

APPENDIX III

ELEMENTARY PROGRESSIVE GYMNASTIC STUNTS* SUPPLEMENTARY MATERIAL FOR PRIMARY, INTERMEDIATE AND OPERATIONAL BASES

This additional material is offered to instructors who may wish to introduce additional activities. The following material is organized specifically for this purpose.

*Springboard***

Apparatus:

Springboard; several mats; cane pole; basketball or 9# medicine ball.

Arrangement of Apparatus:

Caution! Be sure to place a mat over legs of the springboard.

2 or 3 narrow mats for runway; 1 mat under springboard; double mats to alight on; single mat to complete forward roll.

Spotting:

Stand on mats closely in front of springboard. Be especially alert to spot turning in the air stunts. The springboard is a dangerous piece of apparatus. *Use every precaution!*

Teaching Hints:

Don't run at springboard; 4 or 5 steps are sufficient!

Hit board with 1 foot and then on end of springboard with both feet! (1-2 count, spring).

Keep head up!

Ride the board on its upward spring with a stiff knee!

Progressive Stunts:

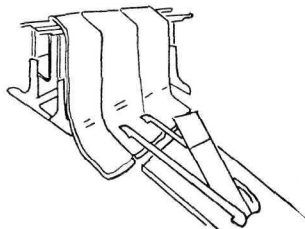
1. Spring from board several times to get feel of board; not too high; body under control.
2. Spring from board; *not too high*, use arms for balance; dismount with $\frac{1}{4}$ turn right; feet slightly spread on landing.
3. Same as #2, with $\frac{1}{2}$ turn.
4. Same as #2, with $\frac{3}{4}$ turn.
5. Same as #2, with full turn.
6. Same as #1, clap hands once.
7. Same as #1, clap hands twice.
8. Same as #1, clap hands once and spread legs.
9. Same as #1, touch toes, knees bent.
10. Same as #1, touch heels, knees bent.
11. Same as #1, click heels together.
12. Same as #1, touch toes, legs straight.
13. Same as #1, catch ball in mid-air, tossed by leader.
14. Same as #1, spring over cane pole.

* These suggestions should be helpful to instructors at the Primary Intermediate and Operational Bases and for intramural gymnastic coaches at the Pre-Flight Schools.

** See p. 236.

Springboard and Elephant**Apparatus:*

Springboard and Elephant; 1 set of parallel bars; 1 springboard; several good size mats.

Arrangement of Apparatus:

Raise parallel bars so 2 holes are showing.

Cover bars with 1 extra large heavy mat or 2 good sized medium mats. Be sure mats will not "sink through" the bars.

Place mats as in diagram.

Place springboard close to "elephant."

Be sure to cover the *end* of springboard close to elephant.

Spotting:

Place a spotter on spots marked X on both sides of the elephant.

Place spotter in position out of the way of the performer, yet close enough to break or prevent a fall.

Caution and coach performer while doing the stunts.

Teaching Hints:

All stunts can be dangerous. Allow no "horse-play," "showing off," or remarks from the other performers.

Keep mats close together.

Keep springboard close to elephant.

Progressive Stunts:

1. Spring from board; squat stand; forward jump dismount.
2. Same as #1, perform $\frac{1}{4}$ turn right on forward jump dismount.
3. Same as #1, perform $\frac{1}{2}$ turn right on forward jump dismount with a backward roll.
4. Spring from board; straddle stand; forward jump dismount with a forward roll.
5. Spring from board; flank vault to the right.
6. Same as #5; flank vault to the left.
7. Spring from board; low front vault to the right with a shoulder roll after the dismount.
8. Spring from board; low front vault to the left with a shoulder roll after the dismount.

* See pp. 76, 158.

9. Spring from board; squat stand on near bar; take squatting position; place hands in reverse position on near bar; duck head, and forward roll dismount. (Spotter stands close and cautions performer not to "kip" but roll off easily with knees tucked in close.)

10. Spring from board (no run), stand on end of springboard, place hands on near bar, forward roll over bar; spotter use same precaution as for #9. Be sure spotters are placed on both sides of the elephant. Caution performer to duck his head, lift hips high.

