

CHAPTER XIII

Competitive Developmental Gymnastics in an Intramural Sports Program

The program outlined in the following pages represents pioneer work in physical education. It solves the problem of accommodating a large group (1) in a limited space, (2) with limited equipment, by putting the emphasis upon "all-out" effort activities, tumbling, apparatus stunts, balancing, vaulting, a Pre-Flight test (See page 346) and relays. (See Chapter XIV) Even a rapidly changing personnel of both officers and cadets can be safely accommodated with this program.

While the program described below is designed for a compulsory type program of intramural sports, many of the principles and techniques of organization and administration are equally applicable to the voluntary intramural programs in high schools and colleges.

OBJECTIVES OR DESIRED OUTCOMES

The development of strength rather than skill for the beginner in which:

1. Grasps are strengthened.
2. Upper body strength is developed: Biceps, triceps and abdominals are built up assuring improved physical fitness and relative safety to the cadet as he attempts progressively difficult gymnastic stunts.
3. Individual proficiency in strength, endurance, power, agility, balance, flexibility and coordination is increased.
4. Keener interest in individual accomplishment.
5. Teamwork based on individual effort.
6. A desire on the part of the cadet to participate in gymnastics and tumbling with a view to increased and maintained physical fitness.

The competitive gymnastic program emphasizes strenuous effort and provides a challenge for all concerned. The below par cadet is motivated to strive for par standing. The man at or above par is actuated to progress beyond his immediate standing, hence an excellent spirit of rivalry is maintained.

ORGANIZATION AND ADMINISTRATION

The program must be flexible because of a rapidly changing personnel of officer coaches and cadets. As it is now administered, the Sports Program* could make assignments weekly and the gymnastic staff could meet the changing situation.

Method of Organization

The novice is given full consideration through a series of achievement tests in

* At the Pre-Flight Schools the assignments are made every four weeks for the winter schedule and six to twelve weeks for the summer schedule.

gymnastics on graded levels. (Described on page 295 under Competition) The classifications are established on a squad basis as follows:

- Squad A—Varsity
- Squad B—Junior Varsity
- Squad C—Average
- Squad D—Below Average (Developmental)

Method of Scoring

The scoring is computed on a point basis (See p. 320) according to squad requirements, records broken, and relay competition. On competition days the coach stays at the same station for uniform judging.

Distribution of Activities

Monday is "Instruction Day." The cadets attempt the stunts and coaches instruct as to the proper technique, etc.

Tuesday and Thursday are "Stunt Days" when cadets attempt to check off the stunts listed for the various levels.

Wednesday is "Relay Day." Teams compete in relays which stress upper body development. (See page 297)

Friday is "Free Day." (See pages 297, 323-336)

Attempts may be made to break existing records. (See page 298)

Participation is encouraged in Doubles and Triples Balancing. (See pages 184-194)

Instruction in Trampoline practice is given. (See page 239)

Stations of Activity

Six stations of activity have been established as follows:

- | | |
|-------------|------------------------------|
| 1. High Bar | 4. All-Out Effort Activities |
| 2. Tumbling | 5. Parallel Bars |
| 3. Ropes | 6. Balance Beam |

For Squad C rings are substituted for ropes; side horse is substituted for balance beam.

The horizontal ladder may be substituted for the balance beam, and the parachute agility jump for the vaulting box in Squad C.

The following stations are added for the spring and summer programs:*

- | | |
|------------------|-----------------------|
| 1. Vaulting Box | 7. Vertical Pipes |
| 2. Low Parallels | 8. Horizontal Pipes |
| 3. Long Horse | 9. Horizontal Ladders |
| 4. Buck | 10. Inclined Ropes |
| 5. Side Horse | 11. Climbing Shelf |
| 6. Rings | 12. Swinging Rope |

Time Allotment

The Sports Program period is sixty minutes.** One-sixth of the total time is

* *Summer Schedule.* There are twelve stations when the twelve teams are together for competition.

** In the Summer Program it is one hour and twenty minutes and approximately thirteen minutes at each station. Twelve teams compete with each other.

spent at each station. The sound of a horn is the signal to change from one station to the next. At the first blast of the horn, cadets cease activity and fall in. At the second blast of the horn cadets march to the next station in columns of twos. The coach or captain may take charge of the team. At the beginning of each period two minutes are devoted to push-ups, squat jumps, sit-ups, "V" position, etc. (See Squad D or C Stunts.)

RULES AND REGULATIONS

The competitive gymnastics and tumbling program is directed by a member of the gymnastic staff.

There are three sports periods per day during the winter. Four teams composed of 20-40 men each compete in each period. Company commanders from the Military Department are designated as athletic directors by the Sports Program Office. They make up the different teams from their entire company of approximately 180 cadets, naming the teams:

Vindicator	Corsair	Helldiver	Kingfisher
Catalina	Dauntless	Mariner	Avenger
Coronado	Wildcat	Seagull	Hellcat

These teams compete against each other during the Sports Program, four competing during the period following their regular sports instructional period. There are three Sports Program periods during the day,* with four teams competing each time. Coaches for each team are assigned by the Sports Program Office. Many of these coaches have had no experience in the teaching of gymnastics. Part of the problem then is to acquaint them with both the program and the activities. Part of the first day is devoted to orientation.

EXPLANATION DAY

The first day of each four week session is known as "Explanation Day." Half of this first period is used to acquaint both the coaches and the cadets with the apparatus and with many of the activities and safety procedures. The various stunts are also demonstrated. The latter part of the period is used to acquaint the group with the method of moving from station to station. The period terminates with a lively calisthenic workout.

Uniform.—Khaki trunks, "T" shirt and socks. Sweat suits and tennis shoes are stacked in gear rack. Gear that is not being used must be stowed in the gear rack.

Spotting.—Spotting is a safety procedure in which one or more cadets stand ready to assist or safeguard a performer. Two or more spotters are needed for every performance on the apparatus. Three spotters are needed for the flying rings; one at the front end of the swing, one in the middle and one at the back end of the swing. (See Chapter V on Safety Methods and Devices.)

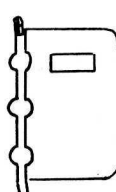
Muster.—Cadet mustering is done by the outstanding team member from the viewpoint of achievement. If he is absent, the next in rank takes over. Other cadets are seated according to number. Muster books are obtained from a cen-

* In the summer the Sports Program is one period per day.

trally located rack. (See Chart IX) They are kept in the form designated by the Sports Program Office (See Chart IX), a copy of which is placed above the muster book rack. Cadets muster five minutes before the activity. Musters are taken at the assigned places on the deck. Immediately following muster, the absentee slip is placed in the Sports Program Box for check on absentees.

COACH:											
COMPANY E	PLAYBOOK	JANUARY				FEBRUARY					
1	2	25	26			1	2				
2	2										
3	1										

CORRECT FORM FOR MAKING OUT MUSTER BOOKS



MUSTER

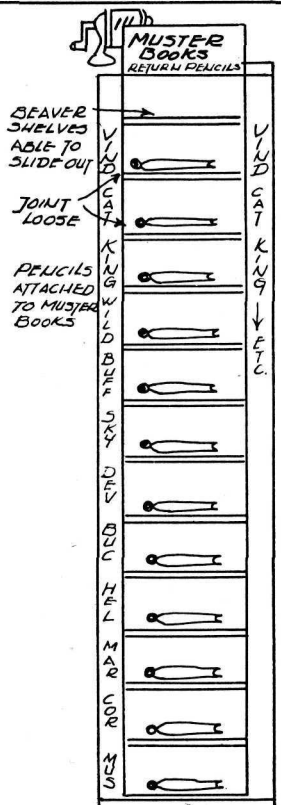


CHART IX. MUSTER BOOK AND RACK

Basis of Competition

Four graded levels or squads of achievements, Squads A, B, C and D have been established, and are based upon progressively-arranged stunts.

- | | |
|---|---|
| <p>Squad A Varsity Calibre
 First and Highest Level
 Skill and Ability Basis (See page 320)</p> | <p>Squad B Junior Varsity
 Second Level
 Skill and Ability Basis (See page 320)</p> |
|---|---|

Squad C	Average Third Level Strength and Elementary Skill (See pages 299-317)	Squad D	Below Average Fourth Level Strength. Promotion of upper body development (See pages 299-317)
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Competition is organized on a point basis. (See page 308 for point scoring.) The first day of competition: All cadets try Squad D stunts, the fourth level.

