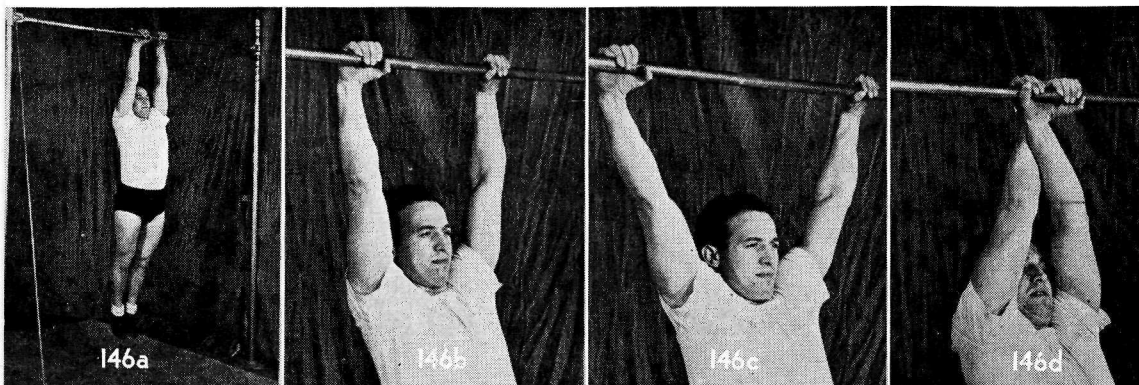


CHAPTER VIII

## Gymnastic Apparatus Activities

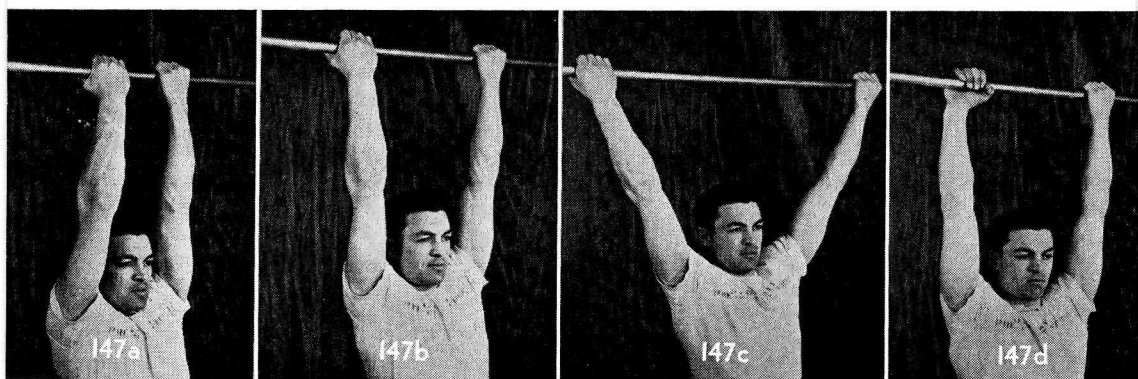
Fundamentals, Variations, Class Procedure and Safety Hints\*

### HORIZONTAL BAR GRASPS (IN SIDE HANG)



146—*Ordinary or Front Grasp.*—(a) (Close); (b) (Ordinary); (c) (Wide); (d) (Cross)

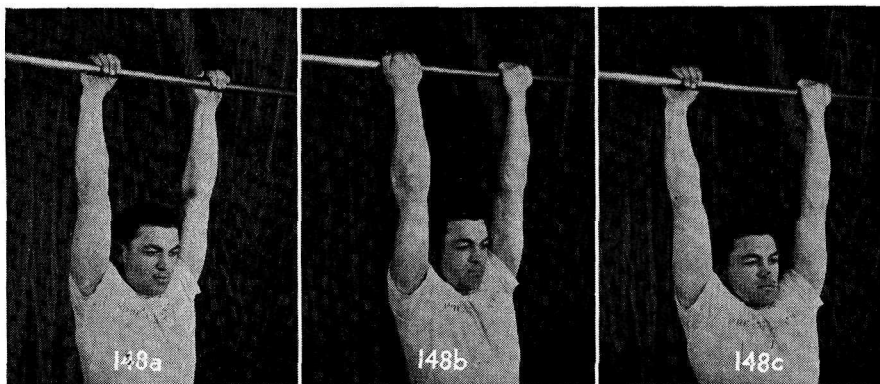
SAFETY HINT.—Thumbs under the bar! (On opposite side of fingers)



147—*Reverse or Rear Grasp.*—(a) (Close); (b) (Ordinary); (c) (Wide); (d) (Combined or Mixed)

SAFETY HINT.—Thumbs under the bar!

\* For additional material on apparatus stunts refer to articles by Hartley Price in the *Journal of Health and Physical Education* and the *Athletic Journal*.



148—*Hook Grasp*.—(a) Ordinary; (b) (Reverse); (c) (Combined)

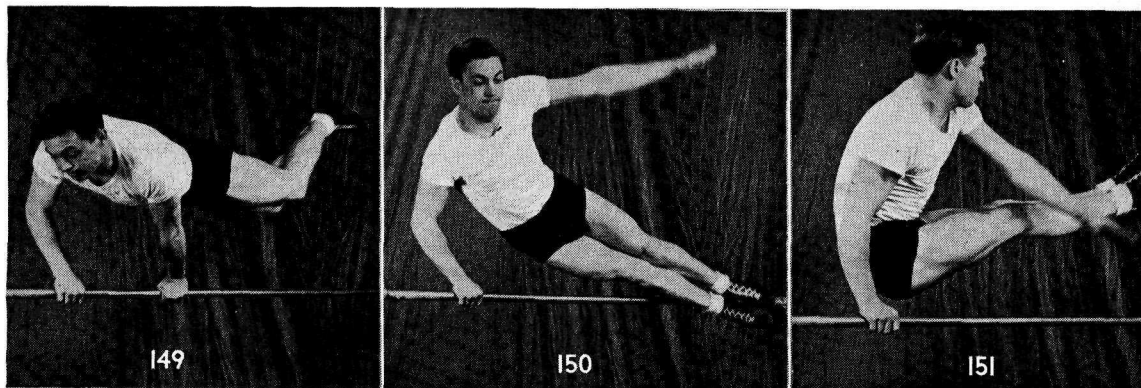
**SAFETY HINT.**—This grasp should only be used on a wooden bar.

*Hook Grasp With Combinations.*—Use hook grasp on wooden bar.

**SAFETY HINT.**—What is the correct grasp to use? For the majority of stunts the ordinary grasp at shoulder width is used. Always follow the thumbs! In the *mixed cross grasp or grip* the changing hand regrasps bar in a reverse or under-grasp position. This grasp is used in rear vault regrasp stunts. The *reverse under grip or eagle grip* is an important grip in dislocate swinging tricks.

#### LOW BAR

*General Hints on Low Bar Vaulting.*—Hold head up—Take off from both feet—Push with arms—Land on balls of feet—Bend the knees upon alighting!

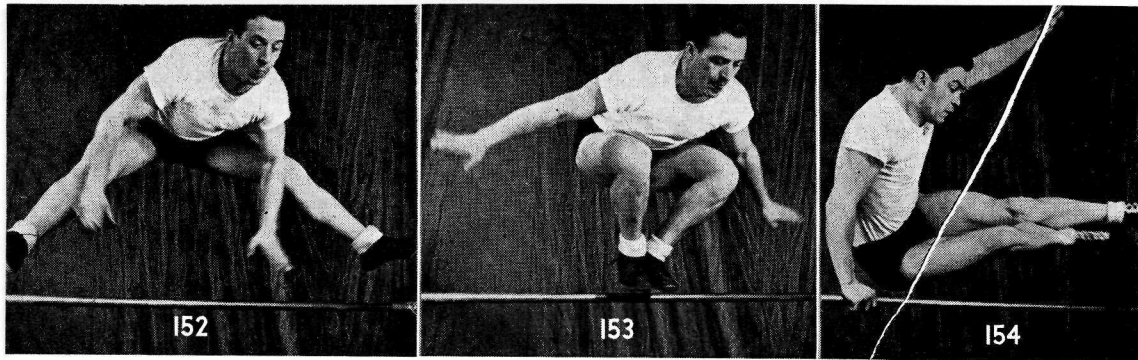


149—*Front Vault*.—Hold head up—Arch the back—Try to get the body in a  $45^{\circ}$  angle—Land on the balls of the feet—Bend the knees upon alighting!

150—*Flank Vault*.—Shift balance well over supporting arm—Keep supporting arm straight—Body parallel to bar—Legs and trunk in a straight line!

*Variation Flank Vault.*—Hold on to bar with both hands.

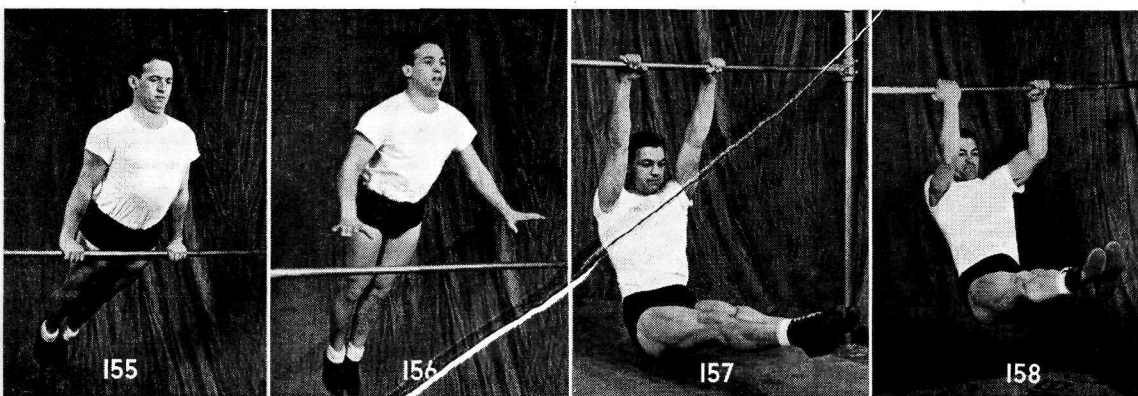
151—*Rear Vault*.—Both feet over one side—Keep hips low—Regrasp with inside hand! Turn inward to regrasp.



- 152—*Straddle Vault*.—Keep head up—Push hard with hands before upward momentum stops—Straddle legs wide!  
 153—*Squat Vault*.—Head up—Push hard with hands—Pull knees toward chest!  
 154—*Fencer's Vault*.—Take off from one foot—Kick free foot hard—Lift hard with free hand!

The preceding vaults may now be performed on a bar at chest height. Later the bar may be raised to chin height.

**SAFETY HINTS.**—Use a spotter on each side of bar—Do not hold onto the bar—Do not stop in the middle of a vault!



- 155—*Front Rest Support*—(Jump to a Front Rest).—Stress correct position: Head back—Chin in—Back slightly arched—Arms straight—Shoulders slightly ahead of hands—Legs straight—Toes pointed!

- 156—(Push off Backward to Mat).—Swing legs slightly forward before pushing off with the hands—Land on the balls of feet!

Use the same Vaults and Dismounts with turns.

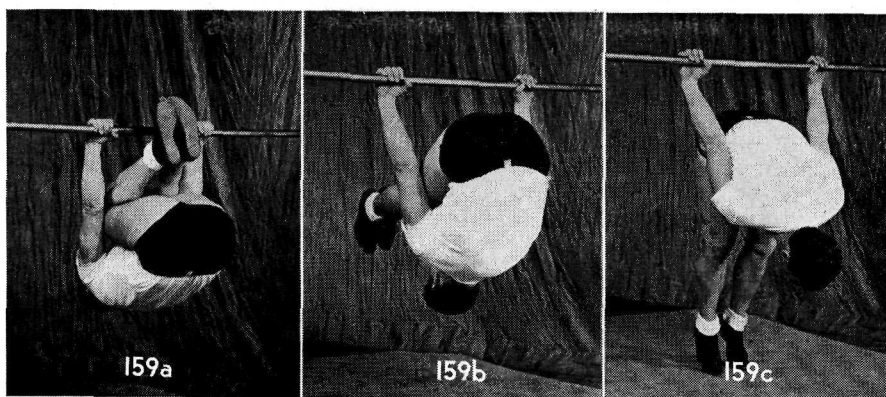
- 157—*Half-Lever Position (Hang)*.—Work with one leg until strong enough to hold both legs in position—Keep arms straight—Use abdominal muscles—Hips back!

*Variations.*—Do at first with knees at chest—Next, one leg out—Next with both legs out—Combine with chins.

