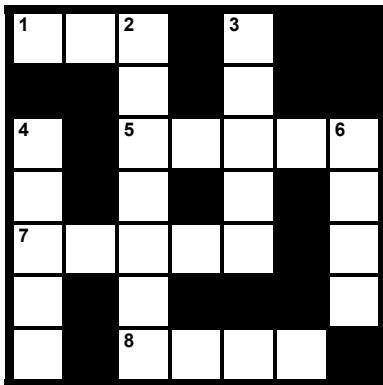


Sports_Gymnastics_7x7_2003-09-03

B.B. Huria



Across

1 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)

5 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)

7 A balance on one leg, with the other leg raised backwards, sideways or forwards and the upper body lowered slightly. (5)

8 Knees are

brought to the chest and the upper body bent forward. (4)

Down

2 An athlete who is skilled in gymnastics. (7)

3 Jumping and landing on the same foot, toes should be pointed in the air. (5)

4 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)

6 A rotation on the body's axis supported by one or both feet. (4)