The Second Day of Competition.—Cadets who have passed the requirements of Squad D attempt the third level. (Squad C)

Squad D and C Requirements.—(See pages 299-317) Cadets work together under the supervision of their coach while in Squads D and C.

Uniforms.—Squads D and C wear the blue "T" shirts. Squad B wear the yellow shirts. Squad A wear the white "T" shirt with Squad A printed on the front. The wearing of the different colors designates at a glance the ability of the various groups, and promotes interest and motivation to advance to the next group.

Squad A and Squad B Requirements (See pages 318-320): Work in Squad A* and Squad B is on an independent basis. Coaching is done by a member of the gymnastic staff. Proper performance of a stunt is verified by a cadet on an opposing team and the stunt is then checked off on the Squad B or Squad A Chart. The check marks used are as follows:

(1st Week—1); (2nd Week—2); (3rd Week—3); (4th Week—4); (5th Week—5), etc. (See Chart No. XI, p. 320)

Squad A members may participate in the following activities after having passed all "A" requirements:

- (1) Varsity Intercollegiate Competition
- (2) Exhibitions at Championship and Basketball Games, etc.
- (3) Inter-squad Gymnastic Meets
- (4) Assist in Instruction

Squad Advancement Basis.—In order to be promoted to Squad B, the cadet must successfully complete all Squad D stunts, plus forty of the Squad C stunts. The promotion entitles his team to ten additional points. Direct advancement to Squad A (Varsity) allows his team twenty points but requires proper performance of the following stunts:

	<i>High Bar</i>		<i>Low Parallels</i>
Kip		Hand Balance for 10 Seconds	
Drop Kip		<i>Parallel Bars</i>	
Free Hip Circle		Kip	
	<i>Tumbling</i>		<i>Long Horse</i>
Front Handspring		Straddle Vault	

Rope Climb

20 foot Climb without use of legs.

The above stunts were selected in terms of the following criteria:

1. A quick screening of ability of a large group.
 - a. For quick recognition of individual differences.
 - b. For quick determination of candidates for a Varsity Squad.

* On varsity.

2. Appropriateness in teaching effective handling of the body.
 - a. For advancement with reasonable safety.
 - b. For correlation to the objectives of the general program.

Vaulting
Climbing
Tumbling

Balancing
Apparatus Stunts

3. Their importance as fundamentals for more advanced tricks.

Relay Day

This day is held every Wednesday. Some of the relays* used are the following:

Crab Crawl	Coaster Relays	Inverted Hang
Seal Crawl	Elephant Walk	Monkey Hang
Lame Dog	Horse and Rider	Tandem Walk
Running on All Fours	Horse Walk	Wheelbarrow
Medicine Ball Relays	Human Chair	Ropes
Rope Climbing Relays		

Free Day

The free day is held every Friday and permits participation in:

Doubles and Triples Balancing,** Trampoline Activities,† Attempts at Record Breaking, Climbing the Cargo Net, Individual Development Room

During half of the period, two teams are performing doubles and triples balancing stunts while the other two are performing on the trampoline.‡ After thirty minutes, the teams change activities.

Doubles and Triples Balancing

The doubles and triples balancing practice takes place on a large area covered with tumbling mats. For doubles, work is done in groups of threes; two cadets attempting the stunt, a third spotting. For triples, work is done in groups of fours, with one man spotting. All the balancing tricks are first demonstrated by the instructor or by Varsity men, who point out the different cues and the spotting positions. After the demonstration everyone attempts the stunt.

Several doubles balancing tricks are introduced during the half hour. Selection may be made from the list described in Chapter X.

Trampoline Activities

Trampoline activities are restricted to elementary tricks such as the following:

Bouncing, Twists, Land on Knees, Land on Seat, Seat to Knees (Series), Front Drop, Front Drop-Pull Through to Seat, Back Drop to Feet, Back Drop to Half Twist to Seat, Seat Half Twist to Seat

* For description of relays see Chapter XIV.

** See Chapter X.

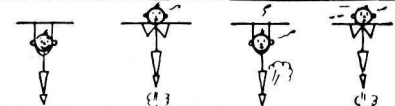



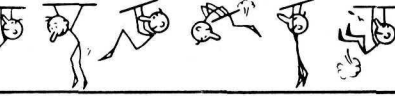
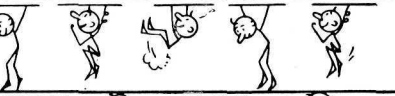
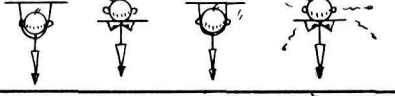

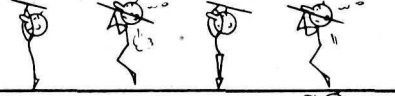



† See Chapter XI for Trampoline Activities.





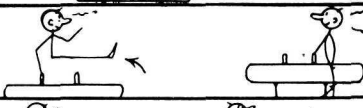
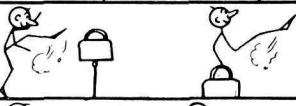




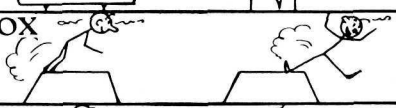

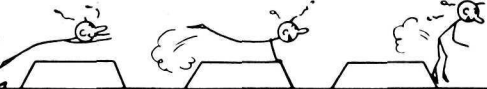
‡ Squad A men can use the trampoline every day except Friday. They can try more difficult tricks since they are a select group.






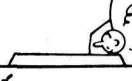




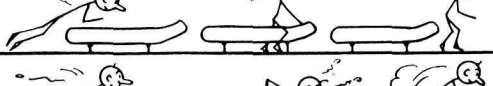


GYMNASTICS AND TUMBLING SPORTS PROGRAM




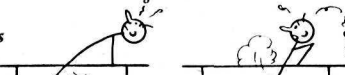









Squad D and C Stunts











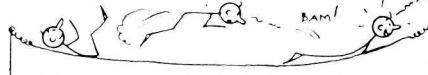


* = D Stunts

<p>HIGH BAR</p> <p>*10 Chins</p>		
<p>*3 Skin the Cats</p>		
<p>*2 Monkey Hangs</p>		
<p>Belly Grinds</p>		
<p>Skin the Cat, Belly Grind, Skin the Cat</p>		
<p>Monkey Hang, Skin the Cat, Monkey Hang</p>		
<p>8 chins to back of neck</p>		
<p>Short-under-swing Dismount</p>		
<p>One Arm Chins, Grasp Wrist</p>		
<p>Belly Grinds, Short-under-swing Dismount</p>		
<p>Back Hip Circle</p>		
<p>Single Knee Swing-up</p>		

* = D Stunts	<p>SPOT!</p>  <p>SQUAD D AND C STUNTS</p>								
*Wolf Vault									
High Vault									
Rear Vault									
Rear Vault, One-half Turn									
Thief Vault									
Scissors on End									
Shoulder Roll									
Scissors from Cross Seat									
Straddle Vault to Back Rest									
VAULTING BOX Jump to Stand, *Straddle Vault									
Jump to Stand, *Squat Vault									
*Straddle Vault									

<p>* = D Stunts</p> <p>SPOT!</p>  <p>SQUAD D AND C STUNTS</p>							
<p>Squat Vault Low & High Box</p> 							
<p>Squat Without Hands</p> 							
<p>Flank Vault Sideward</p> 							
<p>Swan Dive and Catch</p> 							
<p>Head Balance</p> 							
<p>Stand, Scissors Off</p> 							
<p>Vaulting Routine</p> 							
<p>LONG HORSE Jump to Stand *Straddle Vault</p> 							
<p>Jump to Stand *Squat Vault</p> 							
<p>Jump to Straddle Seat on Neck, *Straddle Off</p> 							
<p>Squat Vault</p> 							
<p>Straddle Vault</p> 							