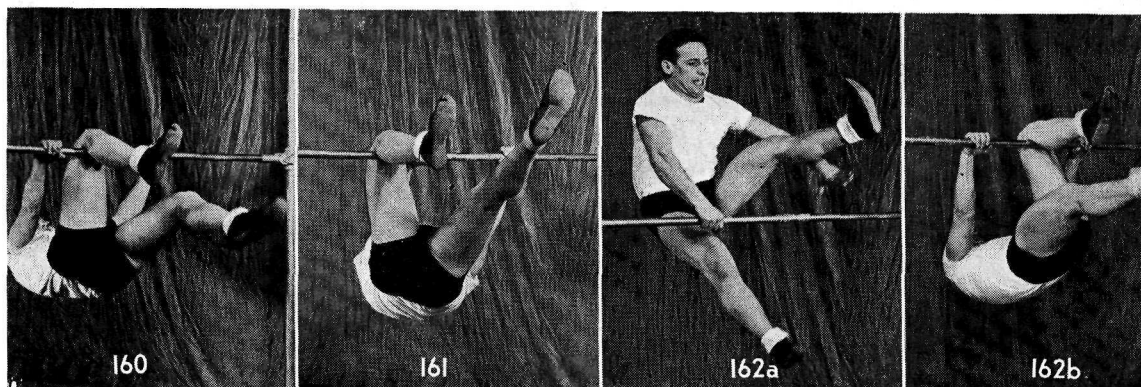
- 158—*Combine Front Rest and Half-Lever with Forward Turnover*.—Try to check legs before touching deck!

*Variations.*—Knees to chest—One leg out—Both legs in half-lever—Both legs in half-lever and chin.

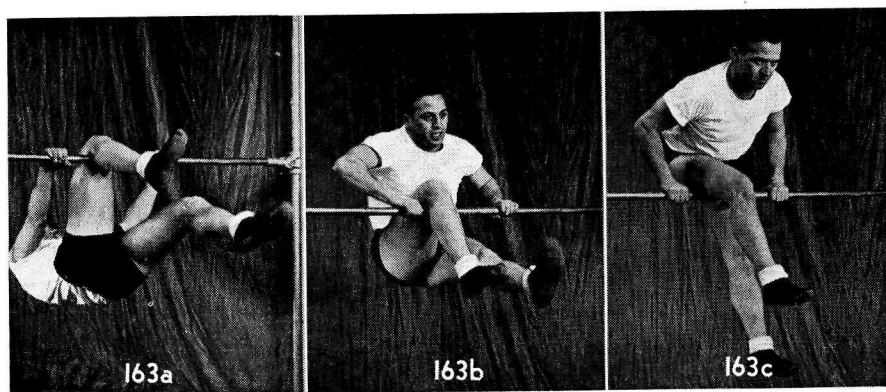
**SAFETY HINT.**—Be sure to slip grasp to other side of bar! For forward turnover use combined grasp at first!



- 159a, b, and c—*Skin the Cat*.—Do first with bent knees to shorten leverage—Throw the head back—Stretch downward with the feet to obtain best results!  
*Variations*.—Raise insteps to bar—Pull legs through arms to back hang stand—Pull legs through without touching mat—Pull legs back to stand—Pull legs back to half-lever—Pull legs back to half-lever and chin—Same as above with arms and legs straight.



- 160—*Single Knee Hang, Ordinary Grasp (Leg Inside of Hands)*.—Keep free leg straight—Keep other leg flexed!  
 161—(*Leg Outside of Hands*).—Keep free leg straight—Keep other leg flexed!  
*Single Knee Hang, Reverse Grasp. (Leg Inside) (Leg Outside) (Alternate Legs)*  
 162—*Jump to Single Knee Hang from a Standing Position*.—(a) Take off from one foot—Hold on bar with one hand on take off—Lift with free hand to help get knee over bar; (b) Hold on tightly when the bar is grasped with free hand!  
 SAFETY HINT.—Spot behind bar in case performer does not grasp bar properly!



- Single Knee Swing Up From Single Knee Hang, Ordinary Grasp.*  
 163—(*Leg Inside of Hands*).—(a) Swing the free, straight leg in as wide an arc as possible—Bend the arms slightly in getting a swing; (b) Pull from the shoulders; (c) Throw head forward!

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- 164a, b and c—*Leg Outside of Hands*.—(Same as for Leg Inside)  
*Single Knee Swing Up From Single Knee Hang, Reverse Grasp*.—(*Leg Inside*)—(Same cues as with Ordinary Grasp)  
*Single Knee Swing Up From Single Knee Hang*.—(*Leg Outside*)—Alternate Legs

SAFETY HINT.—If the swing with the leg is so forceful the performer over-balances forward, he should reverse one or both grasps!

*Knee Swing Up From Single Knee Hang and Lift Back Leg to Side Seat.*

- 165—(a) Knee Swing Up; (b) To counter-balance, shift weight away from back leg; (c) Assume side seat position!

- 166—*Dismount Forward*.—Push from hands for distance!

*Variation*.—Dismount Forward with Turns.

SAFETY HINT.—Steady the performer when he tries this stunt for the first time.

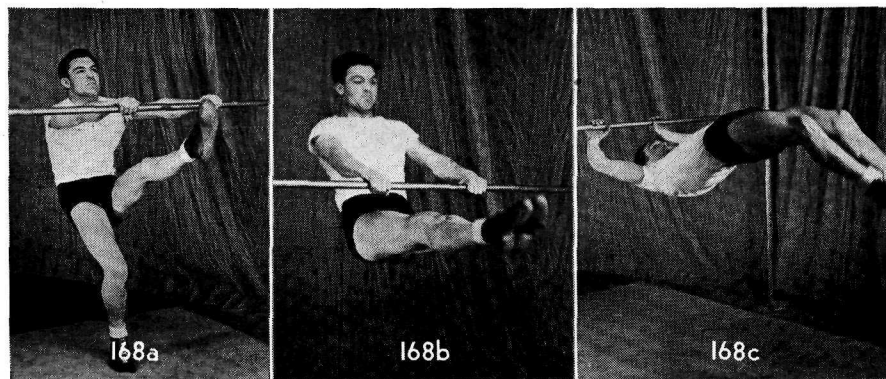
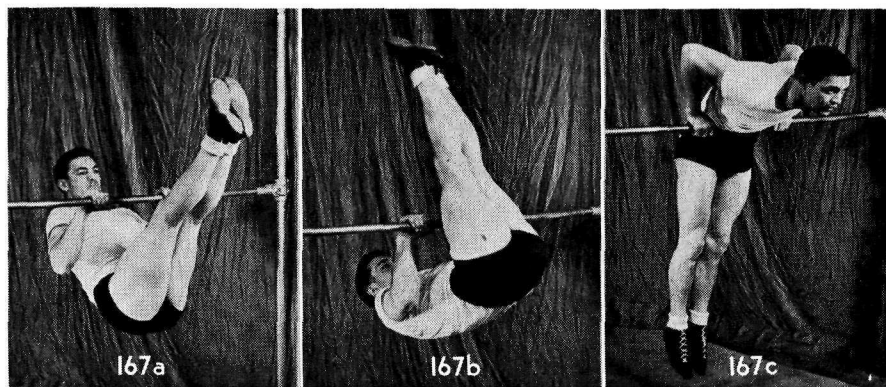
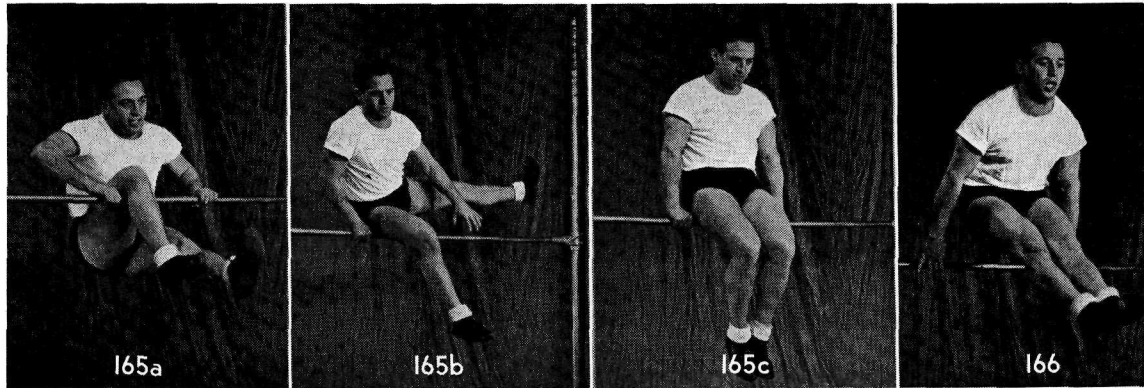
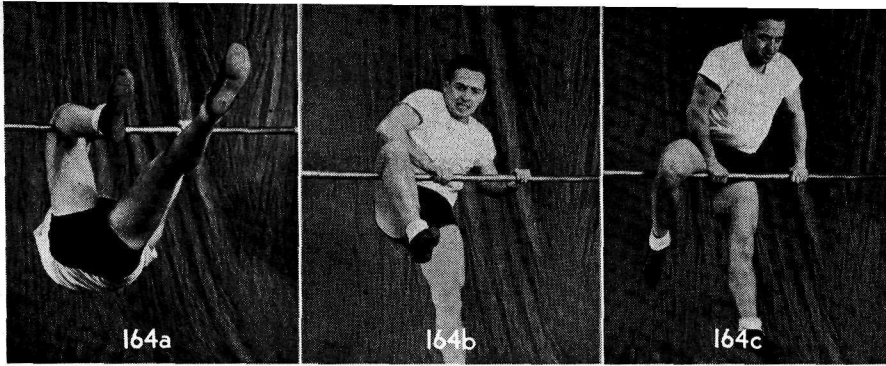
All the above tricks may be done with a reverse grasp.

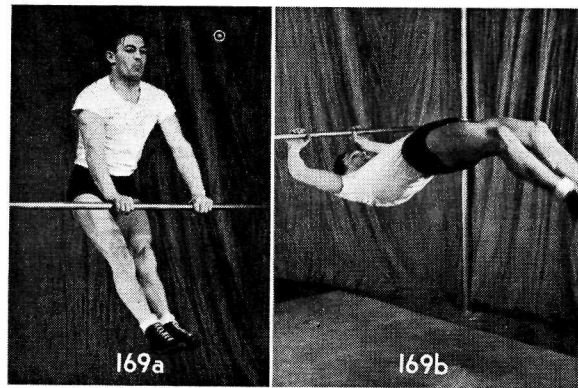
- 167—*Hip Swing Up (Belly Grind)*.—(a) Chin yourself first—Bring belly to bar; (b) As you throw the feet over the bar throw the head back; (c) Arch the back slightly as the arms are straightened!

*Variations*.—Push off Backwards—Push off Backward with Turns—Forward Turn Over.

There can be various combinations of all of the above stunts.

- 168—*Short Underswing Dismount, One Leg Up*.—(a) Arms straight—Kick one leg up first; (b) Lean back with head and shoulders—Bring up other leg immediately; (c) Direct feet upward at 60° angle—Be sure to release bar!





- 169—*Both Legs Up*.—(a) Same as above except both legs up at the same time—Spring upward and backward to bring insteps to bar; (b) Be sure to release bar!

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- 170—*Front Rest*.—(a) Arched body; (b) Bring legs up to bar as body drops backward; (c) Shoot out and let go of bar!

*From Hip Circle*.—(Cues the same as Front Rest)

*Apply Turns from Bar*.—Turn head and arm in direction of turn!

- 171—*Raise Bar and Single Knee Swing Up, Drop Back to Underswing Dismount*.—(a) Withdraw leg when passing over top of bar—Transfer insteps to bar; (b) Drop hips and do underswing dismount!

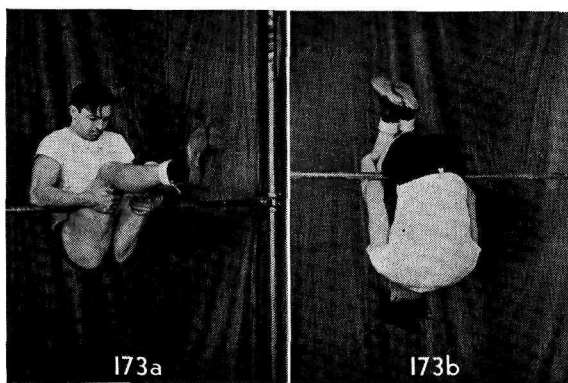
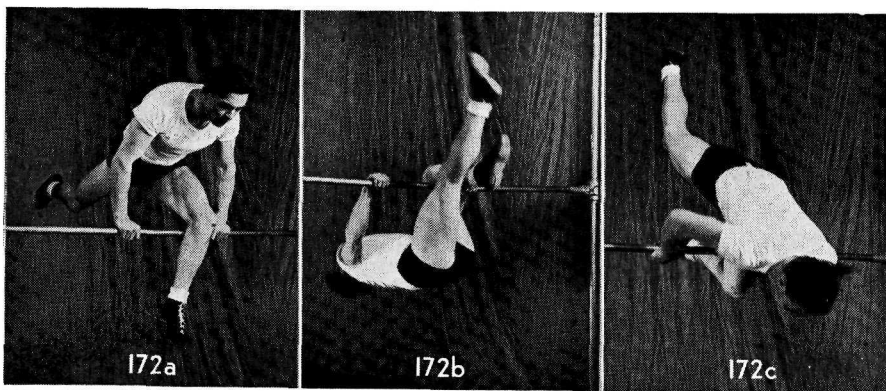
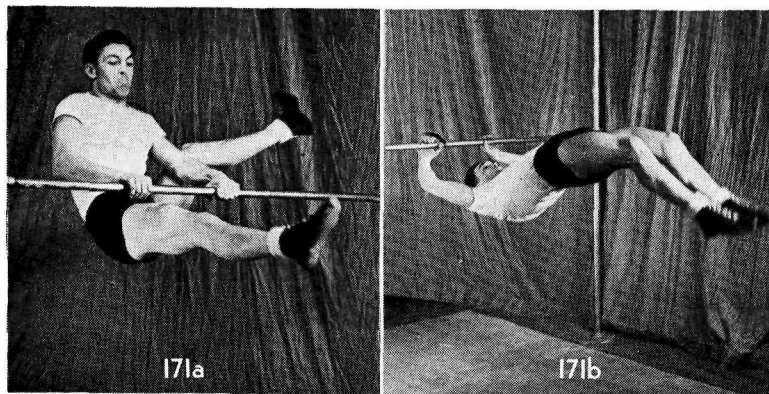
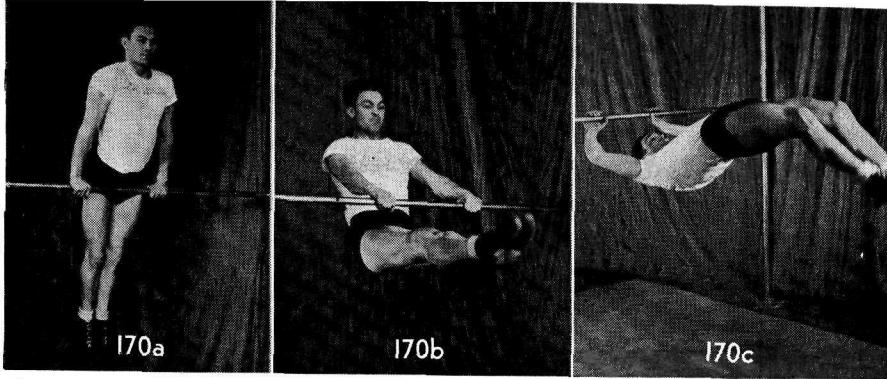
SAFETY HINTS.—Arms straight—Pull from shoulders—Be sure to release grasp—Do not change mind and hold on to bar—Spotters in front of and behind bar!