11. Spring from board with short quick steps and perform #10.

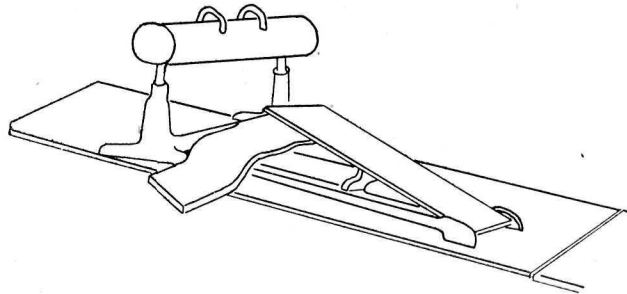
12. Lower the parallel bars, have 3 catchers. Performer does a swan dive over elephant. (Coach: caution performer to dive for height, arms stretched out side-ward, legs together, head up.)

Springboard and Horse

Apparatus:

Horse, springboard, several mats.

Arrangement of Apparatus:



Two or three mats for running.

Horse at $\frac{3}{4}$ full height.

Springboard placed close to horse; mat under springboard and over ends of base close to the horse.

Two thicknesses of mats for dismount.

Spotting:

Stand close to horse out of way of performer. Usually a good idea to slightly grasp performer's wrist.

Sweat shirt may be grasped to break or prevent a fall.

See that springboard is kept close to the horse.

See that mats are kept close together.

Double thickness mats for dismounting should be extended well beyond point of dismount to remove possibility of ankle-turn.

Magnesium on hands is advisable.

Performer's feet will slip on slick leather if he wears only socks.

Teaching Hints.

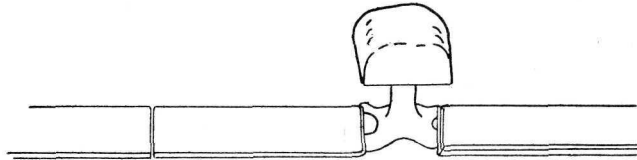
- Don't run at springboard!
- Hit board with 1-2 count after 3 or 4 quick steps for a "run." Ride the spring of the board!
- Keep head up!
- Don't hold the pommels too long!

Progressive Stunts:

1. Spring; grasp pommels; squat stand between pommels; dismount forward.
2. Spring; grasp pommels; straddle stand; dismount; forward and backward shoulder roll.
3. Spring; grasp pommels; squat vault.
4. Same as #3; straddle vault with a quick forward roll.
5. Spring; grasp pommels; flank vault right.
6. Spring; grasp pommels; flank vault left.
7. Spring; grasp pommels; slow low front vault right (same to left)
8. Spring; grasp pommels; 45 degree angle flank vault right (same to left).
9. Spring; grasp pommels; high front vault to right (same to left).
10. Spring; grasp with both hands the right pommel, straddle vault.
11. Perform #10 but place both hands on left pommel, straddle vault.
12. Perform #10 but place right hand only on right pommel (same on left pommel).
13. Spring; place both hands on horse between pommels, straddle vault.
14. Spring; grasp left pommel with reverse grasp of right hand; backward dismount over right pommel; $\frac{1}{4}$ turn, $\frac{1}{2}$ turn, $\frac{3}{4}$ turn.
15. Spring; grasp both pommels; short vault right (left leg bent, right leg extended sideward right).
16. Spring; take off with 1 foot; "short" both legs between the pommels; take off with 1 foot and then grasp the pommels. Hold momentarily. (Thief vault.)

Buck**Apparatus:*

Buck, several mats.

Arrangement of Apparatus:

Double mats for dismounts and forward rolls, 3 or 4 single mats for runway

Spotting:

Stand close to buck, in position, not to hinder action of the performer but close enough to grasp. Performer wearing only socks will slip on top of buck. *Use Caution!*

* See pp. 140, 306, 446, 454.

Teaching Hints:

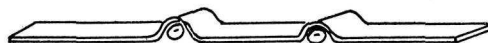
- Spring from toes of both feet!
- Push hard with hands on dismount from the buck!
- Keep head up!
- Think!
- Keep the line moving on quick action stunts!
- Work from simple to fairly difficult stunts!

Progressive Stunts:

1. Spring squat stunt; dismount to squat balance on floor.
2. Squat vault.
3. Straddle vault, both hands placed on buck.
4. Straddle vault, right hand on buck; left hand held behind back.
5. Straddle vault, left hand on buck; right hand held behind back.
6. Straddle jump, hands are not placed on buck.
7. Squat vault, spur with right heel.
8. Squat vault, spur with left heel.
9. Squat vault, spur with both heels.
10. Standing forward roll over buck. (Neck spring, no kip.) Just a slow forward roll, hands to chest.
11. Jumping forward roll over buck. (Neck spring, no kip, just a slow forward roll, knees to chest.)
12. Scissor vault over buck.