<p>* = D Stunts</p>	<p>SPOT!</p>  <p>SQUAD D AND C STUNTS</p>	
<p>Squat Balance, Press to Shoulder Balance</p>		
<p>Turn Tables Legs in One-half Lever</p>		
<p>15 Back Push-ups</p>		
<p>Two Hand Elbow Lever</p>		
<p>One Hand Elbow Lever</p>		
<p>ROPES 19 Feet, *Legs and Hands</p>		
<p>*One Leg Seat</p>		
<p>*19 Feet, Climb, 10 Seconds</p>		
<p>19 Foot Climb, Hands Only</p>		
<p>2 Ropes, Up and Down</p>		
<p>Climb Up One Rope Halfway, Change One Hand to Other Rope, Climb Down Two Ropes</p>		
<p>Inverted Hand</p>		

<p>* = D Stunts</p> <p>SPOT!</p>  <p>SQUAD D AND C STUNTS</p>					
<p>TRAMPOLINE</p> <p>Seat to Stand *(sit drop)</p>					
<p>Knees to Stand *(knee drop)</p>					
<p>*Knees to Seat</p>					
<p>Knees, One-half Twist to Knees</p>					
<p>Front Drop</p>					
<p>Stand, Full Turn to Stand</p>					
<p>Back Drop</p>					
<p>Seat, One-half Twist Seat</p>					
<p>Seat to Belly</p>					
<p>Back to Belly</p>					
<p>Belly to Seat</p>					
<p>Belly to Back</p>					

SQUAD A - SPORTS PROGRAM

		High Bars	Parallel Bars	Low Bars	Uneven Bars	Flies	Tumbling	Platform	Vaults
TEAMS	CADETS								

CHART XI. SQUAD A STUNT CHART

Point Basis of Scoring

1. Scoring is based on the point system as follows:
 - One point per stunt, Squad D, C.
 - Squad B—2 points; Squad A—3 points.
 - Promotion from Squad C to Squad B—10 points.
 - Promotion to Squad A, Varsity—20 points if within the first week; 10 points after the first week.
 - Every record broken—10 points
 - Relays*—7 points every race won.

If there is an unequal number of cadets on the four teams competing against one another (i.e., Vindicator—40, Catalina—20), fifteen highest points from each team are compiled to make up the team total, or the team total can be divided by the number of cadets on the squad for the team average.

2. The highest varsity man is listed. This is obtained by the number of records that he is able to break, or by the number of stunts passed for that week.
3. The relative standing of all teams in all activities.
4. The Coach of the Week. The coach of the team with the highest total is designated the "Coach of the Week."

Coaching of Squads A and B is done by a member of the Gymnastic Staff. Other scoreboards are also set up to show individual performance in Squads A and B. (See page 298)

* Usually 6 relays given.

MAN AGAINST MAN COMPETITION

Another method of conducting the Intramural gymnastic program was successfully developed at one of the Pre-flight schools. This scheme works best where there are only two teams involved.* Competition is conducted like a regular dual meet but the teams are organized on a man against man basis. This plan, now included in the intramural program at Florida State University, follows:

Points

- House—5 for winning
- Interdivision meets—10 points

Gymnastic Clinic

A gymnastic clinic is held during the second week of school in the Fall.

Personnel of Team

A team is comprised of six performers who must compete in all events except Double Balancing. In Double Balancing two men represent the team.

Events

1. High Bar—Single knee swing up, short underswing dismount.
2. Low Parallel Bars—Hand balance facing inward (mat over bars). Two attempts are allowed.
3. Tumbling—Three cartwheels (in a straight line).
4. Tumbling—Front Handspring.
5. Balancing—Hand walk for distance. The performer does not score unless he walks beyond a line 6 feet beyond starting point. If he can return to starting line he may have a second try.
6. Double Balancing—Shoulder-head-knee balance, to shoulder to shoulder to shoulder balance and forward roll.
7. Rope Climb—Twenty foot rope climb.

Order of Events

1. High Bar
2. Low Parallel Bars
3. Tumbling
4. Tumbling
5. Hand Walk
6. Double Balancing
7. Rope Climb

Officials

One judge provided by the Intramural Office and two scorers, one from each team.

* A trampoline meet likewise can be administered satisfactorily.

Method of Scoring

The meet is organized on a man against man basis. Their performance is evaluated by the judge, and the better performer scores one point for his team in all events except Double Balancing. In Double Balancing the winning pair scores 3 points for their team.

SPORTS PROGRAM STUNTS AND RECORD PERFORMANCES

On Floor (All Out)

1. *Balance on toes*

Stand on one foot, eyes closed, hands clasped over head. (Record—49 secs.)



2. *Forearm balance*

Place forearms on floor, palms down, head up—kick up to a balance. (Record—1 min. 47 secs.)



3. *Hand balance*

Stand motionless on one spot on hands. (Record—1 min. 50 secs.)



4. *Hand walk (floor)*

Walk on hands while in the hand balance position. (Record—186 ft.)



5. *Hand walk—(Low parallels)*

Walk the length of parallel bars, turn and walk back, etc. (Record—6.)



6. *Kneeling back—bend*

Take a kneeling position, hands behind the head, lean backward so that head touches the floor. (Record—64.)



7. *Leg lifts and Sit-ups*

Lie flat on back, lift legs so they are perpendicular to the deck, then lower, continue . . . Sit-up from flat on back, hands behind head, feet not anchored. (Record—500/500.)



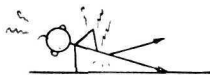
8. *Left side support*

Take a prone position, roll to side leaning position, balance on left arm and left leg, lift right leg up sideways. (Record—130.)

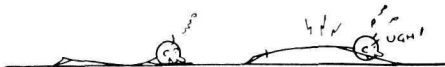


9. *Right side support*

Take a prone position, roll to side leaning position, balance on right arm and right leg, lift left leg up sideways. (Record—130.)

10. *Extension press-up*

Lie on deck, arms outstretched, palms down, legs together and straight. Head held down and shoulders kept low. Press forward with toes so body is raised from the deck, hold body about 5-6 inches from the deck. (Records—4 min. 15 secs.: no. of times—25.)

10a. *One arm extension press-up*

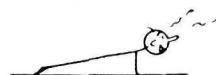
Same as 10 using one arm. (Record—2 mins.)

11. *Push-ups on hands*

Lie on abdomen, hands at side of chest, fingers straight, body rigid, push up and down. (Record—325.)

12. *Push-ups on fingers*

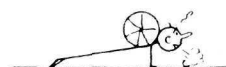
Lie on belly, hands under chest. Push body from deck to straight arm support, using finger tips, not flat of hand. (Record—84.)

13. *Push-ups slapping chest*

Do push-ups. At the top of push-up lift hands from deck and slap chest with hands. (Record—75.)

14. *Push-ups with 9 lb. medicine ball*

Same position as for push-ups on hands, except a 9 lb. medicine ball is balanced by a helper on the shoulders. (Record—305.)



15. *One arm push-ups*

Take a prone position same as for push-ups from deck. Place one hand behind the back and press up. (Record—84.)

16. *One-half lever*

Sitting position, place hands at side, lift feet and buttocks from deck. Legs are then parallel to the deck. (Record—80 secs.)

17. *Sit-ups (feet not anchored)*

Sit with legs together and straight, fingers laced, back of neck, lie back and sit up. The feet may be lifted slightly. (Record—2326. Sit-ups, Inclined Board—47.)

17a. *Sit-ups—back arched*

Touch deck with back of head only. (Record—75)

18. *Skip forward and backward over leg*

Hold to one toe with one hand. Hop forward and backward over leg without releasing grasp. (Record—34½.)

19. *Squat (Right leg forward)*

Place hands back of neck. Squat on left foot, hold right leg straight forward. (Record—47.)

20. *Squat (Left leg forward)*

Same as 19; holding left leg straight forward. (Record—41.)

20a. *Jump over stick*

Hold stick at shoulder width. Jump over stick maintaining grasp. (Forward and backward equals once.) (Record—41½.)



21. *Wrestler's bridge*

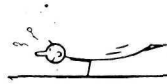
Head placed on mat, arms on chest, feet spread apart, body slightly flexed at hips. Turn over to back position and then to front position without touching hands to deck. (Record—33.)

22. *Eight foot jump agility test*

Jump from eight foot platform, land on both feet, perform a forward roll, sideward roll, backward roll, respectively. Time is taken when feet hit on landing from platform. (Record—2.5 secs.)