- 172—*Single Knee Circle Backwards*.—(a) For all circles lengthen on top shorten underneath bar—Thigh should be six inches above bar at start of circles; (b) Keep free leg straight; (c) Shift hips over the bar as circle is completed!

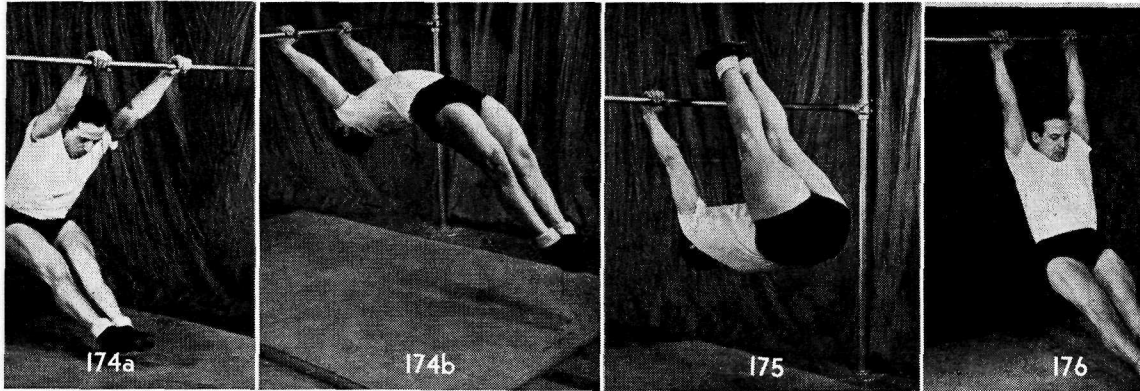
- 173—*Forearm Support Circle*.—(a) Jump to support and grasp thighs; (b) Get momentum for circle with head and feet—Keep pulling for continued circle!

*Variations*.—Single Knee Swing Up (Right and Left)—Single Knee Swing Up (Reverse Grasp)

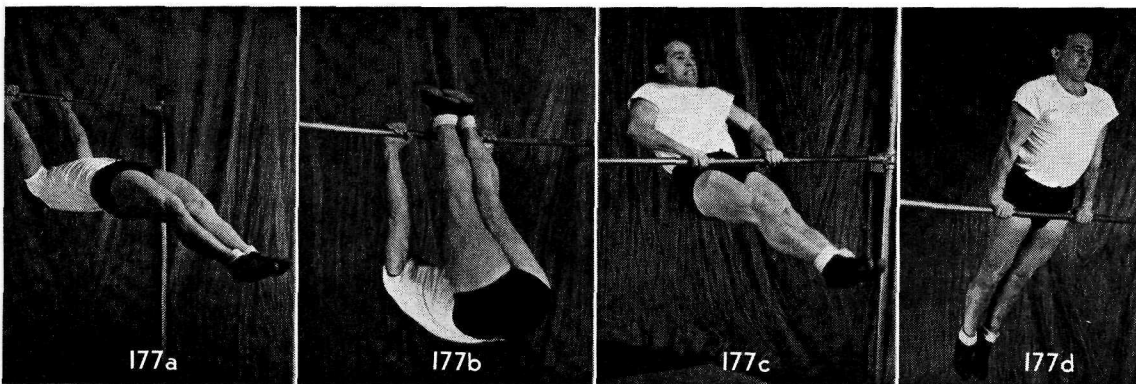
*Elementary Routine*.—Single Knee (Ordinary Grasp) Swing Up, Forward Turnover, Change Grasp, Single Knee Circle Backward, Short Underswing Dismount with Turns.







- 174—*Preparation for Kip (Upstart)*.—*Positions*: Hold bar, chest high, with ordinary grasp, arms straight. Jump up into air with feet, extend the legs under bar just above mat to a full body extended position and return. In 174b start from position as in 174a. Jump, bringing insteps to bar and hold them at this position while body swings back and forth. Stress keeping the arms straight—Stress arch at the front of swing—Head back at end of swing; in (a) Stress skimming the top of the mat!
- 175—Combine the two above positions in 174a and 174b—Raise the bar gradually!
- 176—Combine the movements in 174a with various single and double knee mounts!

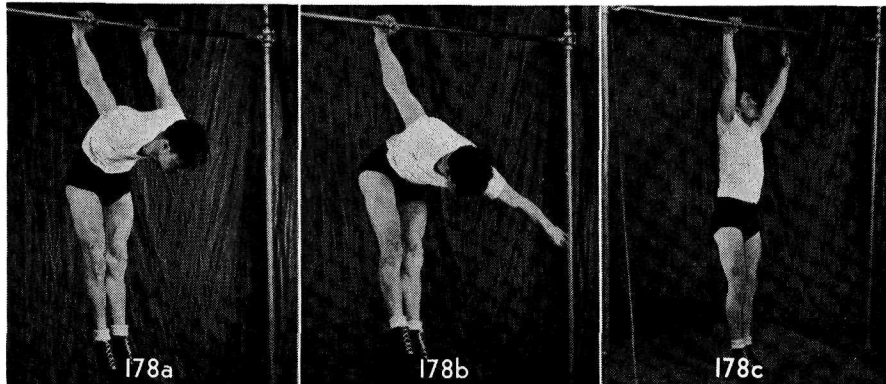


- 177—*Kip, Raise Bar Gradually*.—(a) Stress arch at front of swing—Wait for the hips to start the return swing before bringing insteps to bar; (b) Bring insteps to bar—Shoot legs up, out and down—Press down and *in* with shoulder muscles; (c) Get a little wrist motion when going above bar—Do not push away from bar; (d) Force shoulders well forward!
- Try all tricks on the bar at an intermediate height. Also, try all tricks on the High Bar.

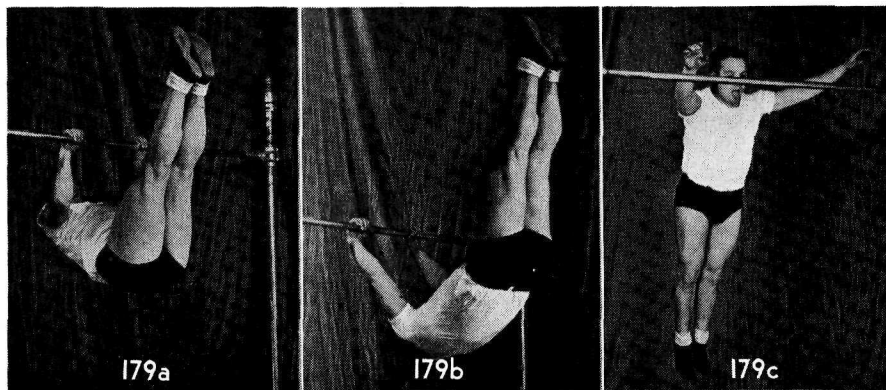
## HIGH BAR\*

*Chins.*—Pull the chin up at least level with the bar!

*Skin the Cat.*—(See Plates 159a, 159b and 159c)



178—*Monkey Hang.*—(a) Skin the cat first and reach for mat; (b) Just before releasing get a tight grip with other hand; (c) Swing around to ordinary hang!



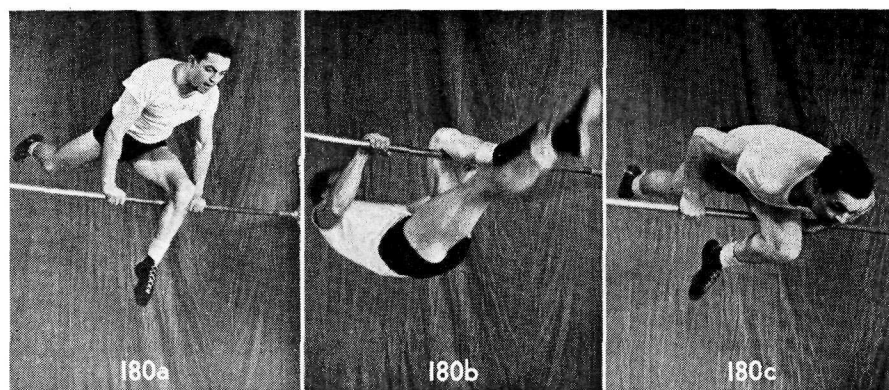
179—*Learn How to Swing and Dismount.*—(a) Chin the bar and bring feet to bar; (b) Kick up, out, and down as the arms are straightened; (c) Pull toward the bar to get back straight—Dismount on back end of swing—Drop straight and land on the balls of the feet!

*Single Knee Swing Up.*—(See Plates 163a, 163b, 163c)

*Knee Outside.*—(See Plates 164a, 164b, 164c)

*Knee Between Arms.*—(See Plates 163a, 163b, 163c)

\* See also pp. 59, 66, 69, 271, 299, 315, 319, 327, 391, 455.



180—*Single Knee Circle, Backward.*—(a) Ordinary grasp—Raise thigh from bar; (b) Lengthen on top—Hook knee to bar when off balance—Reach upward and backward—Legs straight—Throw head and shoulders back as you fall; (c) Shorten swing underneath bar—Bring thigh of free leg to bar to increase spin!

SAFETY HINT.—Spot closely!

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181—*Single Knee Circle, Forward.*—(a) Reverse grasp—Raise thighs from bar; (b) Lengthen on top—Reach upward and forward—Hook knee to bar when off balance—Don't dive; (c) Swing free leg—Keep free leg straight!

SAFETY HINTS.—Spot closely—Steady the performer by holding onto his foot!

