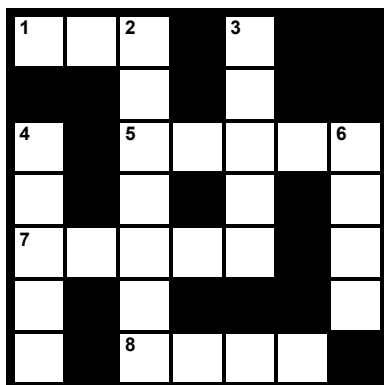


Sports_Gymnastics_7x7_2003-09-03



Across

- 1 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)
- 5 The move 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)
- 7 A balance on one leg, with the other leg raised backwards, sideways or forwards and the upper body lowered slightly. (5)
- 8 Knees are brought to the chest and the upper body bent forward. (4)

Down

- 2 An athlete who is skilled in gymnastics. (7)
- 3 Jumping and landing on the same foot, toes should be pointed in the air. (5)
- 4 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)
- 6 A rotation on the body's axis supported by one or both feet. (4)