23. *Elbow lever on deck*

Body supported on elbows (in the belly) with hands on deck, body straight, feet together, head up. (Record—3 min. 46 secs.)

24. *Forearm balance walk for distance*

Balance on forearms then walking forearm over forearm for distance. (Record—43' 9".)

25. *Hand walk fifty feet for time*

Walking on hands from a running start. (Record—8.3 secs.)

26. *Handwalk with 9 lb. medicine ball*

Same as 25 with 9 lb. medicine ball between knees. Ball must be kept in position by performer. (Record—132 feet.)

27. *Headbalance to handbalance*

Headbalance, press up to hand balance, then lower to head balance again. (Record—8.)



28. *Headbalance; Straight leg lifts*

Headbalance, lower legs (straight) and touch deck and getting back to headbalance each time. (Record—45.)



29. *Push-ups; Crab position*

Backbend position, bend arms and touch back of head then push back to original position. (Record—91.)



30. *Squat balance touch knees*

Supporting body on elbows, knees outside arms, head up, release knees from elbows and touch together. Return back to elbows each time. (Record—45.)



31. *Squat jumps*

Placing hands on top of head, fingers interlocked, feet 6 inches apart, squat down and sit on rear heel, keeping body erect at all times. Jumping up and change position of feet (6 inches) and landing in squat position. (Record—156.)



32. *Wrestler's turnover on medicine ball*

With head resting on medicine ball, hands are free, turn over to wrestler's bridge (head resting on ball, body arched and feet on mat), then turning back again to original position. (Record—33.)



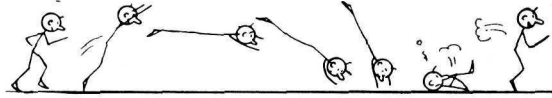
33. *Wrist twist*

Grasping wand with weight suspended to the floor. Hold at arms length and turn wand by wrist action until weight is under wand. Release weight to floor and twist wand lifting weight off the floor. Arms up opposite shoulders at all times. (Record—91½.)



34. *Diving roll*

Run and dive for distance, completing dive in forward roll. (Record—14' 4".)

35. *Number of sit-ups in five minutes; feet unanchored*

Lying flat on deck, hands back of neck, sitting up, keeping feet on deck, unanchored. (Record—132.)

36. *Number of sit-ups in five minutes; feet anchored*

Same as 36, feet anchored in any fashion. (Record—157.)

37. *"V" position*

Sitting position; legs straight; hands behind head; lift legs 6 inches above deck. Hold for time. (Record—20 min. 25 secs.)

38. *Forearm balance to hand balance*

Press from forearm balance to a hand balance. (Record—2)

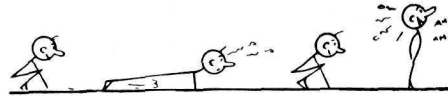
39. *V-Roll*

From a seat on the deck, raise both legs and bend the trunk forward forming at least a 90 degree "V" position balancing on the buttocks; arms extended forward upward to maintain balance. Hold momentarily. Roll right or left over the hip and come to a prone swan balance on the lower abdomen—hold momentarily. Return to "V" position by turning over the opposite hip. From "V" position to swan balance back to "V" position constitutes one "V" roll. (Record—32)



40. *Burpees*

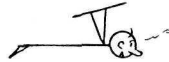
From a stand, take a crouch sitting position; then a stoop falling position; back to a crouch sitting position and return to stand. These four successive movements constitute one burpee. (Record—40 in 30 secs.)



On High Bar

1. *Back lever*

Ordinary grasp on bar, pull through from hang position to half lever, legs straight, head up. (Record—53 secs.)



2. *Front lever*

Lifting body to a horizontal position by use of hands and arms. (Record—19.5 secs.)



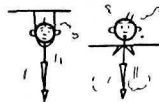
3. *Belly grinds*

Start from hanging position (ordinary grasp), pull legs up and over the bar, end up in hanging position. (Record—26.)

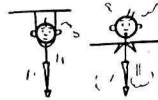


4. *Chins*

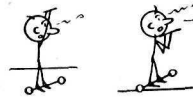
A. Use ordinary grasp, thumbs around the bar; straight pull-ups—no swing. (Record—46.)



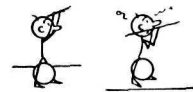
B. Use reverse grasp; straight pull-up—no kicking, chin even with bar. (Record—46.)



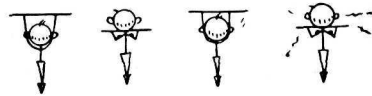
C. Use reverse grasp. Hold 50 lb. weight on instep. (Record—11.)



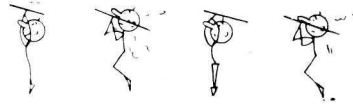
D. Use reverse grasp. Hold 9 lb. medicine ball between feet. (Record—21.)



E. Use ordinary grasp. Wide arm spread, pull up and touch back of neck. (Record—20.)



F. Grasp forearm of the one arm holding on to bar. (Record—21.)



G. Same only grasp bicep instead of forearm. (Record—6.)



H. Ordinary grasp; raise legs to half lever, instead of hanging straight down. (Record—21.)

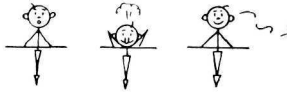


I. One finger chins. (Index fingers.) (Record—14.)

J. One arm chins. Chin with one arm. (Record—2.)



R. Chin dips. From front rest lower arms to chin and push-up to rest. (Record—15.)



5. *Pull up both hands leading*

Jumping and grasping high bar with over grasp and pulling body to front rest position. Lower down to hang and repeat. (Record—12.)



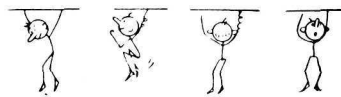
6. *Fence vault*

Stand grasp both bars, spring off from both feet over bar without touching any point of the body except the hands. (Record—6' 3".)



7. *Monkey hang*

Start from hanging position, ordinary grasp on high bar. Bring legs up and through arms, allow legs to drop through as far as possible, then drop one hand and pivot on one arm until your body makes one complete turn, then grasp bar with free hand—repeat. (Record—20.)



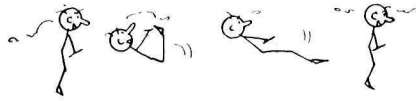
8. *Skin the Cat*

Come to a hang on the bars, flex at hips and pull through to inverted hang—return. (Record—25.)



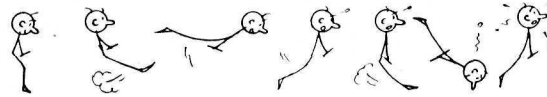
9. *Drop kips*

From front rest position, drop to kip position and kip to rest. (Record—25.)



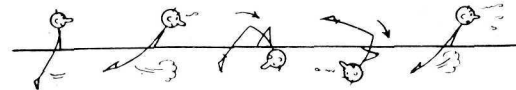
10. *Free Hip Circles*

From a front rest execute a series of free hip circles. (Record—19.)



11. *Forward Hip Circles*

From a front rest execute a series of forward hip circles. (Record—42.)



12. *Giant swings*

Swinging by hands in a complete circle, (Forward—backward). (Record—20.)

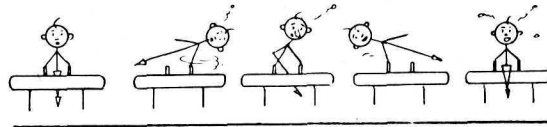


On Side Horse

1. *Giant Hip Circles*

Swing legs around horse over both pommels. (Record—28.)

2. *Scissors Ordinary* (Record—58.)



On Low Bar

1. *Short underswing dimount for distance*

(From high bar lowered to chin height) Grasp high bar with ordinary grasp, bring instep of one foot to bar and then swing under the bar and kick both legs out and push with hands. Land out for distance. (Record—10' 3".)



Parallels1. *Dips*

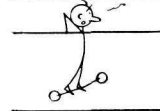
A. Grasp the ends of the parallel bars. Push up to straighten the arms, let down and push up. feet do not touch the floor. (Record—34.)



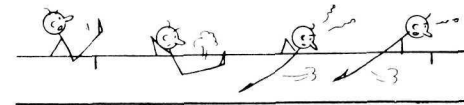
B. Reverse Grasp. (Record—20.)