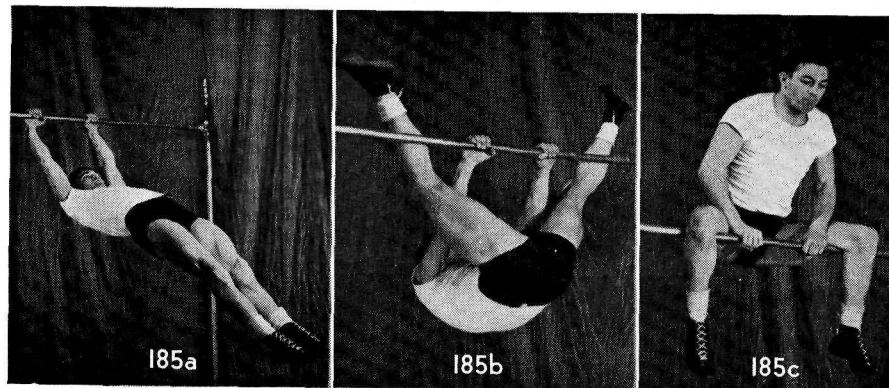
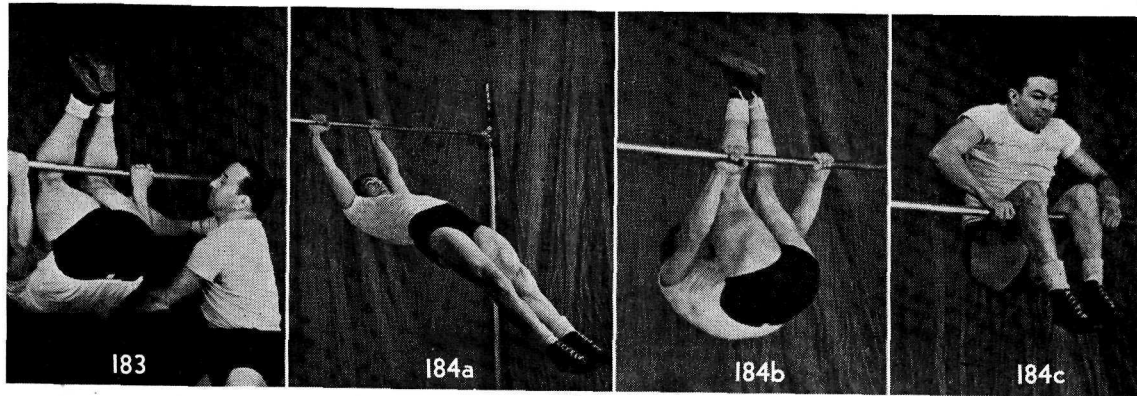
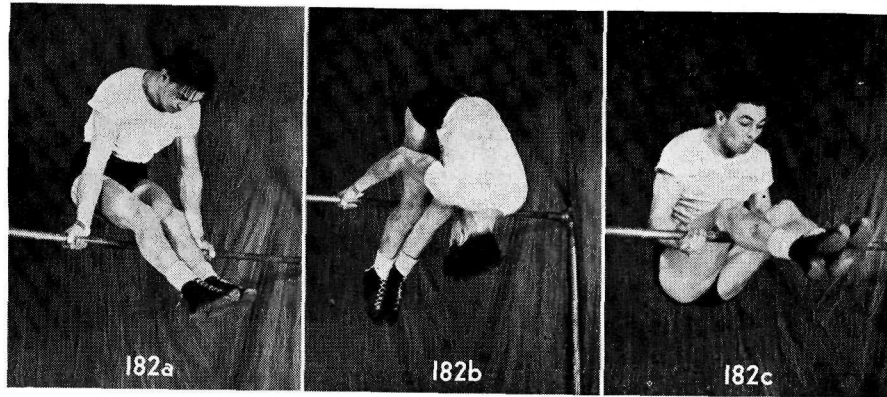
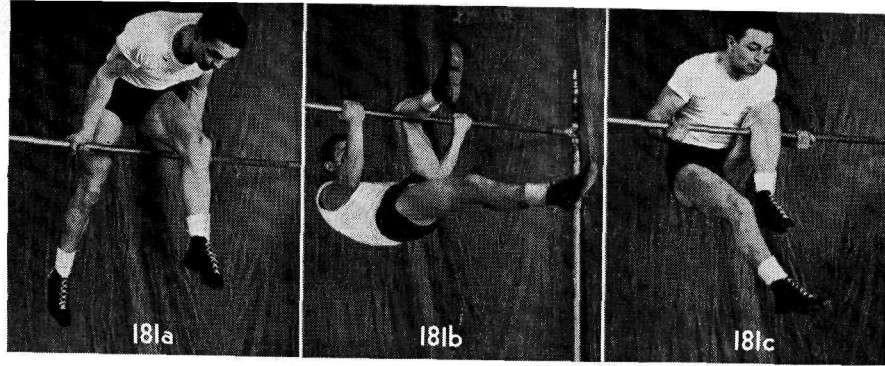
182—*Double Knee Circle, Forward.*—(a) Reverse grasp—Raise legs off bar; (b) Bring the hocks to bar when off balance forward—Lengthen on top—Reach up and out as you go off balance; (c) Shorten swing underneath bar!

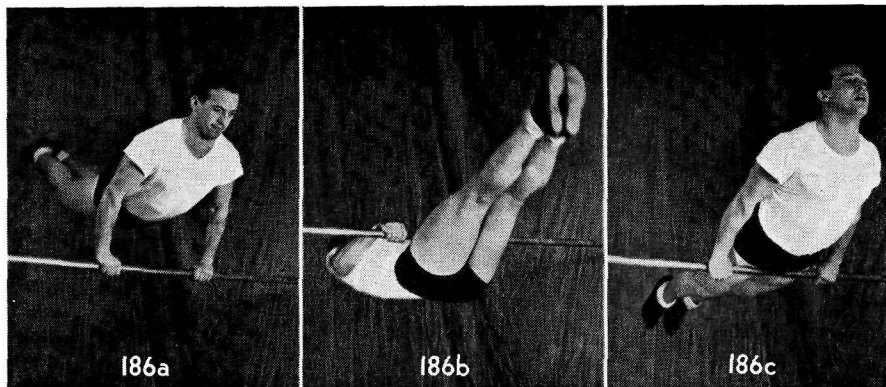
VARIATION.—*Double Knee Circle Backward*—(a) Ordinary grasp; (b) Lengthen on top; (c) Shorten underneath.

183—SAFETY HINTS for Double Knee Circle, Forward.—Spot closely—Steady the performer by holding his feet—Check on correct grasp (Reverse for Double Knee Circle Forward and Ordinary for Double Knee Circle Backward)!

184—*Double Knee Swing Up, Knees Between Hands.*—(a) Ordinary grasp—Get swing under bar—Arch back; (b) Bring legs between arms; (c) Pull with hands and arms on upward swing!

185—*Double Knee Swing Up, Knees Outside Hands.*—(a) Ordinary grasp—Get swing under bar—Arch back; (b) Bring legs outside arms—Get as high on thighs as possible; (c) Pull with hands and arms on upward swing!





- 186—*Backward Hip Circle*.—(a) From front rest position sink in to bar; (b) Toss legs backward—Legs come forward; (c) Head and shoulders backward—Belly to bar all the time—Arch the back as head is thrown back!

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- 187—*Forward Hip Circle*.—(a) High front rest position—Rest on thighs; (b) Reach out forward and downward; (c) Curl up quickly on other side—Move grip forward!

SAFETY HINT.—Be sure to slip grasp to other side of bar!

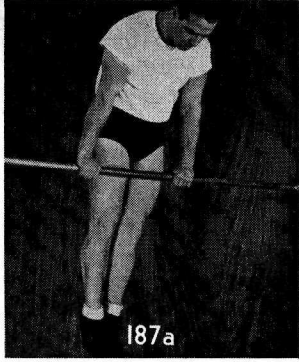
- 188—*Backward Free Hip Circle*.—(a) Keep arms as straight as possible; (b) Pull from shoulders to keep hips close to bar; (c) Push with arms after one half of circle is completed to keep body from bar—Arch the back—Throw the head backwards—Shift the wrists on bar!

- 189—*Hock Swing Dismount*.—(a) From inverted hang bring hocks to bar—Head up—Hands and arms upward; (b) Reach backward with arms as hocks are hooked to bar—Swing to highest point before dropping—Lift with arms and shoulders; (c) Don't whip legs off of bar; (d) Land on the balls of the feet!

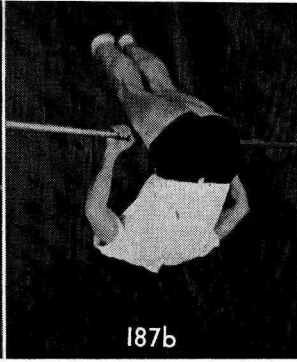
- 190—SAFETY HINTS.—Get a spotter—A spotter on each shoulder in learning the trick. Whip legs off at dead point of swing!

- 191—*Dead Man's Drop*.—(a) Hang from knees; (b) Head back—Flex legs before dropping—Throw arms up after snapping legs off bar!

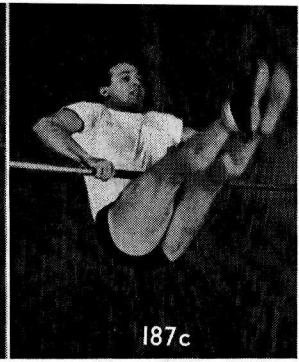
SAFETY HINT for Dead Man's Drop.—Support the performer under the shoulder!



187a



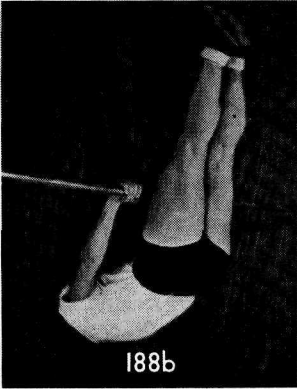
187b



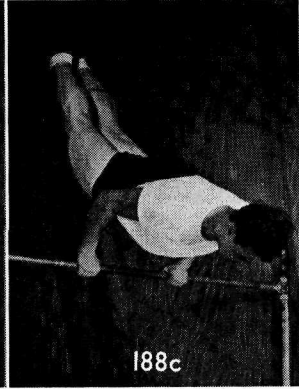
187c



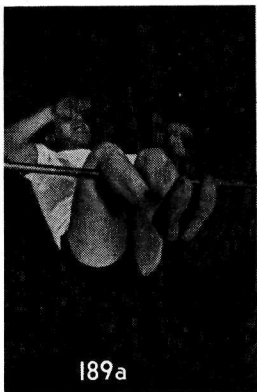
188a



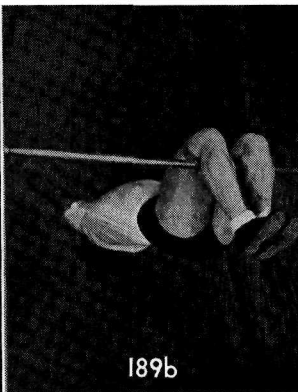
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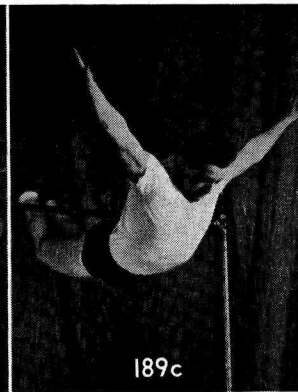
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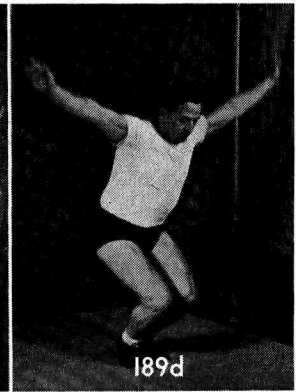
189a



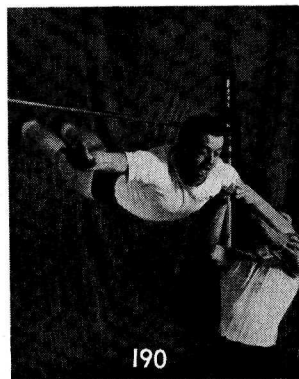
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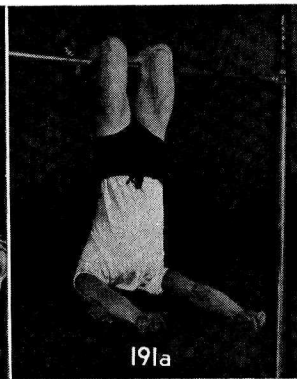
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189d



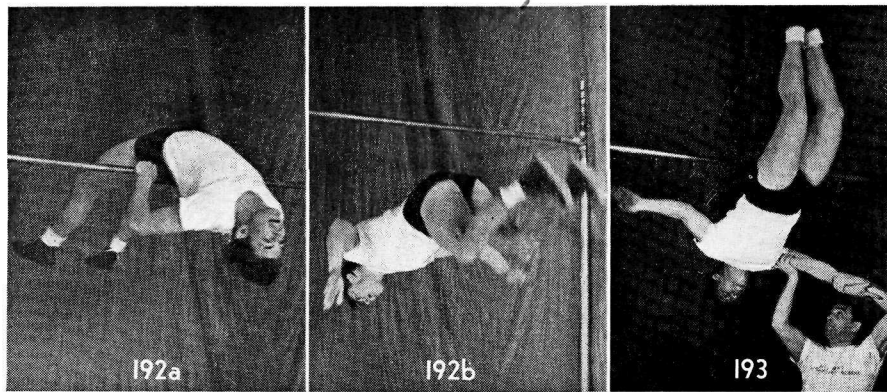
190



191a



191b



192—*Back Tension Off.*—(a) Head back—Feet hold position; (b) Arch back—After shoulders are fully back, whip legs over!

193—SAFETY HINTS.—Keep eyes on mat—Get a spotter—Support shoulder and hold on to foot in learning trick!

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194—*Kip.*—(a) Arms straight throughout the stunt after the initial swing is obtained; (b) Hold arch at front end of swing—On end of front swing flex at hips and bring insteps to bar; (c) When hips are past the vertical stands kick legs up, out and down, and press down on the bar, with arms straight; (d) Front rest position!

195—*Teaching Procedure and Spotting of Kip.*—(a) Hold feet back to force arch on back; (b) Push upward to help performer up to a front rest!

