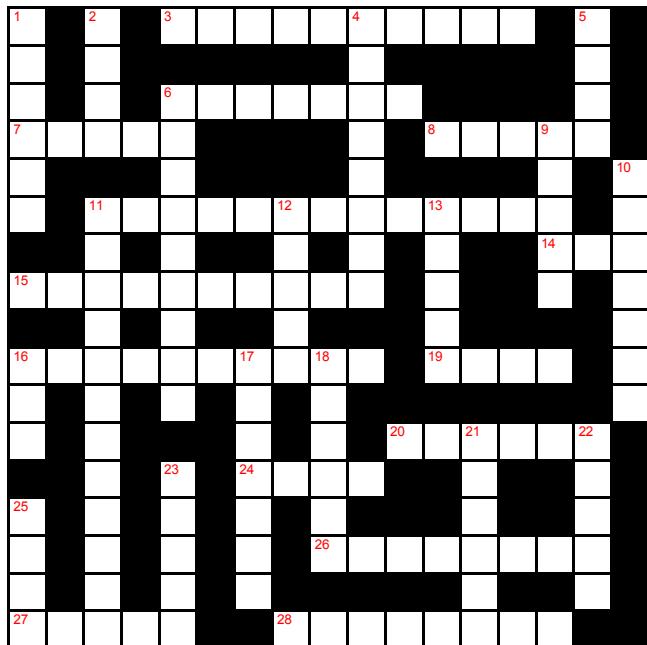


## Sports\_Gymnastics\_17x17\_2008-10-13

B.B. Huria

### Across

- 3 A turn in the direction of the supporting leg or arm; also known as a "reverse turn". (6,4)
- 6 To leave the bar to perform a move before grasping it again. (7)
- 7 Jumping and landing on the same foot, toes should be pointed in the air. (5)
- 8 A balance on one leg, with the other leg raised backwards, sideways or forwards and the upper body lowered slightly. (5)
- 11 A circular movement of a limb or eye. (13)
- 14 Athletic facility equipped for sports or physical training. (3)
- 15 An acrobatic movement where the body makes a complete revolution, heels over head; also known as "salto". (10)
- 16 Position or leap where the legs are split and both knees are bent, with the back straight. (6,4)
- 19 Knees are brought to the chest and the upper body bent forward. (4)
- 20 A position where one leg is extended forward and the other backward, at right angles to the body. (6)
- 24 A position with the knees bent and the back straight. (4)
- 26 A balance on one leg, with the other leg fully extended in a front, side or rear split position. (8)
- 27 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)
- 28 A popular strand of



gymnastics where exercises are performed on apparatus and on the floor. (8)

### Down

- 1 Quick gliding steps with one foot always leading. (6)
- 2 A spiritual teacher. (4)
- 4 To leave an apparatus at the end of a routine, usually done with a difficult twist or salto. (8)
- 5 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)
- 6 A roll of the hoop in any direction which returns to the gymnast. (5,4)
- 9 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 athlete who is skilled in gymnastics. (7)
- 11 Pre-designed routines that contain specific movements required of all gymnasts. (12)
- 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)
- 13 A move in acrobatic skills where a gymnast rotates around the body's longitudinal axis, defined by the spine. (5)
- 16 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)
- 17 Step out with one foot, then close the second foot to first foot with toe dig. (4,3)
- 18 A manoeuvre by way of full body rotation in the air. (6)
- 21 Cambre back while extending the working leg forward. (3-3)
- 22 A somersault without the use of hands. (5)
- 23 A rippling movement of the ribbon which resembles the slithering action of a snake. (5)
- 25 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)