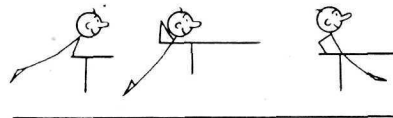
C. Same as A. 50# weight on instep. (Record—15.)



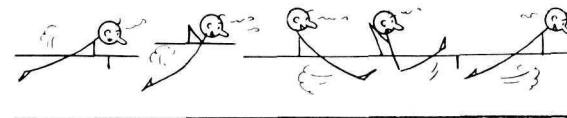
D. Swinging dips backward. Swing from shoulders, dip on back end of swing to bent arm and raise on forward swing. (Record—30.)



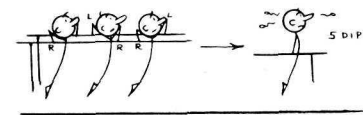
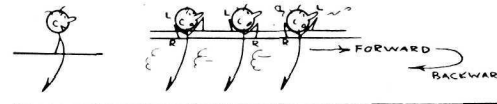
E. Swinging dips forward. Swing from shoulders, dip on forward swing and raise on backward swing. (Record—43.)



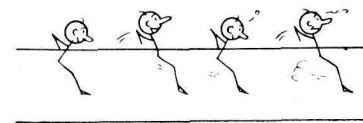
F. Swinging dips Backward and Forward. On each forward and backward swing, bend and come to straight arm support. (Record—31.)

2. *Grasshopper Walk Forward and Dips*

Grasp ends of the bars, hold body in a full bent arm position. In this position walk forward to the opposite end of the bars and straighten out the arms-up and down. (Record—29.)

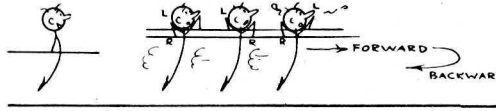
2a. *Grasshopper Walk Backward and Dips* (Record—31.)3. *Grasshopper Jump and Dips*

Start at one end of bars. Straight arm support. Bend at elbows. From this position, hop the length of bar, at end do dips. (Straighten arms then bend, then straighten, etc.) (Record—29.)



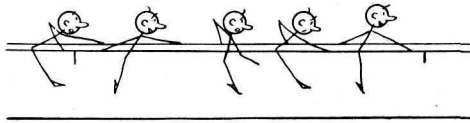
4. *Grasshopper Walk forward and backward and dips*

Walking length of bars in bent arm position, forward and backward then executing dips at end of bars. (Record—22.)



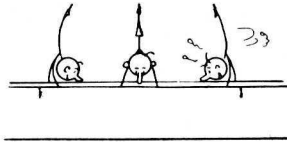
5. *Lion's Crawl and Dips*

Same beginning position as the Grasshopper Walk. Walk with one hand as far forward as possible and push out by straightening the arms. Repeat the entire length of the bars and then at end of bars straighten out the arms up and down. (Record—16.)



6. *Pirouettes*

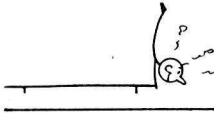
Handbalance on both bars—bring right hand to the bar which the left hand is on. Hold handbalance on that one bar. Now bring left hand backwards to the bar that right hand was on originally. Hold that balance . . . that completes a pirouette. (Record—8.)



Low Parallels

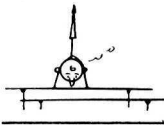
1. *Handbalance*

Stand on hands for time. (Record—2 mins. 16 secs.)



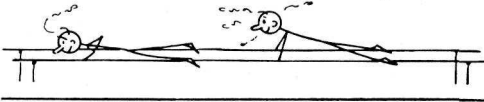
2. *Handbalance on one bar*

Handbalance on one bar for time. (Record—60 secs.)



3. *Pushups*

Front leaning rest on bars, push-ups similar to floor push-ups. (Record—202.)



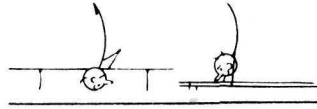
4. *Parrot Handbalance on Parallel Bars*

Handbalance on one bar. (Record—24 secs.)



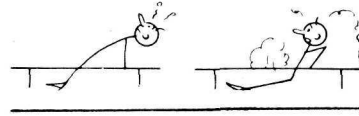
5. *Shoulder balance to handbalance*

On low parallels. Push to handbalance from a shoulder balance. (Record—6.)



6. *Push-ups (Back)*

Sitting on floor between bars reaching backwards, support body on hands on bars, raise body, tossing head back each time body is lifted upward to a support rearways. (Record—89.)



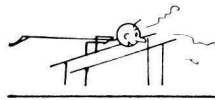
7. *Turn-table (legs in 1/2 lever)*

Support body with arms, lift legs parallel to mat, swing legs over left bar, bring right hand to left bar; then bring left hand back to bar right hand was on originally, throughout this movement, legs are not allowed to touch the bars. (Record—32 1/2.)



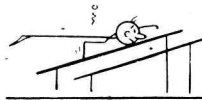
8. *Elbow lever*

Both elbows on belly and body in horizontal plane; supported by hands on bars. Body straight, head up. (Record—3 min. 30.5 secs.)



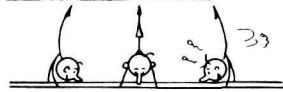
8a. *One Hand Elbow Lever*

Body supported on one elbow.

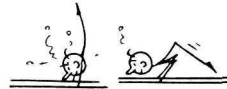


9. *Pirouettes*

Handbalance, then pirouetting counting 1/2 turn as one pirouette. (Record—9.)



10. *Straight Leg Bend Arm Press to Hand Balance*



Ropes

2. *Rope Climb 20 feet*

Single rope climb, hand over hand, starting from sitting position. (Record—4.9 secs.)



2. *Ropes. Double rope climb*

Same as 1 using two ropes. (Record—7.3 secs.)



3 *Ropes with 27½ # pack (parachute pack)*

Same as 1 with weight on shoulders, sacks on shoulders. (Record—8.2 secs.)



4. *Inverted Rope Climb*

Climb with feet overhead (Record—7 secs.)



Rings

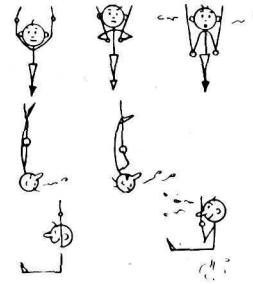
1. *Handbalance*

On still rings. (Record—45 secs.)



2. *Pull-ups both hands leading*

Grasping rings, overgrasp, pull to front rest. Lower body and repeat. (Record—9.)



Inverted Hang

Pull-ups in Inverted Hang position. (Record—36)

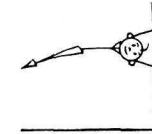
Chins—legs in Half Lever

Pull-ups with legs in Half Lever position. (Record—20)

Stall Bars

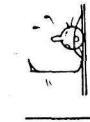
1. *Flags*

Very wide grasp on bars and pulling body up to a horizontal position. Arms straight and legs even with hips. (Record—23 secs.)



2. *Leg lifts*

Hang raise straight legs to half lever or "L" position then lower and repeat. (Record—81 times.)



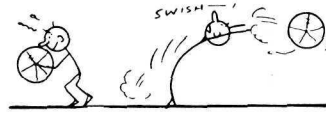
3. *½ Lever with 9 # medicine ball*

Supporting medicine ball on legs while in "L" position, body suspended from top stall bar. (Record—41 secs.)



Medicine Ball1. 9 lb.—*throw for distance*

With back to field, medicine ball between hands, bend forward and bring ball between knees; throw it back over the head for distance. (Record—50 ft.)

2. 6 lb. *throw for distance*
63' 6"

Straight legs bent as in press hand balance, 7

Squat Balance, 2 min. 48 secs.

Punching Bag

Hitting punching bag, 225 per min.

Snap-ups, 144

Best all-round gymnast

The performer showing the best all-around ability on all apparatus.

Best doubles team

The two performers working together as a team and showing the best progression.

Best triples team

Same as above on three best men working as a team.

Best performer

High Bar; Parallel Bars; Side Horse; Long Horse; Trampoline; Tumbling; Flying Rings.

POST THESE RECORDS:
WHAT ARE
YOUR RECORD
PERFORMANCES?

