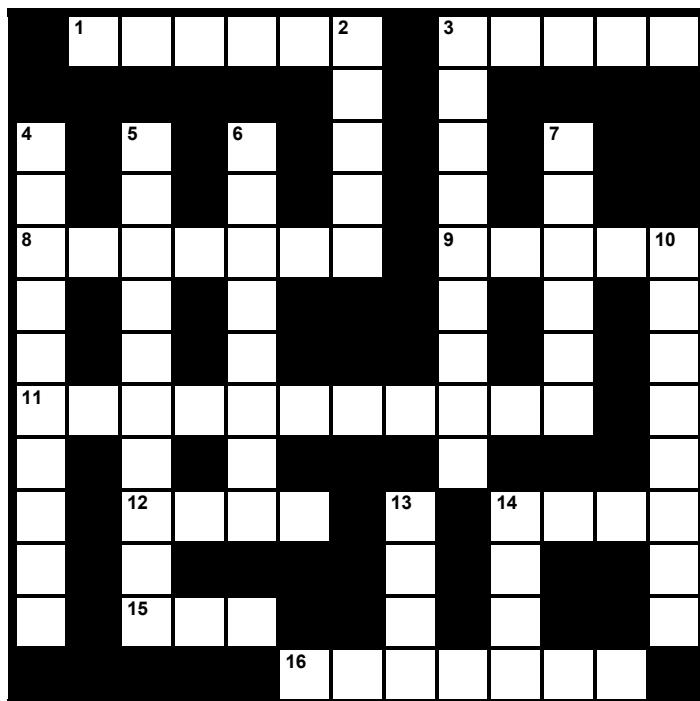


Sports_Gymnastics_13x13_2003-09-03



Across

- 1 A position where one leg is extended forward and the other backward, at right angles to the body. (6)
- 3 A somersault without the use of hands. (5)
- 8 A combination of movements or manoeuvres displaying a full range of skills on one apparatus. (7)
- 9 A move in acrobatic skills where a gymnast rotates around the body's longitudinal axis, defined by the spine. (5)
- 11 A balance on one foot, with the other leg lifted high behind, the body dropped forward and the hands

either on the floor or gripping the ankle. (6,5)

- 12 Knees are brought to the chest and the upper body bent forward. (4)
- 14 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)

- 15 Athletic facility equipped for sports or physical training. (3)
- 16 A leap where a gymnast takes off from one foot, raising one knee and then the other. (3,4)

Down

- 2 A balance on one leg, with the other leg raised backwards, sideways or forwards and the upper body lowered slightly. (5)
- 3 A forward leap from one foot, landing on the opposite foot and assuming a split position in mid-air. (5,4)
- 4 The leg that moves, stretches, and/or extends; the leg that is performing. (7,3)
- 5 Position or leap where the legs are split and both knees are bent, with the back straight. (6,4)
- 6 Strong handspring
- 7 A convex shape made by placing the hands and feet flat on the floor and arching the back. (6)
- 10 A jump with a half-turn which transfers weight from one foot to the other. (4,4)
- 13 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)
- 14 A position with the knees bent and the back straight. (4)

seen on floor or beam. Can be forward or backwards. (4-4)