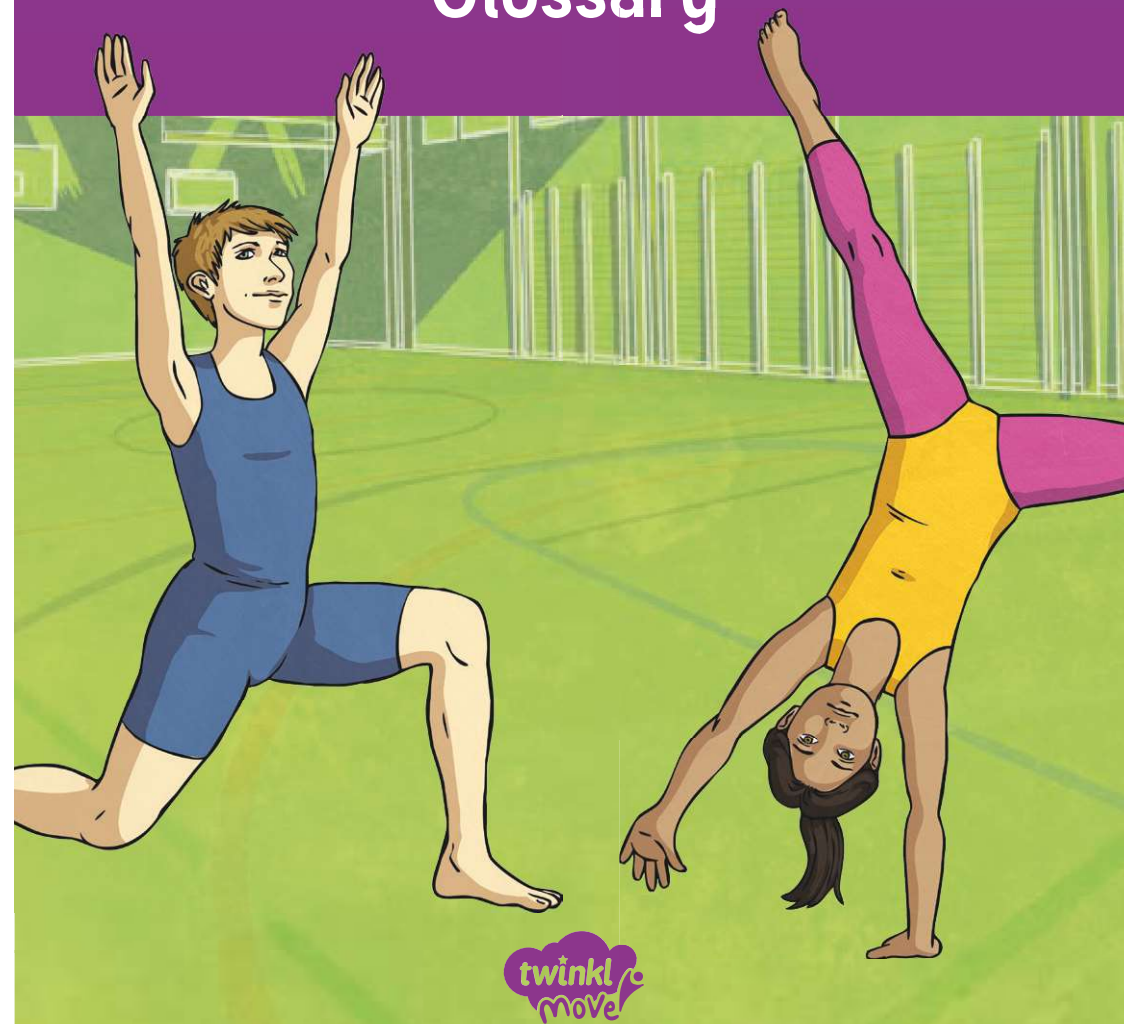




# Gymnastics: Movement Glossary



**\*Cat Leap**



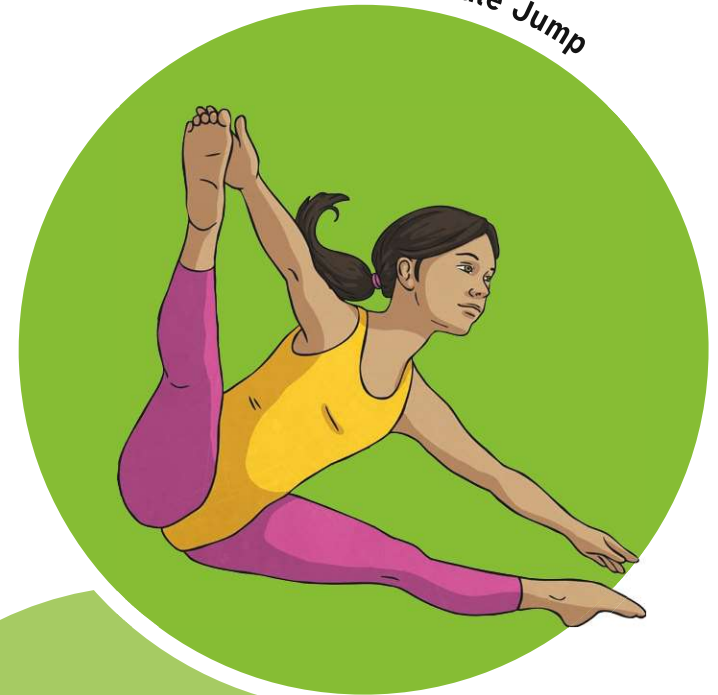
**\*Cartwheel**



**\*Forward Roll from Standing**



**\*Straddle Jump**



**\*Tucked Backward Roll**



<b>Straddle Jump*</b>	Jumping movement in which the legs are extended out and open in front of the body with toes pointed.
<b>Straight Jump Half Turn*</b>	Jumping movement in which the gymnast maintains a straight upright position after jumping into the air and then turning 180 degrees to face the opposite direction.
<b>Squat on Vault</b>	Vaulting movement in which the gymnast rebounds off a springboard to land on the vaulting box in a squat position.
<b>Tt</b>	
<b>Take-Off</b>	The action of rising or leaping from a surface and taking flight.
<b>Tucked Backward Roll*</b>	Movement in which the gymnast transitions from standing into a squat position and then rolls backwards, bringing the hips and legs over the top of the body while pushing through the hands to propel the whole body over and back onto the feet.
<b>Uu</b>	
<b>Unison</b>	When movements or skills are performed by different gymnasts at the same time.
<b>Vv</b>	
<b>Vaulting Box</b>	Piece of apparatus used to vault onto or over. Often comprising of wooden sections allowing for variation of height and covered with a padded suede top.

<b>Cc</b>	
<b>Canon</b>	Structure of a sequence in which movements are performed by one person then another in turn.
<b>Cartwheel*</b>	Movement in which the gymnast rotates the body sideways through an inverted position, using the hands and arms one at a time to support and propel the body back over to standing.
<b>Cat Leap*</b>	Movement in which the gymnast leaps into the air by pushing off the ground with one foot and raising one knee then the other high in the air while keeping the toes pointed.