Daily Reminder Board

Another effective board which is helpful in administering the program from day to day has been designated "Daily Reminder Board." On this board appear notices that seem most important for both the coaches and the cadets to note on any particular day. Typical reminders are the following:

<p>Remember to Spot Each Other</p>	<p>Last Day This Week to Check Off Stunts</p>	<p>Junior Varsity (Squad B) Requirements: 1. Pass all Squad D Stunts 2. Pass 40 Squad C Stunts</p>
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Grading of Cadets in Sports Program

The cadet is graded in the Sports Program on the basis of Superior, Average, Inferior. Chart XII shows a suggested grade scale which coaches may use in giving the cadets a grade for inclusion into their permanent file.

NO. OF STUNTS		GRADE	GRADE		
Grading for 1 wk. Period	Below 25	= Inferior	Grading for 4 wks. period	Below 40	= Inferior
	25-35	= Average		40-60	= Average
	Above 35 Any cadet who makes B or A.** Any Cadet who breaks a record	= Superior		Above 60	= Superior

CHART XII. SUGGESTED GRADE SCALE FOR SPORTS PROGRAM GRADE*

* Varsity men receive a numerical grade starting with 3.5.

** Grade Scale can be devised to suit various local situations.

SQUAD A (VARSITY) INTER-SQUAD MEETS

Administration of Gymnastic Meets.
 Rules of Competition in Squad A Meets.
 Suggested Stunts and Routines for Squad A competition.
 Physical Fitness Tests.

Events

Regular gymnastic meets* may be held between Squad A members. Competition should include:

Horizontal Bar
 Side Horse
 Rings (Still and Swinging)
 Parallels
 Long Horse
 Tumbling

Type of Routines.—Routines should be one set and one optional on each apparatus except ropes. Rope climbing should be for time. A different type of climbing will be prescribed from time to time. The type of climbing required at any one time will be one of the following kinds:

1. With the use of legs
2. Without the use of legs
3. Combinations of 1 and 2

A competitor's climbing time will be transferred into points as shown in the rope climbing time. Point Value Table (See page 345).

Officials.—Officers of the gymnastic staff should judge this type of gymnastic meet as considerable background is required to judge fairly. Three judges should be used for each event. One man is designated as the official referee for the meet. Other officials needed are:

Scorers	Announcer
Messenger	Recorder

Scoring

Individual Scoring.—A definite system of scoring should be used such as:

1. Difficulty—5 Form 5—Continuity or Unity—5
2. Difficulty—7 Form 5—Continuity—3
3. The Judges shall record a numerical mark for each routine on a basis of 0 to 100. They shall take into consideration the following:

Required Routine.—Since this type of routine is known beforehand by all competitors, only two factors need be considered: form and execution.

* A Varsity schedule of competition and exhibition should be arranged if possible.

Optional Routine.—In rating this type of routine, the judge of the particular event should give consideration to:

Difficulty: Originality, risk, strength, grip changes, balances, and mastery requiring intensive practice.

Combinations: Variety, changes from one position to another without unnecessary intermediate swings, turns or swings, both left and right and shifting of position.

Execution and Form: The routine should be a smooth, rhythmic routine without unnecessary pauses; knees straight; legs together; toes pointed; head erect; arms straight as the routine may require. There shall be no excess motion nor undue effort displayed.

Approach and Retreat:

Judgment shall be expressed for required and optionals in points as follows:

Excellent Performance	90 to 100 points
Good Performance	70 to 90 points
Satisfactory Performance	50 to 70 points
Poor Performance	30 to 50 points
Very Poor Performance	0 to 30 points

Team Scoring

The team with the highest score shall be the winner. To determine the team score the aggregate score will be taken.

Explanation of a Gymnastic Meet to Audience

Gymnastics as a competitive event is new to a lot of people. For this reason, it might be advisable to have the announcer present a simple statement prior to the start of the meet. Such a sample statement follows:

"This may be the first time many of you may have ever witnessed a gymnastic meet. With this in mind, I shall endeavor to explain how a gymnastic meet is conducted. This is a triangular meet between the Varsity Team, the Freshman Team, and the Varsity Team of the U. S. Navy Pre-Flight School.

Each team is permitted to enter as many performers as it desires in each event, but only the score of that team's three highest men counts in compiling their score for that event. At the termination of the meet, the points of each team are totaled and the team having the highest aggregate of points wins the meet.

The order of events, seven in all, follows: horizontal bar, side horse, flying rings, parallel bars, long horse, tumbling, and trampoline. Each team will alternate in having one of its competitors perform the first exercise on the respective apparatus.

The score of each performer is judged on the following basis: 7 points for difficulty, 5 points for form, and 3 points for the continuity or unity of the routine. This includes the approach and manner of leaving the apparatus. The highest score that can be awarded at any one time from one judge is 15 points, and from three judges, 45 points. At the completion of each separate exercise, each of the three judges will flash his score in plain view. The score will then be announced. At the completion of each event, the total score for each team will be posted on the scoreboard.

Each participant will perform one exercise. The judges for this evening are:

- 1.
- 2.
- 3.

The head judge will be

Rules of Competition in Squad A Meets will be between Squad A members.

No competitor will be permitted a second attempt at a routine unless the apparatus is faulty; the judge of the event shall decide the issue. The referee makes all final decisions relative to the meet.

A contestant may not continue his routine in the event of a "break" or "touch off"; the judge shall, however, lower the rating of the contestant if such "breaks" or "touch offs" occur decrease the difficulty or fluency of any exercise.

In the tumbling event a contestant shall not be disqualified if he steps off the side of the mat; however, a deduction in rating shall be made in such a case. A contestant in tumbling may leave the end of the mats to get a run for his routine.

In the rope climbing event, the starting position will be decided prior to the meet. It might be from the seat or the stand with both or no hands on the rope. The signal for starting shall be "On your mark! Go!"

Horizontal bar in competition for height; as high as it can be raised.

Parallel bars in competition—height; not more than 5'4" or less than 5'1"—Width 18".

Side horse vaulting in competition—no neck—height 42".

Long horse vaulting in competition with neck—42" high at point of saddle.

Still rings in competition—7'8" clearance from mat to lowest part of rings. Flying rings between 6' and 7' high.

Tumbling in competition—optional routine must not exceed 1½ minutes. A contestant will be given a signal when he has 15 seconds left.

Anything not covered by these rules shall be decided by the referee.