Tumbling**Apparatus:*

24 feet of mats; 2 rolled mats and 2 tackling dummies covered with a mat.

Arrangement of Apparatus:*Spotting:*

Not necessary in simple stunts. Verbal caution, and coaching suggestions will aid the performer.

Teaching Hints:

- Demonstrate stunt; then slowly to emphasize correct performance.
- Verbal help after each trick will encourage the performer.
- On some stunts, have the whole group work at the same time, work on command; all performers line up on side of mats. On other stunts, each individual should use the length of the mat.
- Always use "quick action," "everyone busy" stunts that all can perform but difficult enough to offer a challenge.

* See pp. 77, 216, 307, 316, 319, 373, 396, 400, 442, 444.

Progressive Stunts:

All performers line up on side of mats.

1. Jump with different degrees of turns; $\frac{1}{2}$, $\frac{3}{4}$, full, etc.
2. Push-ups; clap hands; once, twice.
3. From prone position; sit through between arms.
4. Head balance; elbow balance.
5. Forearm balance; palms down; forehead on floor.
6. Forearm balance (tiger stand) palms down; forehead not touching floor.
7. Squat balance.
8. Squat balance to forearm and head balance.
9. Agility. From standing position; squat, prone. Turn left or right; squat. stand. Repeat 4 times in 12 seconds.
10. Skipping forward and backward over leg.
11. Forward rolls.
12. Backward rolls.
13. Sitting position; legs straight; grasp toes; rock back to shoulders; come back to sitting position.
14. Sitting position; grasp ankles outside of legs; backward roll.
15. Squat; grasp toes; backward roll.
16. Squat; grasp toes; forward roll.

Performers Using Length of Mat:

1. Series of forward rolls. One forward roll, then on way back to starting line; walk a 10 foot line 2 feet wide; 2 forward rolls; 3 forward rolls; 4, 5, etc.
2. Series of backward rolls.
3. Forward rolls; ankles crossed; stand; backward roll.
4. Shoulder rolls; thrust arm between the legs; come fast to feet and with feet spread. (Use a stop watch).
5. Do a forward, backward, and shoulder roll against time. (Use a $\frac{1}{5}$ stop watch).
6. Jump and roll (2 performers). Both face each other, 4 feet apart. A forward rolls, B straddle jumps A; A comes to feet, about face; B forward rolls toward A; A straddle jumps B, etc.
7. Jump and roll (3 performers). B and A stand facing C. All are about 4 feet apart. B forward rolls toward C. C straddle jumps B. B does forward roll toward A, turns and all repeat.
8. Double forward rolls (2 performers). A lies down; B straddle stands A's head. A grasps B's ankles. B grasps A's ankles and forward rolls.
9. Double backward rolls, same as #8 except perform rolling shoulder rolls. The 3 performers stand facing in the same direction, about 4 feet apart. The center performer starts the stunts by rolling to his left.
10. Snap up with assistant sitting at head with feet (insteps under shoulders) for lift.
11. Hand balance.
12. Shoulder rolls over rolled mat. Place hands on mat close to rolled mat. Do not put hands on top of rolled mat.
13. Forward rolls over length of rolled mats.

14. Divide the group into half; one group lines up for shoulder roll on the rolled mats; the other lines up for forward rolls on the rolled mats. Alternate one from each line, changing stunts; keep the line moving fast.

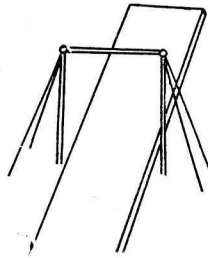
High Bar*

Apparatus:

High bar, and mats.

Arrangement of Apparatus:

Bar locked at its highest position. Mat or two mat thickness placed directly under bar. Swinging exercises will call for extended mats.



Spotting:

Stand in best position to break fall!

Caution performers to use magnesium or pound hands on mat to get dust on them!

Be sure performer has proper grasp, thumbs around the bar!

Stop the swing on stationary stunts!

Spot every trick!

Think!

Teaching Hints:

Demonstrate; stress safety precaution on spotting for each event!

Select leaders as spotters or command each performer to spot the succeeding participant.

Progressive Stunts:

1. Skin the cat; drop off.
2. Skin the cat; pull back through.
3. One leg whip-up to one leg seat rest forward dismount (single knee circle forward).
4. Chin 1 time; ordinary grasp.
5. Chin 1 time; reverse grasp.
6. Chin 1 time; reverse grasp touch chest.
7. Chin 1 time; reverse grasp, with right hand; left hand grasping right wrist.
8. Chin 1 time; ordinary grasp, wide arm.