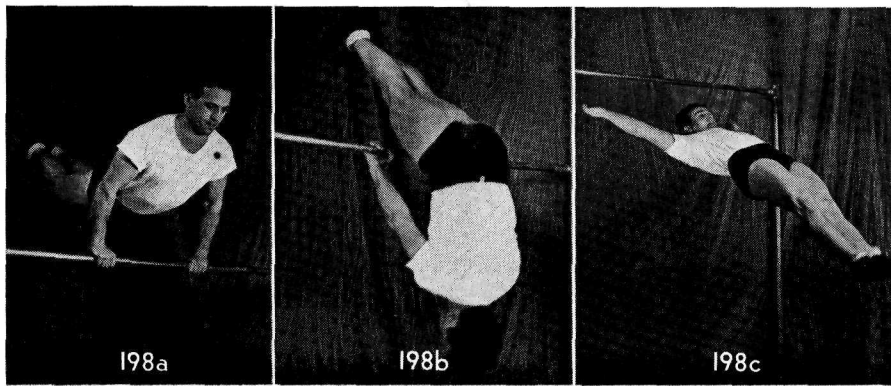
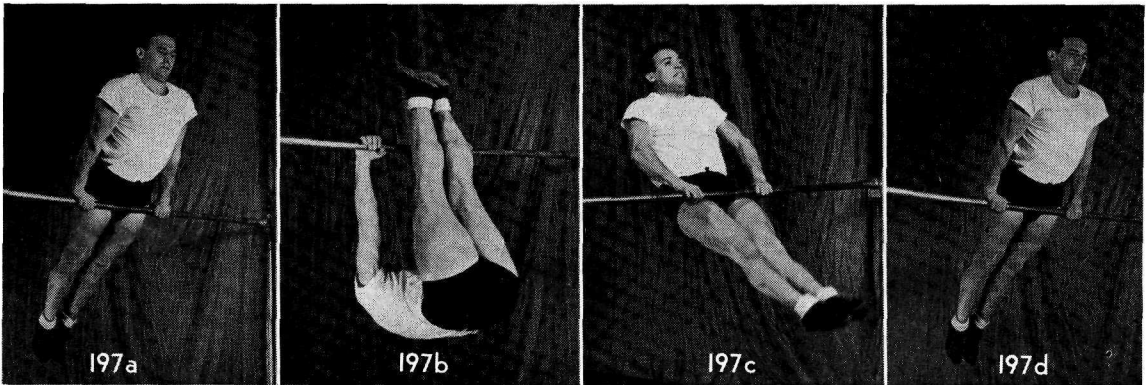
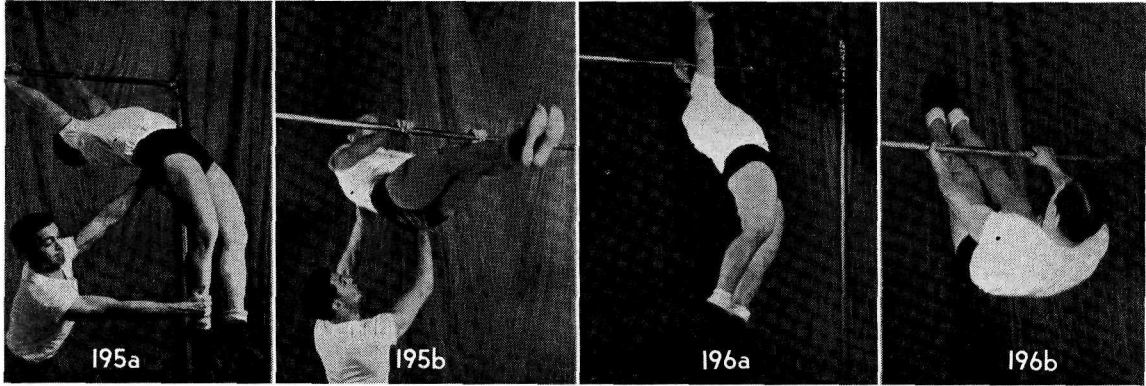
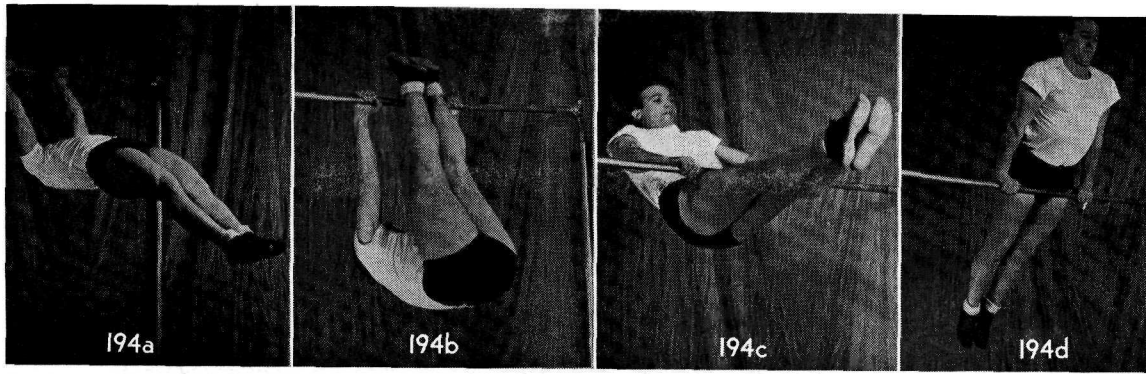
For Combined Grasp Kip (See Kip)—Same as ordinary kip—Lean on hand with ordinary grasp!

For Reverse Grasp Kip (See Kip)—Hold the arch as long as possible—Flex at waist as quickly as possible—Shift the wrists—Kick hard—Grasp should not be too tight!

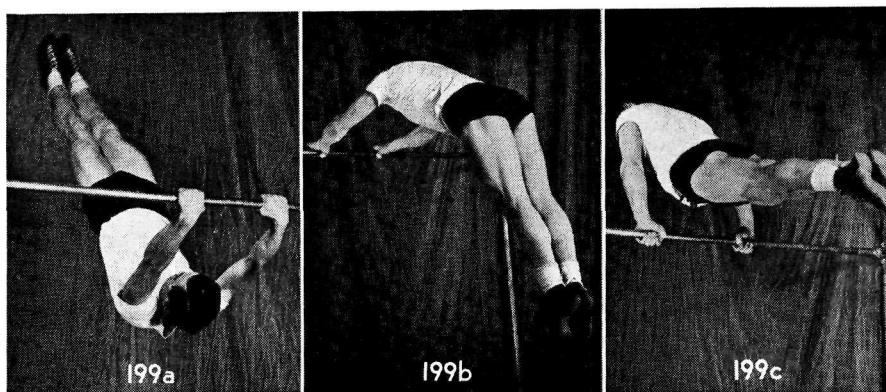
196—*Swing Half Turn, Kip.*—(a) Turn early; (b) Bring legs up early!  
*Variation.*—With combined grasp turn toward bar.

197—*Drop Kip.*—(a) Fall back from front rest; (b) Keep arms straight—Insteps to the bar; (c) Do not kick too early—Wait until hips swing back; (d) Arms straight—Front rest!

198—*Kip, Backward Free Hip Circle, Short Underswing Dismount.*—(a) Do a high straight arm kip; (b) Throw body away from bar previous to going into the hip circle; (c) Keep arms straight on dismount—Keep continuous rhythm throughout trick!







199—*Uprise, Ordinary Grasp*.—(a) Obtain maximum swing—Reach up, out, and down with feet; (b) Start pull after body has swung past the vertical supports—Lead with head—A short quick flexing of body aids in uprising; (c) Bring shoulders ahead of hands for balance—Arch back—Point toes!

*Uprise, Reverse Grasp* is the same as *Uprise, Ordinary Grasp*, except for grasp.

*Variations*.—*Uprise*—Two backward free circles and short underswing dismount. *Uprise, Reverse Grasp*—Change grasp at top of uprise, then two backward free hip circles.

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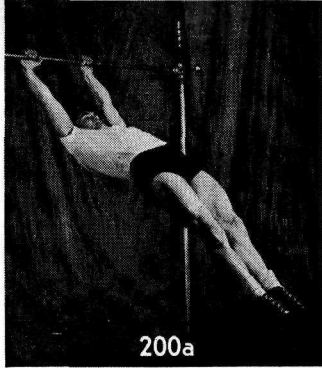
200—*Reverse or Back Kip*.—(a) Ordinary grasp—Swing forward and bring feet between arms; (b) Swing backward with heels close to bar; (c) Swing feet downward as forward swing begins—Arch back—Lift head!

201—*Heel Circles, Forward*.—(a) Reverse grasp—Lift thighs off bar; (b) When off balance bring heels to bar—Reach up and out; (c) Shorten underneath!

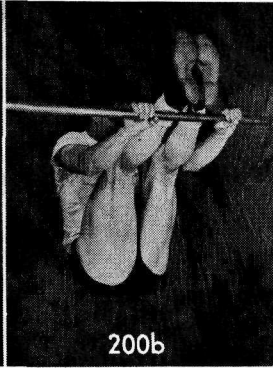
202—*Heel Circles, Backward*.—(a) Ordinary grasp—Lift thighs from bar; (b) When off balance bring heels to bar—Reach up and backward; (c) Shorten underneath!

**SAFETY HINTS**.—Learn heel circles on low bar at first because it is much easier to spot and assist the performer!

203—*Giant Hock Circle (Swing)*.—(a) Start from sitting position—Throw arms and head back—Keep upper body extended; (b) Pull with knees at bottom of swing; (c) Flex at waist and attempt to sit on bar—Reach back with hands to grab the bar (Ordinary grasp)!



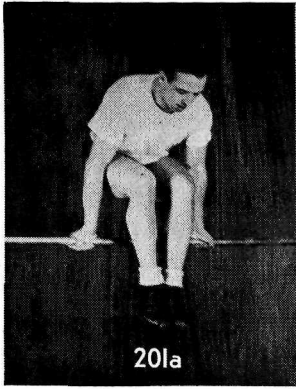
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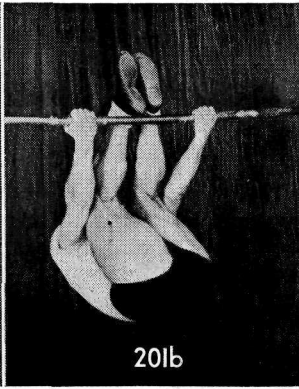
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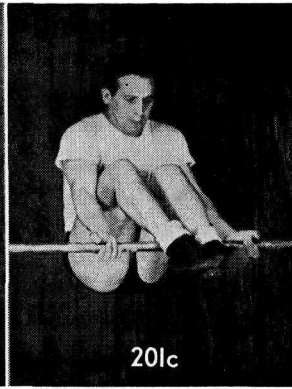
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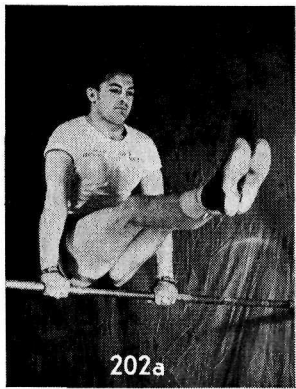
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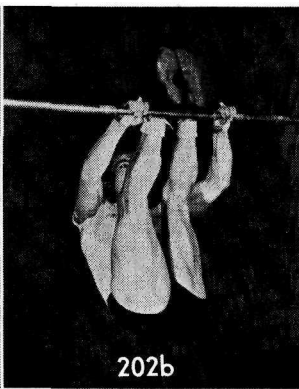
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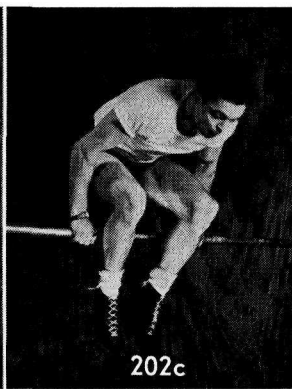
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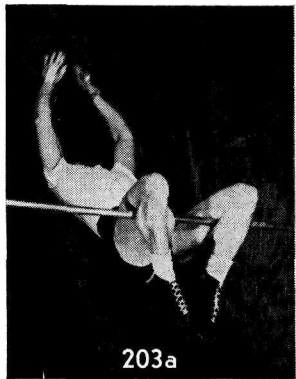
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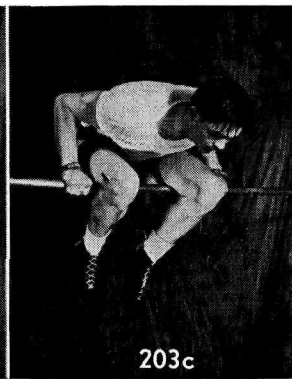
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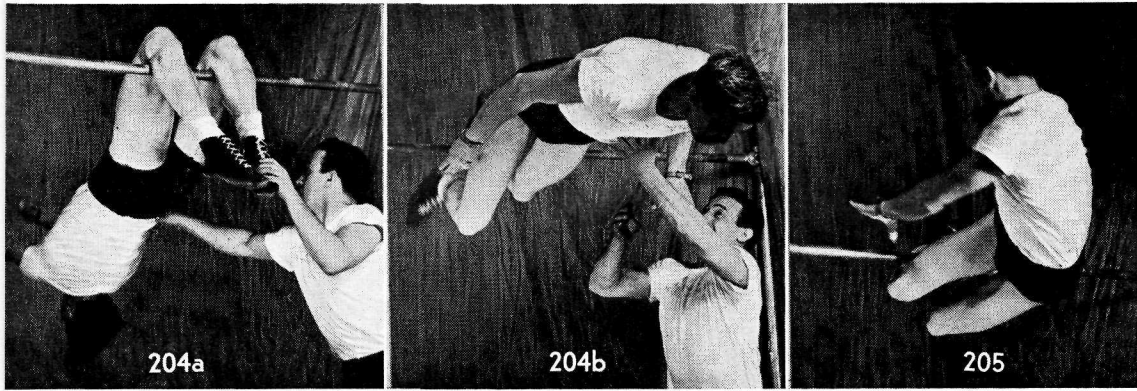
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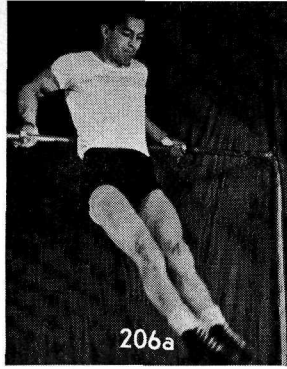
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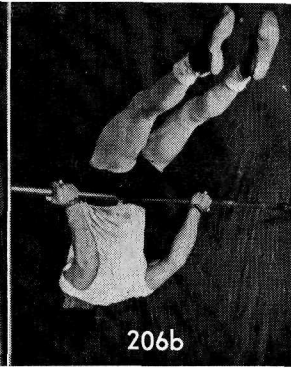
- 204—SAFETY HINTS.—(a) Have the bar low enough so that the spotter can hold onto the feet of the performer as he throws backward. In this way he will be sure the hocks do not slip off the bar; (b) As he swings upward he is ready to spot if performer does not quite get on top of bar.
- 205—*Giant Hock Circle (Swing) Half Turn to Front Rest.*—Twist after pulling with knees—Grasp bar with ordinary grasp!