Assistance

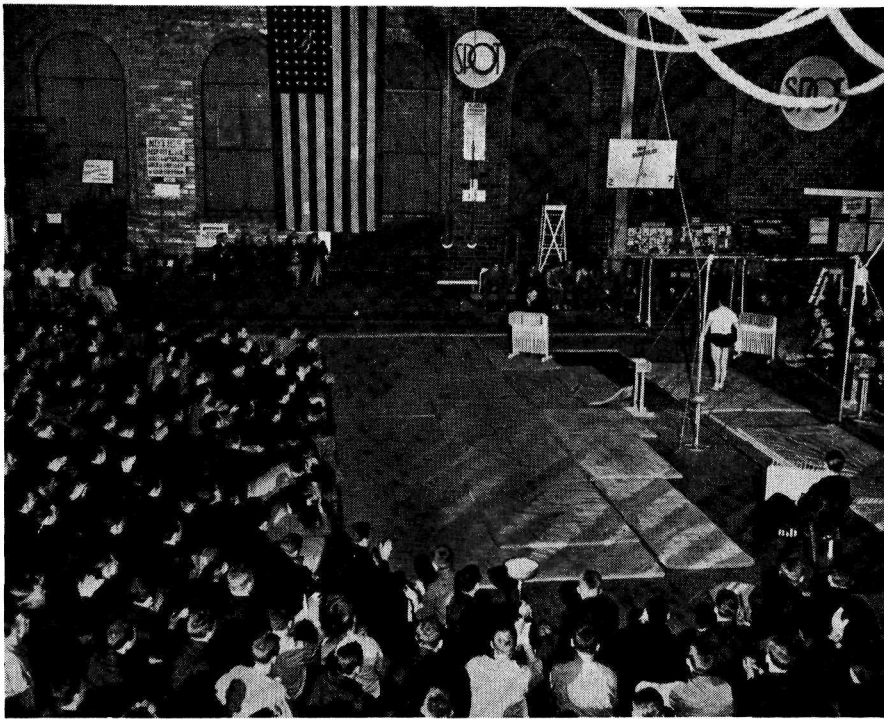
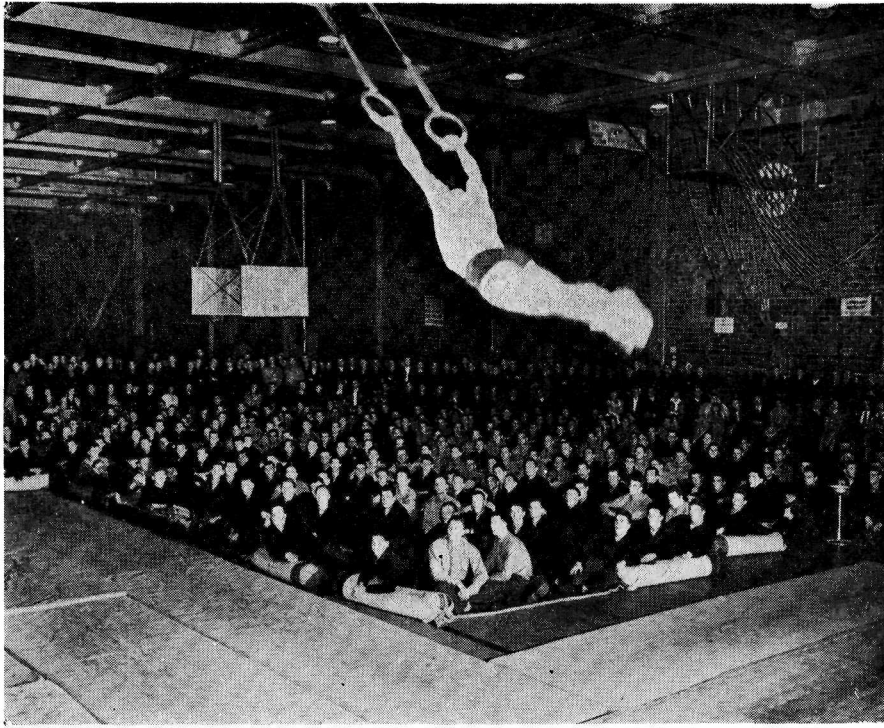
Spotting is permitted, but if assistance is actually rendered, this shall cause a deduction in the rating according to the degree given. If a competitor is too short to jump to hang on the apparatus, he may be assisted, but he shall suffer no loss in his rating.

SUGGESTED GYMNASTIC STUNTS AND ROUTINES

RINGS

Stunts or Routines in Order of Difficulty

- Bird's Nest or Nest Hangs
- Hang Rearways
- Inverted Hangs
- Single Leg Cuts
- Kips
- Dislocates Backward and Forward
- Uprises Backward and Forward



GYMNASTIC MEET

Forward and Backward Rolls
 Forward and Backward Levers
 Hand Balances (Flying and Still)
 Double Cuts on Forward and Backward Swings
 Double Cuts and Catches

Dismounts

From Inverted Hang Dismount on End of Forward Swing
 Straddle Cuts on Either End of Swing Either Forward or Backward
 Flyaways Backward on End of Forward Swing
 Front Flyaways on Backward Swing
 Flyaways with Twists
 Dislocates into Flyaways

Combinations

Required Routines will be all Still Rings
 Optionals—Flying Rings

PARALLEL BARS

Stunts or Routines in Order of Difficulty

Support Swings, Straddle Seats and Scissors
 Side Riding Seats
 Front and Rear Vaults
 Front and Rear Vaults with Quarter and Half Turns
 Single and Double Leg Straddle Vaults on End of Bar
 Forward Rolls
 Shoulder Balances
 Hang Kip on End of Bar
 Upper Arm Kip in Center
 Glide Kips
 Uprise Backward
 Uprise Forward
 Single and Double Leg Cuts In as Mount on End of Bar
 Single and Double Leg Cuts in Center of Bar from Support
 Half Levers on One Bar
 Hand Balances
 Walking on Hands
 Back Kips on End of Bar
 Backward Rolls
 Drop Kips
 Support Turns from Dip Swings in Center of Bar
 Uprises into Double Leg Cuts in Center of Bar
 Hand Balances on One Bar
 Forward and Backward Pirouettes
 Forward Somersault
 Backward Somersault
 Peach Baskets

Dismounts

Single and Double Leg Cut Offs at End of Bar
 Flank, Front, Squats and Straddle Vaults over Both Bars from Stoop Falling
 Position in Center
 Same Vaults as above from Hand Balance on End
 Same Vaults as above from Side Hand Balance on One Bar
 Wendows
 Twist Wendows
 Forward or Backward Somersault over Side from Center of Bar
 Handsprings off End or over Side
 Cartwheel from Hand Balance in Center of Bar

Combinations

Jump to Upper Arm Hang. Uprise on Backward Swing. Swing to Straddle Seat
 in Front of Hands. Roll Forward. Simple Kip to Straddle Seat in Front of
 Hands. Grasp Ends of Bars, Swing and Straddle Dismount over Both Bars to
 Stand.
 From a Cross Stand at End of Bars Straddle (Cut) under Both Hands to a
 Balance Support. Swing Backward to Hand Balance. Dip Swing Forward
 and Backward to Upper Arm Balance.
 Difficult Shoulder Balance. Roll Forward to Upper Arm Hang and on Backward
 Swing Drop to Hang. Swing and Kip to Hand Balance. Turn to One Bar
 and Straddle Vault from Hand Balance as Dismount.

HORIZONTAL BAR

Stunts or Routines in Order of Difficulty

Knee Hangs
 Knee Swing Ups with and without Swing
 Forward and Backward Knee Circles
 Hip Swing Ups
 Hip Circles Backward and Forward
 Crotch Swing Ups from Swing
 Hip Swing Ups from Swing
 Hip Swing Ups Rearways from Swing
 Double Knee Circles Forward and Backward
 Knee Hangs (Double) Swing and Dismount
 From Seat on Bar Swing Arms Up and Back, Hook Knees, Dismount
 Knee Circles Backward without Use of Hands, Half Twist to Support Frontways
 Knee Circle Forward and Dismount Forward to Stand
 Kip
 Seat Swing Up, Through Arms to Balance Support
 Back Kip
 Kips with Mixed and Reverse Grasps
 Kips with Forward Hip Circles
 Drop Kips
 Uprises

Uprises with Mixed Grasps
 Under Swings and Uprises
 Uprises with Backward Hip Circles
 Uprises with Reverse Grasp Changing to Ordinary Grasp Coming to Support
 Swings with Changing of Grasp to Uprises or Kips
 Free Hip Circles
 Seat Circles
 Instep Circles
 Squat Stand Sole Circles
 Straddle Stand Sole Circles
 Vaults (Learn on Low Bar) (Usually from Kip and Forward Hip Circle into
 Vault)

Dismounts

Front
 Flank
 Straddle
 Stoop
 Turn Swing Uprises
 Half Giants
 Giant Swings Forward and Backward (Never to be learned without Instructor
 Assistant)
 Forward and Backward Flyaways as Dismounts (To be Spotted always)
Combinations (Arranged in order of difficulty to show how to build and exercise)
 Jump to Hang with Ordinary Grasp. Swing. On Forward Swing Knee Swing Up
 Left Between Hands. Knee Circle Backward. Drop to an Underswing Dis-
 mount Rearways
 Uprise with Reverse Grasp and Change to Ordinary Grasp on Coming to Sup-
 port. Free Hip Circle Backward to Hang. Kip to Support and Front Vault
 over Bar to Stand

ROPES

On Ropes exercises will be Climbing with or without the Use of Legs. This will be executed either From a Stand, Seat on a Chair (legs free of deck) or From a Seat on the Deck (legs free of deck). Men will be climbing to top against time, either individually or as a relay group. This event will be scored on a team basis.