<b>Chassis Step</b>	Movement in which the gymnast hops forward or sideways onto the ball of one foot and then brings the ball of the other foot in to meet it, before hopping again onto the ball of the first foot. Performed quickly and fluently.
<b>Choreograph/Choreography</b>	Planning and arrangement of the movements required for a performance.
<b>Control</b>	Awareness and manipulation of physical elements of the body required to execute a skill, e.g. combining elements of strength, coordination and balance to hold a handstand.
<b>Ff</b>	
<b>Forward Roll from Standing*</b>	Movement in which the gymnast rolls forward head over heels by placing the back of the head on the ground; beginning and ending in a standing position.

Hh	
<b>Handstand*</b>	Balance in which the hands are placed flat on the floor with the body and legs supported in an upside-down vertical position.
<b>Hurdle Step (onto Springboard)</b>	A hop off one foot to land on two feet on the springboard ready for take-off.
li	
<b>Landing</b>	The ending position of a skill or movement.
<b>Lunge</b>	Position in which the upper body remains upright while one leg is bent at the knee and placed forward of the body, with the other leg positioned straight and behind.
Pp	
<b>Pike</b>	Position in which the body is bent forwards from the hips and the legs are straight with pointed toes.
<b>Pike Jump*</b>	Jumping movement in which the gymnast jumps into a pike position in the air.
Rr	
<b>Rebound</b>	To bounce back after hitting a surface, such as the ground or springboard, with force.
Ss	
<b>Springboard</b>	Piece of equipment comprising of a flexible/sprung wooden board, used to rebound off to gain height and momentum, e.g. before performing a skill such as a vault.

