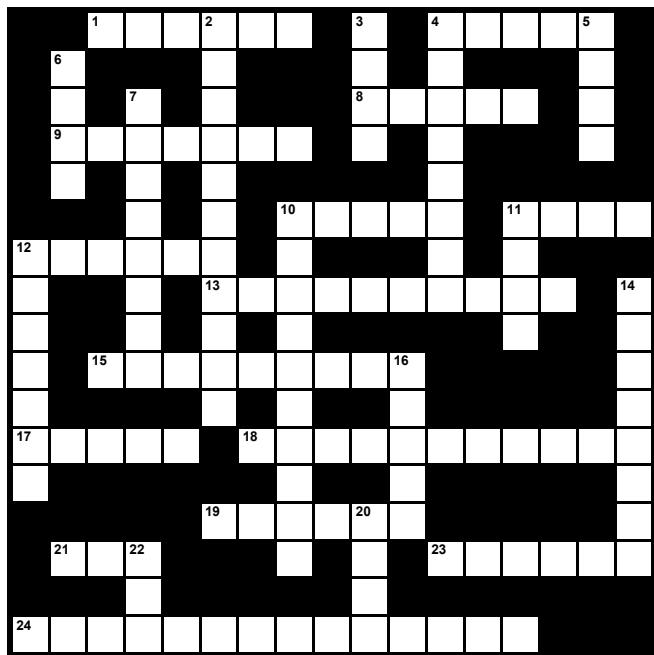


## Sports\_Gymnastics\_17x17\_2003-09-03



### 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, aside 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 )

### Down

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

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 )