

Gymnastics: Movement Glossary



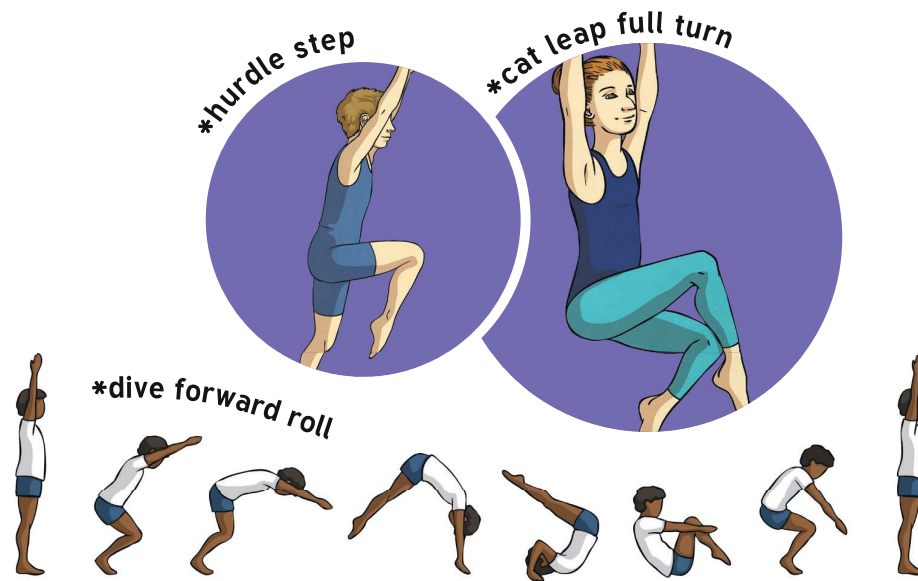
Aa	
agility ladder	Flexible strung ladder used during games and training exercises to build stamina and precision for a variety of activities.
Cc	
canon	Performing movements with a partner or group but starting at different times to perform one after the other, often overlapping.
cartwheel	Movement in 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.
cat leap full turn*	Cat leap in which the gymnast turns through 360 degrees in the air.
chassis step	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.
choreograph/choreography	Planning and arrangement of the movements required for a performance.
control	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.
Dd	
dive forward roll*	A forward roll performed after first jumping from two feet onto the hands and then controlling the weight of the body through the arms to transition into the roll.

straddle over vault*	Vaulting movement in which the gymnast rebounds off a springboard and travels over the vaulting box in a straddle position.
style	A manner of doing or presenting something, or reflecting specific ideas or an era, etc.
Tt	
take-off	The action of rising or leaping from a surface and taking flight.
theme	The subject or recurrent idea in a sequence.
Uu	
unison	Performing movements at the same time as others.
Vv	
vault	The action of travelling onto, or over, the vaulting box or other apparatus.
vaulting box	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.



Ss	
sequence	A combination of two or more skills performed one after the other.
springboard	A 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.
stag leap	Leaping movement in which the gymnast runs and jumps into the stag position in which the legs are in a splits position, but the front leg bends down at the knee and the back leg stays straight or extends up.
split leap	Leaping movement in which the gymnast runs and jumps into a splits position in the air.
squat (position)	Position in which the feet are placed about hip-width apart and the body is lowered down, keeping the back straight, to rest in a crouched position. The weight of the body is through the thighs and feet and the knees should be directly above the ankles.
squat through vault	Vaulting movement in which the gymnast rebounds off a springboard, places hands on the vault just wider than hip-width apart, and then tucks up the legs to squat through the hands and over the vault to land on the mat.
standing pike	Position in which the gymnast stands with legs together and straight and hands on the floor in front of the feet.
straddle	Position in which the body faces forward and the legs are spread out wide to the sides.

Ff	
flexibility	Range of motion in and around the joints of the body allowing for greater movement, assisted by the lengthening and strengthening of supporting muscles.
fluency	Actions performed smoothly and gracefully and with neat transitions between movements or sections if in a sequence.
Hh	
hurdle step*	A movement used to help a gymnast to get into the correct lunge position for take-off prior to performing a tumbling skill, such as a cartwheel or round-off.
hurdle step (onto springboard)	A hop off one foot to land on two feet on the springboard ready for take-off.



Ll	
landing	The ending position of a skill or movement.
linking actions	Movements performed to link sections of a sequence together and create shape and fluency in a performance.
lunge*	Position in which the upper body remains upright while one leg is bent at the knee and placed forward of the body, while the other leg is positioned straight and behind.
Pp	
perform	Presentation of a skill or routine to an audience.
pike	Position in which the body is bent forwards from the hips and the legs are straight with pointed toes.



pike forward roll*	Forward roll in which the gymnast keeps the legs straight and together throughout the movement.
pike backward roll	Backward roll in which the gymnast pikes down, keeping the legs straight and together, and reaches back with the hands to support and guide the movement.
pivot	Movement in which the gymnast rotates on the ball of one foot.
press-up	Strengthening move in which the gymnast lowers and raises the body from the ground, using the arms, while keeping the body and legs straight. Can be performed on toes for an extra challenge or on knees to make the move easier.
press-up position/plank	Static strengthening exercise in which the gymnast holds the body straight while balancing on the toes and supporting their weight by pushing the hands into the floor with straight arms. Shoulders should be above the hands and core muscles tight. Can also be performed by resting on the elbows.
Rr	
round-off*	Movement which begins like a cartwheel and then the gymnast brings the legs together quickly as they move over the top of the movement, landing with both feet together.
routine	A combination of movements (such as jumps, turns and leaps) and tumbling skills (like rolls, cartwheels and round-offs) which are linked together creatively and performed to showcase the gymnast's abilities.