

## Sports\_Gymnastics\_19x19\_2003-09-03

### Across

- 1 A position where one leg is extended forward and the other backward, at right angles to the body. (6)
- 2 A beam about 1.2 metres above the floor, used for routines involving leaps, turns and tumbling moves. (7,4)
- 4 A roll of the hoop in any direction which returns to the gymnast. (5,4)
- 5 Position in which the gymnast has one leg raised behind and arms outstretched. (9)
- 7 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)
- 10 A circular movement of a limb or eye. (13)
- 11 A rotation on the body's axis supported by one or both feet. (4)
- 13 Continuous circling movement of the body or apparatus. (6)
- 16 An acrobatic movement where the body makes a complete revolution, heels over head; also known as "salto". (10)
- 18 To turn on one foot around the body's longitudinal axis. (9)
- 19 A turn executed with the working leg held straight and next to the supporting leg. (6,4)
- 21 A position where the legs are raised off the floor close together and the body is supported by the hands to form a "V"

### Down

- 1 shape. (1-3)
- 25 a somersault without the use of hands. (5)
- 26 A convex shape made by placing the hands and feet flat on the floor and arching the back. (6)
- 27 A move from a position below an apparatus to a position above it. (3)
- 28 The leg that moves, stretches, and/or extends; the leg that is performing. (7,3)
- 1 Similar to the splits, but the legs are stretched out on either side of the body. (8)
- 2 A state of equilibrium. (7)
- 3 A leap where both legs are horizontal with the floor, one leg straight, the other bent at the knee. (7)
- 6 A wave-like movement of the entire body passing through the hips, shoulders, arms and head. (4,4)
- 8 Athletic facility equipped for sports or physical training. (3)
- 9 A turn in the direction of the supporting leg or arm; also known as a "reverse turn". (6,4)
- 10 Acrobatic revolutions with the body turned sideways and the arms and legs outstretched like the spokes of a wheel. (9)
- 12 The usual term for all gymnastics equipment. (9)
- 14 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)
- 15 Cambre back while extending the working leg forward. (3-3)
- 16 Step out with one foot, then close the second foot to first foot with toe dig. (4,3)
- 17 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)
- 20 raised on the ball of the foot/feet. (6)
- 22 A rippling movement of the ribbon which resembles the slithering action of a snake. (5)
- 23 A position with the knees bent and the back straight. (4)
- 24 Knees are brought to the chest and the upper body bent forward. (4)

