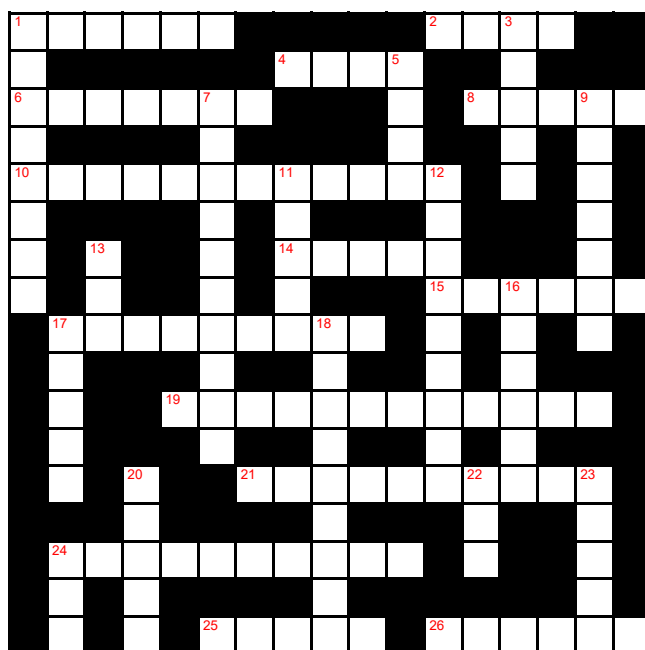


Gymnastics_17x17_2008-10-14



Across

- 1 A convex shape made by placing the hands and feet flat on the floor and arching the back. (6)
- 2 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 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)
- 6 A leap where both legs are horizontal with the floor, one leg straight, the other bent at the knee. (7)
- 8 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)
- 10 An imaginary surface in front of, and

parallel to, the body, where moves are performed. (7,5)

- 14 A rippling movement of the ribbon which resembles the slithering action of a snake. (5)
- 15 Quick gliding steps with one foot always leading. (6)
- 17 A forward leap from one foot, landing on the opposite foot and assuming a split position in mid -air. (5,4)
- 19 A position with the body curved backward. (4,8)
- 21 The leg that moves, stretches, and/or extends; the leg that is performing. (7,3)
- 24 Position or leap where the legs are split and both knees are bent, with the back straight. (6,4)
- 25 Extending or lying across; in a crosswise direction; at right angles to the long axis. (5)
- 26 A position where one leg is extended

forward and the other backward, at right angles to the body. (6)

Down

- 1 A move that begins with taking off from one or two feet, then jumping backward onto the hands and landing on the feet. (4,4)
- 3 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)
- 5 A rotation on the body's axis supported by one or both feet. (4)
- 7 A turn on the balls of the feet. (6,4)
- 9 An athlete who is skilled in gymnastics. (7)
- 11 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)

- 12 The performance of a routine. (9)
- 13 A move from a position below an apparatus to a position above it. (3)
- 16 A manoeuvre by way of full body rotation in the air. (6)
- 17 To complete a landing without taking any steps. (5)
- 18 The usual term for all gymnastics equipment. (9)
- 20 Jumping and landing on the same foot, toes should be pointed in the air. (5)
- 22 Athletic facility equipped for sports or physical training. (3)
- 23 A swing through 360 degrees around the bar, with the body fully extended. (5)
- 24 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)