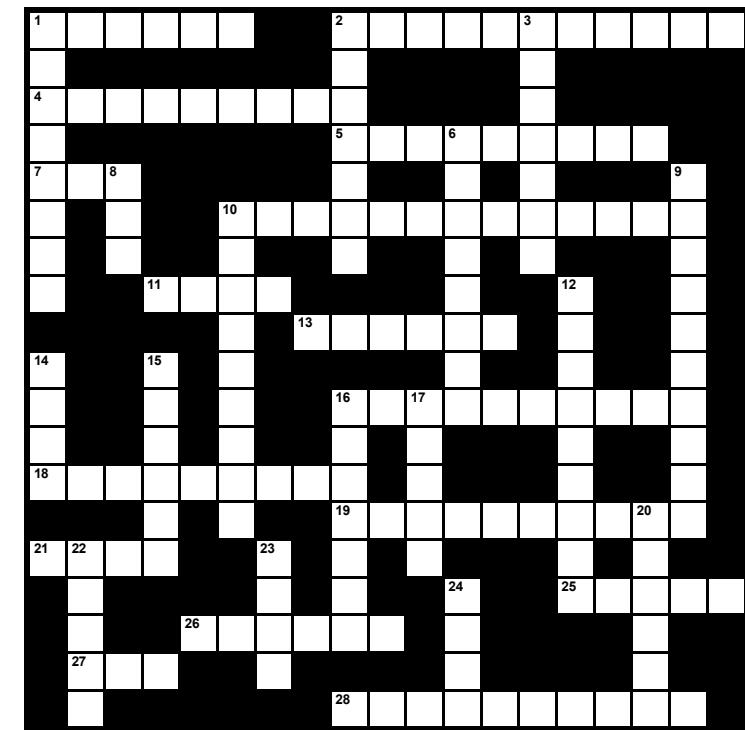


Sports_Gymnastics_19x19_2003-09-03

B.B. Huria

Across

- 1 A position where one leg is extended forward and the other backward, at right angles to the body. (6)
- 2 A beam about 1.2 metres above the floor, used for routines involving leaps, turns and tumbling moves. (7,4)
- 4 A roll of the hoop in any direction which returns to the gymnast. (5,4)
- 5 Position in which the gymnast has one leg raised behind and arms outstretched. (9)
- 7 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)
- 10 A circular movement of a limb or eye. (13)
- 11 A rotation on the body's axis supported by one or both feet. (4)
- 13 Continuous circling movement of the body or apparatus. (6)
- 16 An acrobatic movement where the body makes a complete revolution, heels over head; also known as "salto". (10)
- 18 To turn on one foot around the body's longitudinal axis. (9)
- 19 A turn executed with the working leg held straight and next to the supporting leg. (6,4)
- 21 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)
- 25 a somersault without the use of hands. (5)



- 26 A convex shape made by placing the hands and feet flat on the floor and arching the back. (6)

passing through the hips, shoulders, arms and head. (4,4)

extending the working leg forward. (3-3)

- 27 A move from a position below an apparatus to a position above it. (3)
- 28 The leg that moves, stretches, and/or extends; the leg that is performing. (7,3)

- 8 Athletic facility equipped for sports or physical training. (3)

- 9 A turn in the direction of the supporting leg or arm; also known as a "reverse turn". (6,4)

- 10 Acrobatic revolutions with the body turned sideways and the arms and legs outstretched like the spokes of a wheel. (9)

- 12 The usual term for all gymnastics equipment. (9)

- 14 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)

Down

- 1 Similar to the splits, but the legs are stretched out on either side of the body. (8)
- 2 A state of equilibrium. (7)
- 3 A leap where both legs are horizontal with the floor, one leg straight, the other bent at the knee. (7)
- 6 A wave-like movement of the entire body

- 11 The usual term for all gymnastics equipment. (9)

- 15 Cambre back while

- 16 Step out with one foot, then close the second foot to first foot with toe dig. (4,3)

- 17 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)

- 20 raised on the ball of the foot/feet. (6)

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

- 23 A position with the knees bent and the back straight. (4)

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