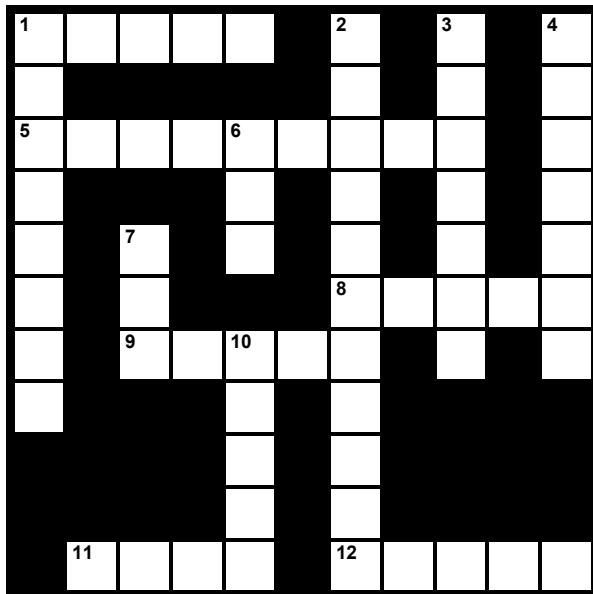


## Sports\_Gymnastics\_11x11\_2003-09-03



### 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)