* See pp. 59, 66, 69, 97, 271, 299, 315, 319, 329, 393.

9. Chin 1 time; ordinary grasp, wide arm touch back of neck.
10. Chin 1 time with middle two fingers of each hand.
11. Chin 1 time, pull up to a chin, let go with left hand and come down as slowly as possible.
12. Chin 1 time; reverse grasp with right hand; left hand grasp right bicep.
13. Chin 1 time with 12 lb medicine ball held between ankles.
14. Hock hang.
15. Hock hang; dismount on forward swing.
16. Muscle-up.
17. Monkey hangs.
18. Belly grinds (hip circles around bar).
19. Most chins in 10 seconds (use stop watch). Use reverse grasp.
20. Forward swing dismount over cane pole.

Balancing Stunts*

Apparatus:

Rolled mats; medicine balls; tackling dummies; small mats; chairs.

Arrangement of Apparatus:

Arrange the mats so that each group of 5 will have plenty of room.

Spotting:

On all balance tricks spotters must be close enough to break a possible fall. Remember an 8 or 10 inch fall on the back of the neck may be serious. Shoulder mounts should be carefully spotted because the bottom man may hold on too long if the top man becomes overbalanced. Use ceiling safety belts.

Teaching Hints:

Give stunts that are not too difficult. Spot closely when handsprings from rolled mats are executed. Danger of falling on back of the neck.

Pair Stunts:

- A, Top Man; B, Bottom Man
1. Shoulder mounts; front, rear.
 2. Stand free on shoulders of B; B walk forward.
 3. B lies down, knees flexed, feet slightly spread and on the deck, arms stretched upward. A places hands on B's knees, leans forward and shoulders are grasped by B. A kicks up into a shoulder-knee balance.
 4. Same as #3 except A continues the balance by shifting one hand at a time to each arm of B, thus doing an arm balance.
 5. B lies down on back. A straddles B and grasps B's outstretched arms. Kick into an arm and arm balance.
 6. B lies down, arms are outstretched over head, palms turned upward. A stands in the hands. B lifts A into a hand and foot balance. Two spotters are necessary. A places his hands on top of head of each spotter. Each spotter stands on each side of B close to his head. After getting balance, A lets go his hold on spotters.
 7. B stands with legs spread. A lies down, head toward B; both grasp arms with double wrist lock. A hugs knees closely to the chest. B is then lifting and swings

* See pp. 77, 184, 190.

from the deck in this position and then is forced forward to a short underswing dismount.

Barbells, Low Bar, Inclined Ladders and Balance Beam

Apparatus:

Barbell set, low bar with mats, long horse with mat. Inclined ladders and iron rails (balance beam).

Arrangement of Apparatus:

Assemble all in one corner.

Adjust 50 lbs on sets. Place on a large mat.

Low bar with mat between bars and on each side.

Inclined ladders with mats under ladders; plenty of magnesium handy.

Balance beams, placed end to end.

Spotting:

Barbells

Caution barbell men to use legs in picking up weight; don't show off by trying to lift too much weight.

See that clamps on end will not slip off.

Low Bar

Stand in position to assist in hand or shoulder balances.

Inclined Ladders

Walk along side of each performer. Place hands behind back.

Balance Beam

No spotting necessary. Caution about socks slipping on rails.

Teaching Hints:

Barbells

Use weights that all can handle safely.

Give a certain number of times for each exercise. Suggest not more than 50#.

Have the first man set a record and the next try to break it.

Have each man keep track of his record, and the next time try to break it.

Use resistance in all exercises. Work going up and going down. Muscles are developed both ways. Explain the two sets of muscles to be developed, the flexors, and the extensors.

Never lift too much weight by bending over with legs straight.

Low Bar

Emphasize correct form, especially on press-ups; body must be straight; dip deep between bars.

Inclined Ladders

(Same as for *Low Bar*)

*Balance Beam**(Same as for Low Bar)**Progressive Stunts:**Barbells*

1. Warm up with quick bending and stretching exercises, especially for the back.
2. Arm curls; stand erect, use a reverse grasp on bar, shoulder width. Curl bar upward slowly, elbows not touching body. Slowly let down to full length of arms, barbells resting on front of thighs, at least 10 times.
3. Extension press-ups. Stand erect. Hold bar with full extension of arms downward and resting on thighs. Bring bar to chest, extend over head; eyes on bar, return, 15 times.
4. Shoulder rolls. Stand erect. Hold bar with full arm extension. Rotate the shoulders forward and backward.
5. Pumper, bend forward, right leg flexed at knee. Lift leg half flexed backward. Grasp bar, pull up to chest and let down. Do not let weight touch floor. (See chart for regular routine).