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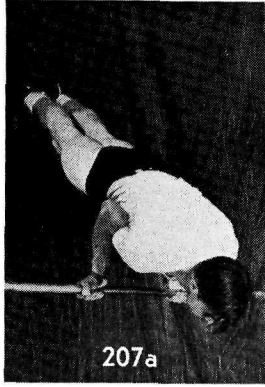
- 206—*Back Hip Circle Forward.*—(a) Reverse grasp—Arms flexed—Reach downward; (b) Arch back—Keep close to bar!
- 207—*From a Front Elbow Lever Above Bar With a Reverse Grasp Turn Over (Forward) to a Back Uprise.*—(a) Shoulders past the bar—Legs well over bar before straightening arms—Reverse grasp; (b) Be sure to straighten arms; (c) Lead with head!
- 208—*Cast Off, Cross Hand, Rear Uprise.*—(a) Get high cast and reach for cross grasp; (b) At end of swing pull with arms to uprise; (c) Change grasp to reverse grasp!
- 209—*Momentary Hand Balance on Low Bar.*—(a) Cast to a hand balance—Bring legs in front of bar to get a beat—Keep elbows locked—Swing freely from the shoulders; (b) As you go over the top tuck chin on chest—Make sure the feet are beyond the vertical before you tuck—Extend the entire body!
- SAFETY HINT.—Two spotters: one to spot the feet; the other to spot the shoulders!



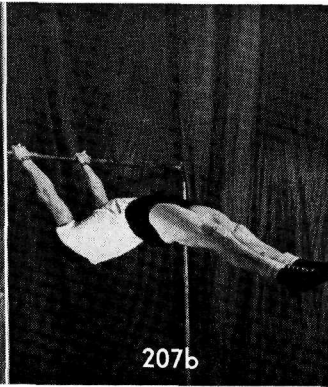
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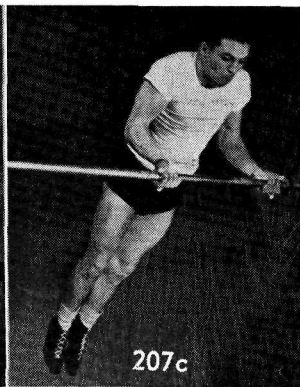
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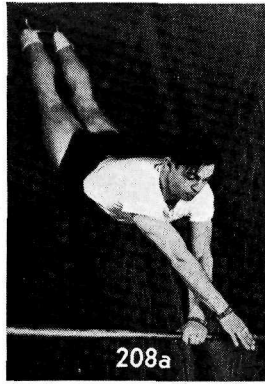
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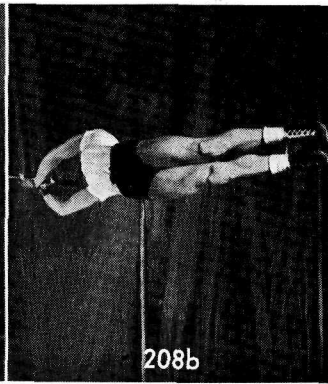
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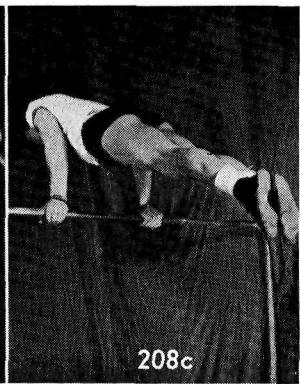
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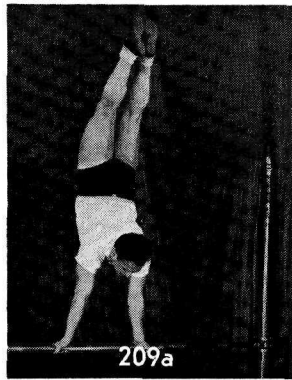
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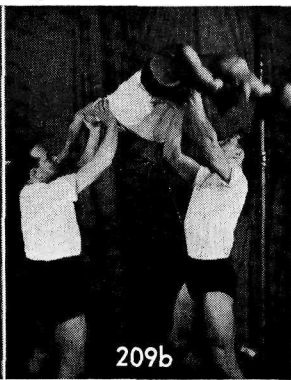
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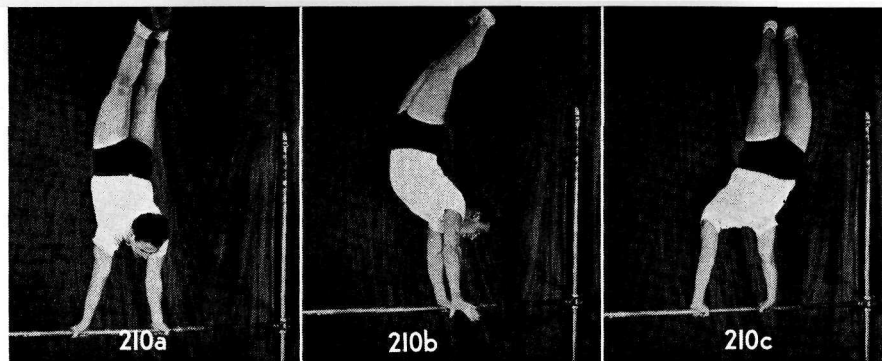
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209a



209b



210—*Pivot from a Momentary Hand Balance (Reverse Grasp) to a Momentary Hand Balance (Ordinary Grasp).*—(a) Practice with the low bar at its lowest height—Kick into hand balance with reverse grasp; (b) Pivot on one arm—Be turning before you pass the vertical; (c) Straight arms!

SAFETY HINTS.—Do not change your mind in the middle of the stunt—At the end of the pivot flex at the waist—Do not land on the mats with the body outstretched!

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### Dismounts

*Hock Swing Dismount at Front End of Swing.*—(See Plates 189a, 189b, 189c and 189d)

SAFETY HINT for Hock Swing Dismount at Front End of Swing—Have Spotter on each side holding the upper arm of the performer! (See Plate 190)

211—*Hock Swing Dismount at Back End of Swing.*—(a) Get regular swing from knees; (b) Come back with a high swing—When at maximum height, pull legs from bar; (c) Keep head forward—Flex at waist when pulling legs off bar!

212—SAFETY HINTS.—Pull heels quickly out at top of swing or they will get caught—Swing hard with arms and hands to get as much height as possible—Be spotted closely!

213—*Forward Ankle Swing Dismount at Back of Swing.*—(a) Reverse grasp—Arms straight—Legs straight; (b) Lean forward; (c) Just before maximum height is reached, release hands and pull legs off bar—Keep head forward!

SAFETY HINT.—Be careful that the performer does not release the bar too soon!

214—*Sole Circle Dismount.*—(a) Ordinary grasp—Head back—Arms straight—Legs straight; (b) Swing back, head up and back; (c) Release after maximum height is reached—Push with feet!

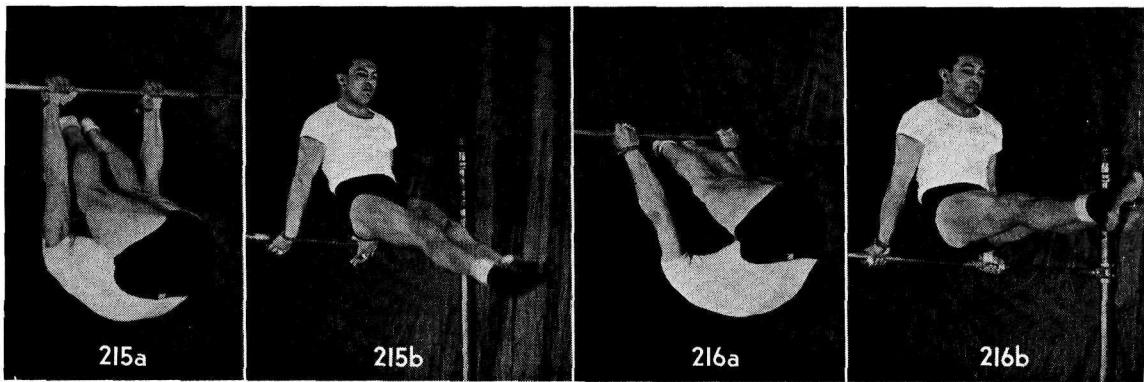
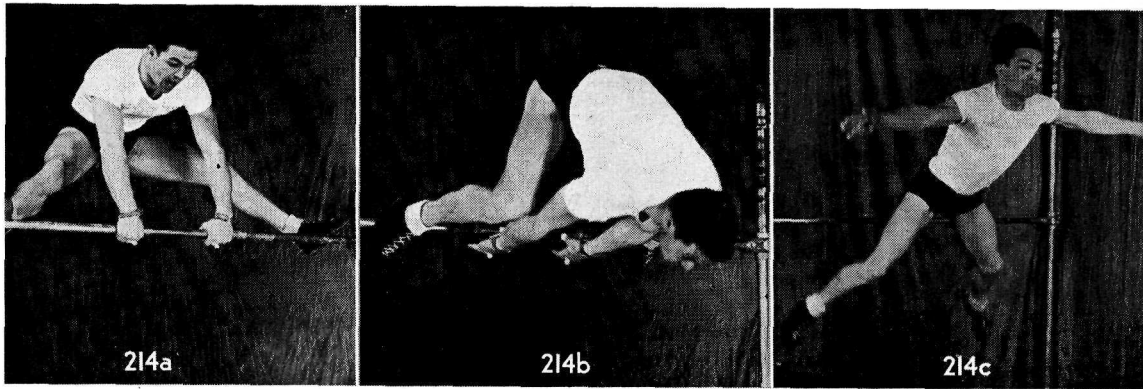
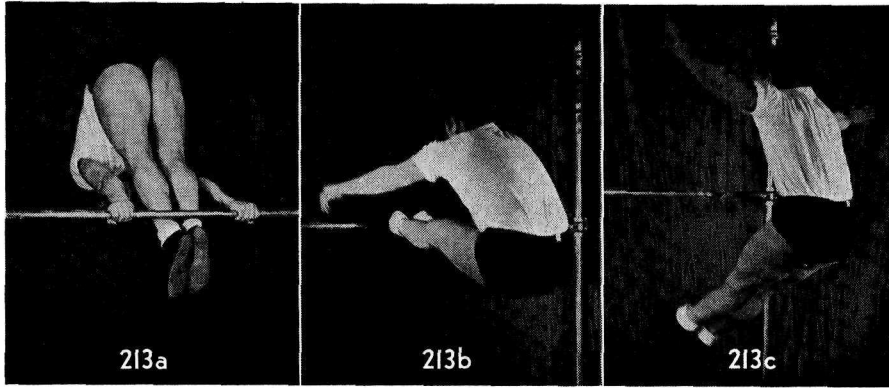
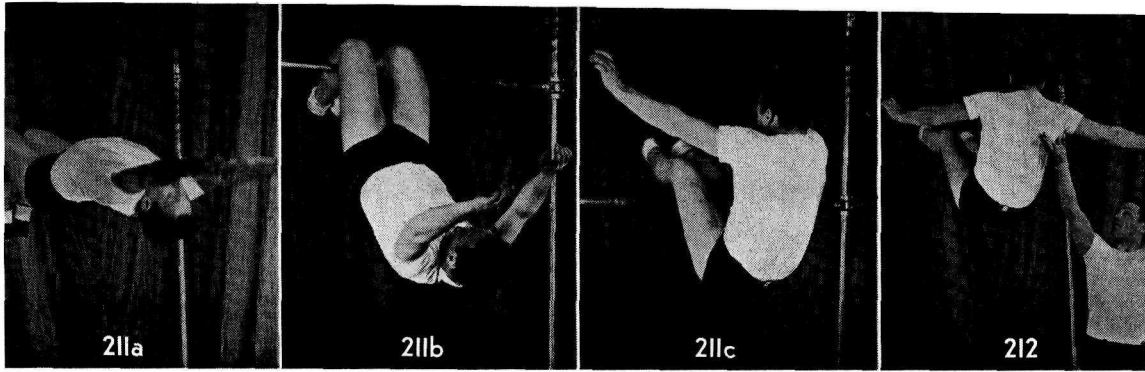
SAFETY HINT.—Spot the shoulders closely!

