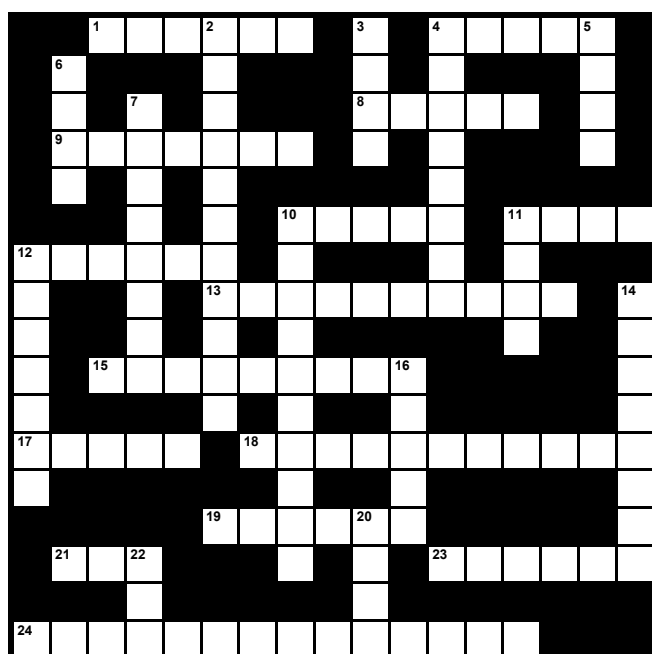


Sports_Gymnastics_17x17_2003-09-03



Across

- 1 Continuous circling movement of the body or apparatus. (6)
- 4 A move in acrobatic skills where a gymnast rotates around the body's longitudinal axis, defined by the spine. (5)
- 8 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)
- 9 A leap where a gymnast takes off from one foot, raising one knee and then the other. (3,4)
- 10 Jumping and landing on the same foot, toes should be pointed in the air. (5)
- 11 A position with the knees bent and the back straight. (4)
- 12 A convex shape made by placing the hands and feet flat on the floor and arching the back. (6)
- 13 Named after Soviet gymnast Alexandra Timochenko, a side flexion performed in standing side splits. (10)
- 15 A roll of the hoop in any direction which returns to the gymnast. (5,4)
- 17 Extending or lying across; in a crosswise direction; at right angles to the long axis. (5)
- 18 A beam about 1.2 metres above the floor, used for routines involving leaps, turns and tumbling moves. (7,4)
- 19 raised on the ball of the foot/feet. (6)
- 21 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)
- 23 Quick gliding steps with one foot always leading. (6)
- 24 A throw of the ribbon where the cane is thrown but the gymnast grasps the end of the ribbon and pulls back on it, sending the cane flying towards her. (9,5)
- 4 A jump with a half -turn which transfers weight from one foot to the other. (4,4)
- 5 A rotation on the body's axis supported by one or both feet. (4)
- 6 Knees are brought to the chest and the upper body bent forward. (4)
- 7 Similar to the splits, but the legs are stretched out on either side of the body. (8)
- 10 An acrobatic movement where the body makes a complete revolution, heels over head; also known as "salto". (10)
- 11 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)
- 12 A state of equilibrium. (7)
- 14 A common jump where the legs are brought together in the air. (8)
- 16 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)
- 20 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)
- 22 Athletic facility equipped for sports or physical training. (3)

Down

- 2 A turn in the direction of the supporting leg; also known as an "inward turn". (7,4)
- 3 Movement taking off