From time to time stunts on the Trampoline may be used in competition. Also Pyramid Building, Relays, Side Horse Vaulting and Elephant Vaulting may vary and stimulate the program. Rope Climbing and Side Horse Vault Values are listed below:

ROPE CLIMBING TIME VALUES IN POINTS*		SIDE HORSE VAULT VALUES	
<i>Time in Seconds</i>	<i>Points</i>	<i>Vaults</i>	<i>Points</i>
7 or under	100	Rear	50
8 to 7.1	95	Flank	55
9 to 8.1	92	Flank with 1/2 Turn	60
10 to 9.1	90	Squat	65
11 to 10.1	85	Straddle	70
12 to 11.1	82	Thief Vault	75
13 to 12.1	80	Squat with 1/2 Turn	75
14 to 13.1	75	Hand Balance Straddle	80
15 to 14.1	72	Hand Balance Squat	80
17 to 15.1	70	Hand Balance Stoop	85
18 to 17.1	68	Sheep	90
19 to 18.1	65	Stoop	90
20 to 19.1	62	Neckspring	95
21 to 20.1	60	Handspring (Straight arms)	100
22 to 21.1	55		
25 to 22.1	50		
26 to 25.1	40		
27 to 26.1	30		
28 to 27.1	20		
29 to 28.1	10		
30 to 29.1	5		

* Height—20 feet.

TUMBLING

Stunts or Routines in Order of Difficulty

Forward Roll	Forward Somersaults from a Running Start
Backward Roll	Forward Somersaults from a Stand
Rolls in Series	Backward Handsprings (Flips)
Diving Rolls	Round Off Back Handspring
Combinations of Rolls	Successive Handsprings
Cartwheels	Backward Somersaults from Springboard
Round Offs	Backward Somersaults from Stand
Backrolls to Head Balance	Momentary Hand Balance Followed by Snap Down and Flip Flop or Back Somersault
Backrolls to Momentary Hand Balance	Successive Somersaults Backward from Round Off
Snap Ups	Back Somersault with Half Twist (Full Twist)
Rolling Snap Ups	Back Somersault with Layout
Snap Downs	Baronis and Side Somersaults
Forward Headsprings	
Forward Handsprings	
Headsprings or Handsprings in Series	
One Hand Handsprings	
Handsprings with Half Twist	
Handspring from Dive	

PRE-FLIGHT TEST

		EVENT	RECORD	CREDIT
I. FLEXIBILITY and BALANCE	1.	Recovery from dizziness: Rotate 5 times, eyes closed, finger on floor, then immediately walk line 10 feet by 8 inches	_____	_____
	2.	Rope swinging: Swing on rope from tower 8 feet high and drop with half turn, landing on balance	_____	_____
	3.	Trunk flexion: 8 inches from floor—(no bobbing of head)	_____	_____
	4.	Trunk extension: 20 inches from floor	_____	_____
	5.	Shoulder flexibility: 15 inches from floor	_____	_____
II. AGILITY	6.	Forward and backward "safe" fall: Demonstrate form for each 3 times	_____	_____
	7.	Skipping forward and backward over leg 3 times	_____	_____
	8.	Vault: Over bar 5 feet high	_____	_____
	9.	Thirty-foot run, forward roll, climb rope 18 feet, climb down forward roll, back to 30 foot mark: 20.0 seconds	_____	_____
	10.	Agility exercise: 24 counts in 12.0 seconds	_____	_____
III. STRENGTH	11.	Extension Press-up: Body 4 inches off floor, hold 5 seconds	_____	_____
	12.	V support two minutes	_____	_____
	13.	Pick-up on shoulders, kneel, lower: Man of own weight	_____	_____
	14.	Leg lifts and body levers: 35 each, successively	_____	_____
	15.	Chin the bar: 12 times	_____	_____
IV. POWER	16.	100 yard sprint: Outdoor track, 12.0 seconds	_____	_____
	17.	Running broad jump: 15 feet, outdoors	_____	_____
	18.	Rope climb: 19-foot rope in 12.0 seconds	_____	_____
	19.	Six pound medicine ball throw: 50 feet horizontally	_____	_____
V. ENDURANCE	20.	Vertical jump: 20 inches above reach	_____	_____
	21, 22.	Run Obstacle Course in 3 minutes	_____	_____
	25.	Swim continuously for 30 minutes	_____	_____

CADET _____
 Squad A _____ B _____ C _____
 Squadron _____

Head of Gymnastics & Tumbling _____ Director of Test _____

Combinations

With a running start Hand Spring Forward. Return with Round Off Back Roll to Momentary Hand Balance Snap Down to Feet. Running Forward Somersault.

Round Off Series of Flip Flops Back Somersault. Handspring Forward Somersault. Round Off Alternating Flip Flops and Somersaults. Cartwheel Side Somersault. Round Off Somersaults in Swing Time Series. Round Off Flip Flop, Full Twisting Back Somersault.

OUTDOOR GYMNASIUM SPORTS PROGRAM

When the weather permits, the program can be moved outdoors. Many of the activities that are used for the indoor program can be readily adapted to the outdoor gymnasium. Apparatus can be constructed very easily and with the help of the labor crew can be constructed at a very reasonable cost.

Some of the equipment that could be constructed for outdoor use is:

Horizontal Bar—made from pipes or wood
 Parallel Bars—made from pipes or wood
 Vaulting Boxes—made of wood and covered with felt and canvas
 Vertical Ropes—fastened to trees
 Rings—fastened to trees
 Balance Beams—old steel rails
 Vertical Poles—made from pipe
 Tumbling Pits—sawdust mixed with crankcase oil; cover with canvas for ground tumbling
 Inclined Boards (For abdominal work)
 Rope Ladder
 Low Parallel Bars
 Beat Boards and Storm Boards. (Inclined take off boards)
 Instructor's Stand
 Boxes to hold Resin and Magnesium
 Bulletin Boards
 Wands—made from broom handles
 Parachute Agility Platforms—different heights
 Safety Belts
 Oblique Ropes—one tree to another
 Bucks—made from tree trunks covered with padding and canvas
 Stall Bars—pipe or wood and Agility Pegs.
 Climbing Shelf—made from wood, maybe between two trees
 Vaulting Fence and Swinging Rope.

Some of the indoor equipment could be made available for the outdoor gymnasium if facilities permitted easy transportation to and from the indoor gymnasium, such as:

Trampoline
 Springboards
 Cargo Net

Rohn Rods (Aero Wheels)
 Adjustable Bar Bell
 Medicine Balls

Most of the relay races can be conducted outdoors. At a Pre-Flight School the outdoor program consists of:

- Monday—Instruction and coaching of the various stunts for competition during the week
- Tuesday—Competition Day
- Wednesday—Free Day or Practice Day
- Thursday—Competition Day
- Friday—Relays

SUMMARY

The sports program in gymnastics is organized on a self-testing basis. Cadets strive to improve their standing by moving from Squad D through Squads C and B to A. The more skilled performer is given the opportunity to move directly from Squad D to Squad A by passing off the following eight stunts:

- | | |
|---------------------------|------------------------------------|
| <i>High Bar</i> | <i>Parallel Bars</i> |
| 1. Kip | 6. Kip |
| 2. Drop Kip | |
| 3. Free Hip Circle | <i>Long Horse</i> |
| <i>Tumbling</i> | 7. Straddle Vault |
| 4. Front Handspring | |
| <i>Low Parallels</i> | <i>Rope Climb</i> |
| 5. Hand Balance, 10 secs. | 8. 20 ft. Climb without Using Legs |

Strength rather than skill is sought for with the beginner.

Through graduated competitive activities in the Squad D and C group, progression is developed, which reduces the possibility of accidents to a minimum and stimulates the individual to improve himself.

Teamwork based on individual effort is the principle upon which the program is operated: It is challenging to everybody.

Variety of activities are promoted:

Monday, Tuesday and Thursday are Stunt Days.

The stations used are High Bar, Tumbling, Ropes, All-Out Effort Activities, Parallel Bars, Balance Beam, Storm Board, Trampoline, Doubles Balancing, Long Horse, Vaulting Bar, Vaulting Fence, Rings, Low Parallels, Climbing Shelf, Peg Board, and Agility Pegs.

Friday is Relay Day.

Wednesday is Free Period or Practice Day.

- Doubles and Triples Balancing
- Trampoline Activities
- Break Records
- Cargo Net and Peg Board
- Individual Development Room

If the program is organized on a dual meet basis, practice may be held on Monday, Tuesday, Wednesday, and Thursday with competition on Friday.