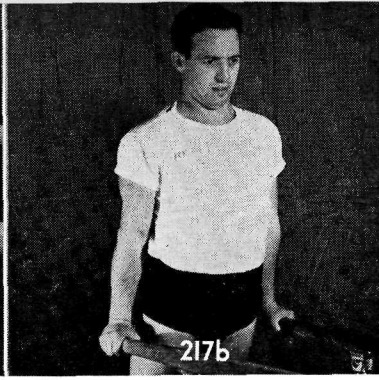
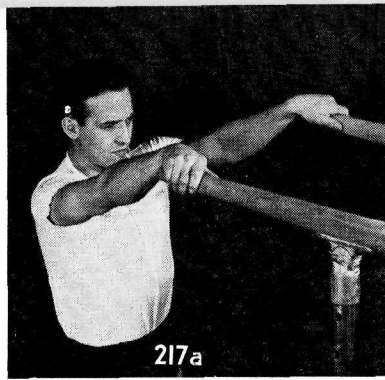
215—*Shoot Over.*—(a) Arms straight—Head forward; (b) Shoot legs over bar—Pull with arms—Keep hips high!

SAFETY HINT.—Watch closely that the performer does not land on the bar with his back!

216—*Heel Circle Into Shoot Over.*—(a) Arms straight; (b) Release heels at bottom of swing—Pull with arms!

SAFETY HINT.—Be careful that the performer does not release either too soon or too late!





### **Suggestions for Advanced Stunts on High Bar**

Reverse Giant Swing—Reverse Giant Swing to an Uprise—Running Start, Jump to a Free Hip Circle Mount to a Drop Kip—Half Giant Swing (Ordinary)—Ordinary Giant (One and One-half Swings) with spotters on each side.

Giant Swing Changes: Reverse to Ordinary—Ordinary to Reverse—Cross Giant Swings—Reverse Pirouette Giants—Reverse Giants—Eagle Swing Into Uprise—Eagle Swing Into Reverse Giants.

Dismounts: Sheep Vault—Front Flyaway—Back Flyaway—Back Flyaway One-half Twist—Ordinary Giant Swings, Reach Under Flank Vault—Back Layout off Bar—Front Somersault over Bar—Handspring over Bar—Side Flyaway—Front Flyaway Full Twist—Double Flyaway.

### **PARALLEL BARS**

#### **Safety Fundamentals**

217—*Grasp*.—(a) On grasping bar before mount, place thumb along bar; (b) After mount, circle thumb around bar!

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218—*Swing from Shoulders*.—(a) When swinging from a support position, swing from shoulders—When swinging backward, lean slightly forward—Keep arms locked—Keep body arched; (b) When swinging forward, lean slightly backward—Extend hips forward!

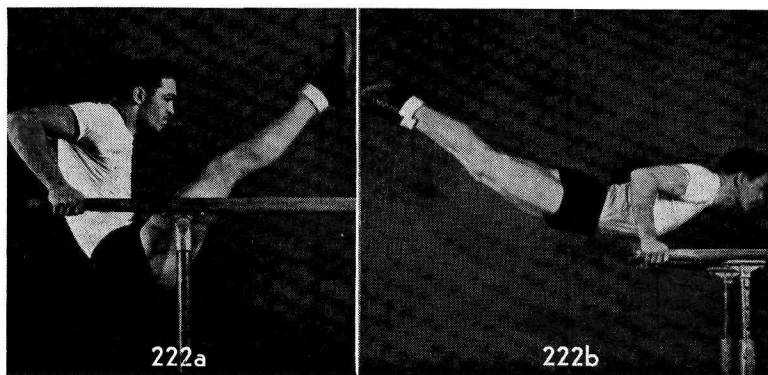
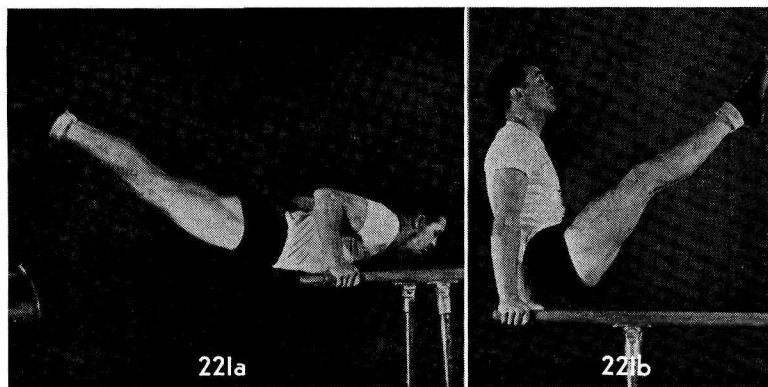
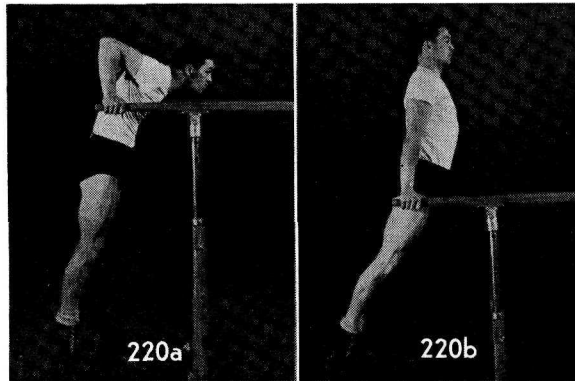
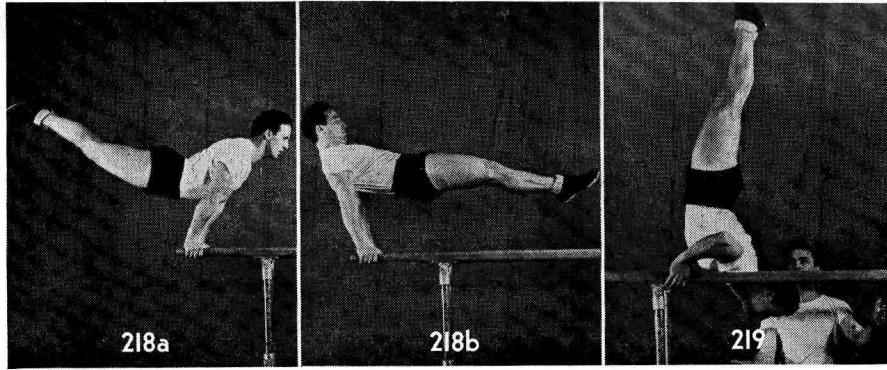
219—*Spotting*.—In spotting a performer, spot underneath the bars—Do not place arms over top of parallel bars while guarding or aiding a performer—Keep alert—Keep eyes on performer—Be ready to step in!

#### **Strength Stunts**

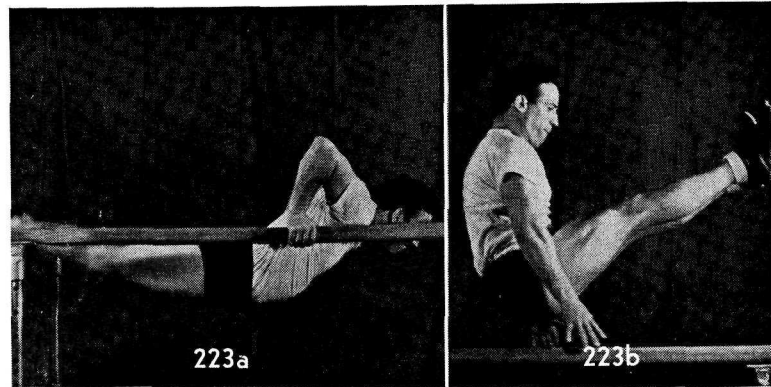
220—*Dips*.—(a) Start from straight arm cross support position—Head up—Arch back; (b) Drop to bent arm position—Arch back—Head up!

221—*Forward Swinging Dips*.—(a) Swing from shoulders—At end of rear swing flex arms—Head up—Arch back; (b) Swing forward in bent arm position—At front end of swing straighten arms and shoot feet up!

222—*Backward Swinging Dips*.—(a) Swing from shoulders—At front end of swing flex arms and pike body—Drop to bent arm position; (b) Swing backward in bent arm position—At rear end of swing straighten arms and arch back!



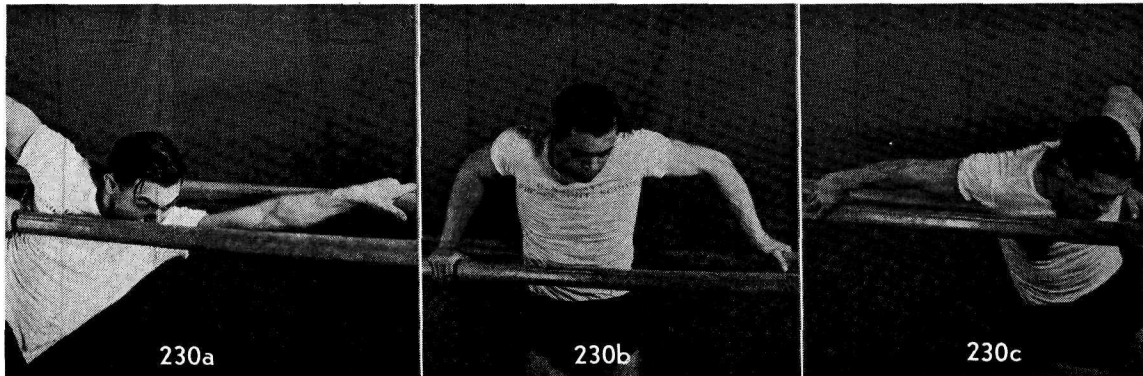
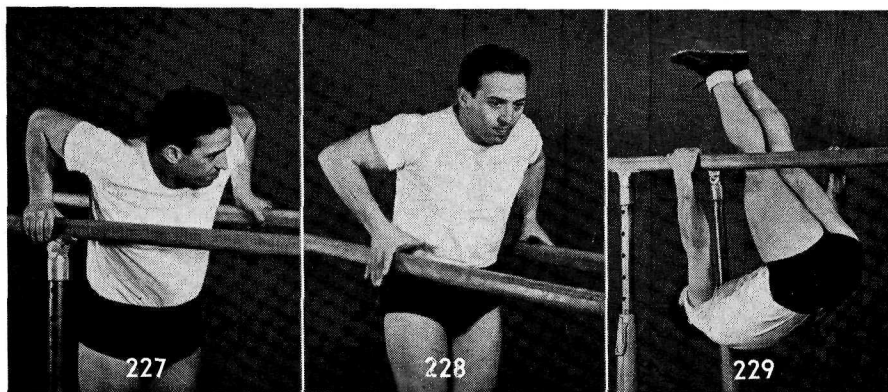
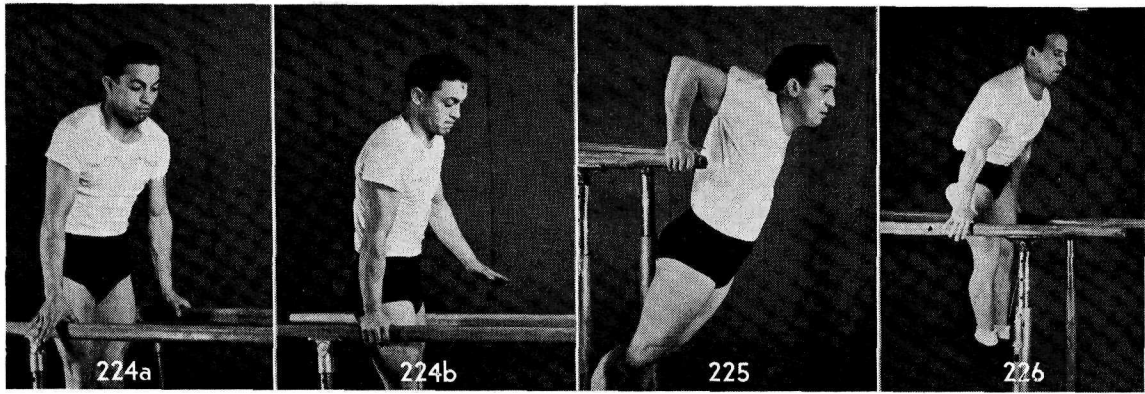


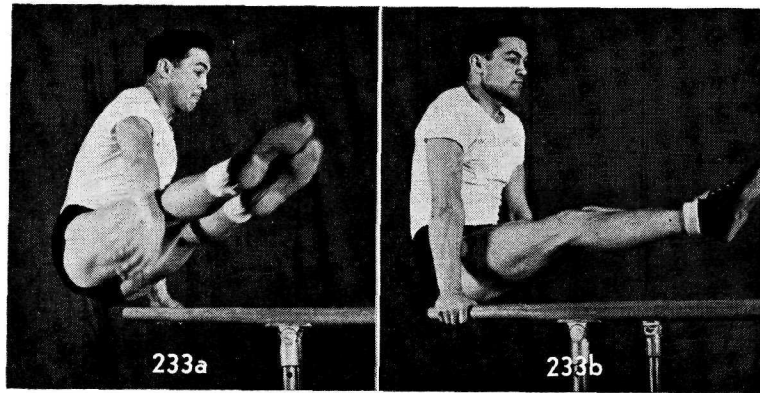
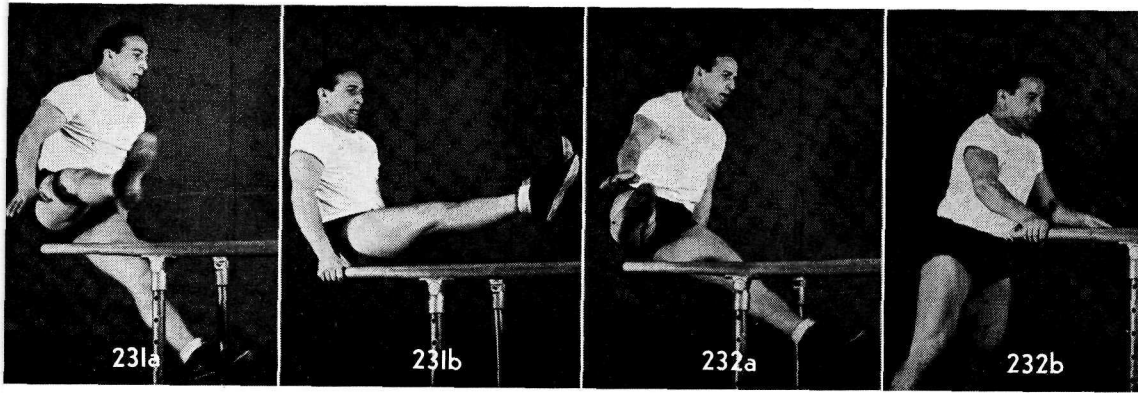


- 223—*Swinging Dips Travel Forward.*—(a) Do a forward swinging dip; (b) At front end of swing shoot feet up and forward—Push off the hands—Travel forward and regrasp!

