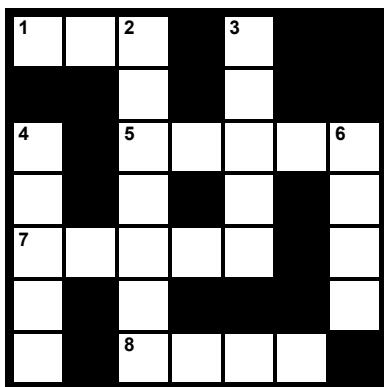


## **Sports\_Gymnastics\_7x7\_2003-09-03**



### **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)