Low Bar

1. Shoulder balances and press-ups to hand balance (use an aid to help lift).
2. Hand balances.
3. Dips, toes on the bar.
4. Back dips; heels anchored; legs straight; hands placed well back. Exercise: sit but do not touch floor; arch back on uprise.
5. Turn-table. Sit at $\frac{1}{2}$ lever; turn completely around.

Inclined Ladders

1. Walk one rung at a time.
2. Walk two rungs at a time.
3. Jump from rung to rung with both hands. (*Very dangerous!* Be sure to spot and have mat under ladders.)
4. Walk with hands on top of ladders.
5. Walk with hands both on same side of top of ladder.

Balance Beams

1. Walk with eyes open
2. Walk with eyes closed
3. Hop on one foot
4. One leg dips

Self-Testing Activities

1. Chins
2. Dips on floor
3. Push-ups on fingers from the floor
4. Left side support, lifting right leg
5. Right side support, lifting left leg
6. Flutter kicks on belly

7. Flutter kick on back (feet don't touch). Kick from hips
8. Vertical jump
9. Leg lifts and hands behind head
10. 25 leg lifts and 25 sit ups. (Increase dosage)
11. "V" position for 2 minutes
12. $\frac{1}{2}$ lever for 10 seconds
13. Skin the cat (number of times)
14. Rope climb for time
15. Dips hitting hands on chest before landing on hands
16. Agility test (24 counts in 12 seconds)
 - Count 1—squat position
 - Count 2—front support
 - Count 3—squat between hands to break support
 - Count 4—turn left or right
 - Count 5—squat position
 - Count 6—erect position
17. Deep knee bends

Trampoline*

Apparatus:

Trampoline (if available)

Arrangement of Apparatus:

Place trampoline in open spot on gym floor.

Spotting:

The trampoline can be a very dangerous piece of apparatus if it is not supervised properly. Adequate measures must be taken to protect the performer. At least one spotter should be placed at each side of the trampoline, but it is better to have two men at each end. In addition, a safety belt to be used in learning difficult tricks should be installed above the trampoline.

Teaching Hints:

Smooth bouncing should be mastered.

Proper use of the arms for maximum spring and balance should be learned. The arms should come up with the canvas and go down with the canvas. The arms should not swing in circles behind the body, but the circles should be made in front of the body.

The feet should be kept about 10" apart upon landing on the canvas. Bring feet together in the air.

The performer should learn to "kill" the spring by bending the knees upon landing. Thus he can control the situation if he makes a mistake and he will not be hurled from the trampoline when off-balance.

The tricks on the trampoline should be learned from the simple to the difficult. There is a tendency to under-estimate the difficulty of the stunts because they look so easy when they are performed smoothly.

* See pp. 239, 314, 447, 461.

Work with light shoes. If basketball shoes are uniform, it is better to work in socks.

Keep in the center of the trampoline. Paint a huge circle in the center of the canvas to aid the performer.

Keep eyes on the edge of the canvas. Visualize the complete trampoline.

Land on balls of feet and rock to the heels.

Progressive Stunts:

1. Bounce on feet; full turn to feet.
2. Land on knees, then to feet (body erect).
3. Land on knees; full turn to knees.
4. Land on knees; full turn to feet.
5. Land on feet; full turn to knees.
6. Land on seat (legs straight); hands on canvas.
7. Land on seat; then half turn to feet.
8. Land on seat; then half turn to seat.
9. Land on seat; then half turn to back.
10. Land on seat; then full turn to feet.
11. Land on seat; then full turn to seat.
12. Land on back (chin in chest); then to feet.
13. Land on back; then to knees.
14. Land on back; then to seat; then to feet.
15. Land on belly; then to feet.
16. Land on belly; then to seat.
17. Land on belly; then to knees.
18. Land on belly; then to back.
19. Land on belly; then twist and turn to belly.
20. Land on back; one-half twist to feet.
21. Land on back; one-half twist to back.
22. Forward roll on trampoline.

**Refer to the Gymnastics and
Tumbling Syllabus for further
details and for program changes.**