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- 224—*Walk Length of Bars in Straight Arm Cross Support Position.*—(a) Head back—Chin in—Back arched—Elbows locked—Toes pointed; (b) Small steps!
- 225—*Walk Length of Bars in Straight Arm Cross Support Position, Dips at Far End.*—Keep body arched—Keep head up—Push forward and upward on dips—Do as many dips as possible!
- 226—*Hop Length of Bars in Straight Arm Cross Support Position.*—Small hops—Head back—Chin in—Chest out—Back arched—Arms straight—Toes pointed!
- Variations.*—Same and Dips at End.
- 227—*Grasshopper Walk Length of Bars, Forward and Backward (Bent Arm Position).*—Head back, chin in—Flex arms—Arch back, point toes—Small steps!
- Variation.*—Grasshopper Walk Length of Bars, and Dips.
- 228—*Grasshopper Hop Length of Bars.*—Keep body arched—Keep body ahead of hands—Push hard with both hands—Work in rhythm to use the spring of the bars!
- Variation.*—Grasshopper Hop Length of Bars and Dips.
- 229—*Inverted Hang and Walk Forward.*—Grip outside of bars—Keep feet over the head—Take small steps!
- Variation.*—Inverted Hang and Walk Backward—Same as Inverted Hang and Walk Forward, except the feet are slightly behind the head!
- 230—*Lion's Crawl Length of Bar.*—(a) Keep weight on one arm—Reach under the bar with free arm; (b) Push hard to straighten arms—Space crawls evenly to finish at end of bars; (c) Lower down on the front arm—Do not use elbows!
- Variation.*—Lion's Crawl Length of Bar and Dips.
- SAFETY HINT.**—For Lion's Crawl use forearms until strong enough to perform without their use.



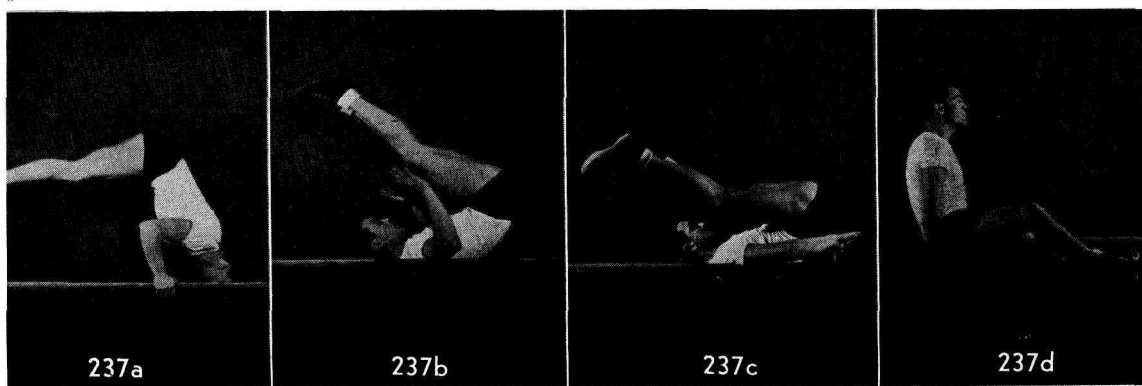
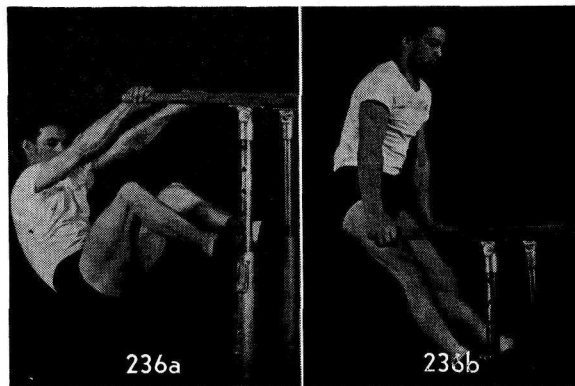
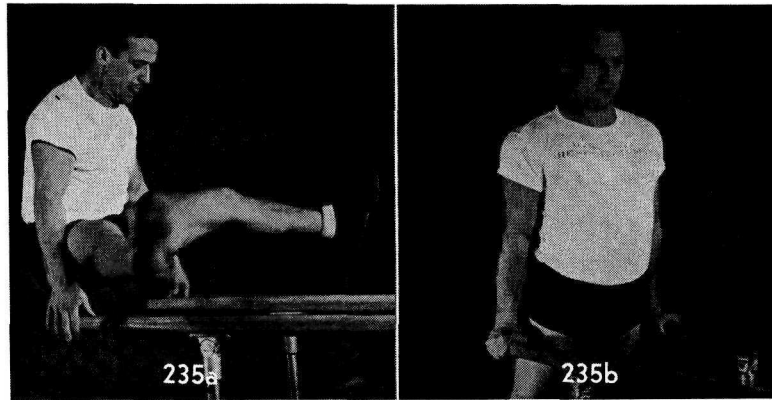
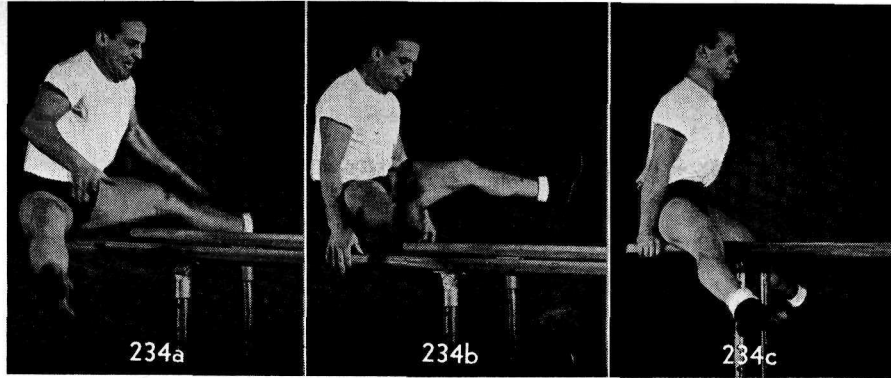


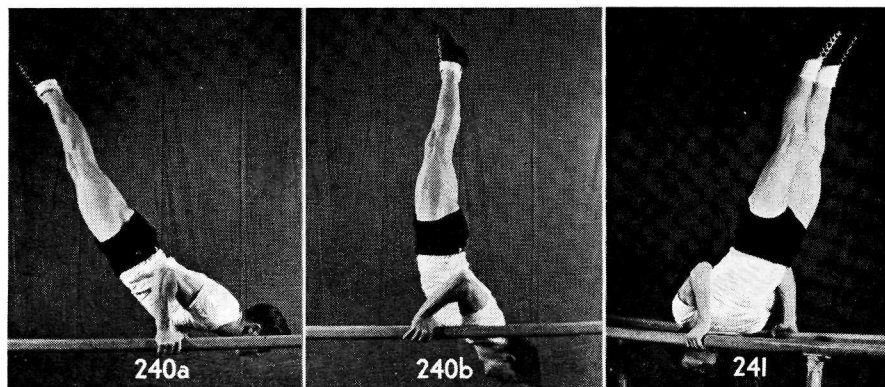
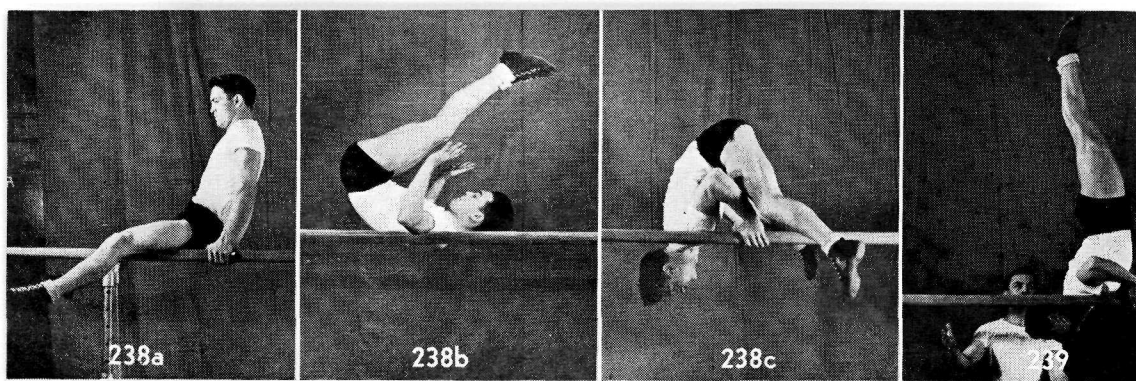
### Skill Stunts

- 231—*Single Leg Cut On, Right and Left Leg.*—(a) Jump with arms straight—Bring one leg up and horizontally over bar; (b) Re-grasp with other hand—Lean forward and finish up to front cross rest!
- 232—(a) From cross support swing forward—Cut leg over bar—Lean on supporting arm—Keep arm straight; (b) On dismount re-grasp bar!
- 233—*Double Leg Cut On, Right and Left.*—(a) From stand facing bars jump, cutting legs over bar (left or right); (b) Hold legs in half lever!

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- 234—*Double Leg Cut On to a Straddle Seat.*—(a) Jump with straight arms—Cut both legs over bars; (b) Land on bars in straddle seat—Re-grasp bar from behind; (c) Assume an active straddle seat!
- 235—*Double Leg Cut On to Re-grasp to Straight Arm Support.*—(a) Jump with straight arms—Cut both legs over bars; (b) Land with feet together—Re-grasp bars—Hold "L" position!
- 236—*Lazy Man's Kip.*—(a) Jump with arms straight—Place feet on uprights; (b) Push with legs—Rise up to front cross support!
- 237—*Forward Roll.*—(a) Lift hips high and lower upper arms to bar; (b) Change grasps from back to front when off balance forward; (c) Keep elbows spread; (d) Re-grasp bars to straddle position!





238—*Backward Roll*.—(a) Start from straddle position—Lean backward; (b) Shoot feet up over head—Lift hard with the feet and push with the hands—Keep legs in straddle position; (c) Regrasp bars—To straddle position!

SAFETY HINT.—Spot Underneath Bar. (See Plate 239)

240—*Upper Arm Balance*.—(a) Swing from shoulders—Swing feet up before shoulders are lowered to bar; (b) Head up—Control the balance with the hands—Body arched and weight on upper arms!

241—*Variation*.—Shoulder Balance on Bar.

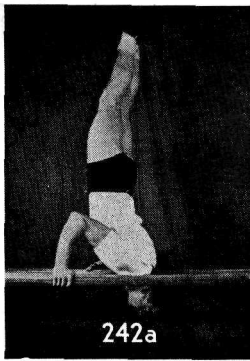
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242—*Shoulder Balance—Forward Roll on One Bar and Back Roll to Shoulder Balance*.—(a) From shoulder balance on bar roll forward; (b) Pike body while rolling; (c) Finish roll in side seat position—On back roll return to shoulder balance—Shoot feet up and backward!

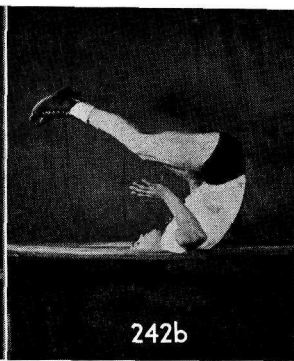
243—*Back Uprise*.—(a) Upper arm support leg in front; (b) Obtain maximum swing; (c) Pull to support as feet rise above bars—Forward and upward with the shoulders!

244—*Front Uprise or Quick Kip*.—(a) Arch back—Head up; (b) Pull quickly with arms as feet rise to bars—Hips forward!

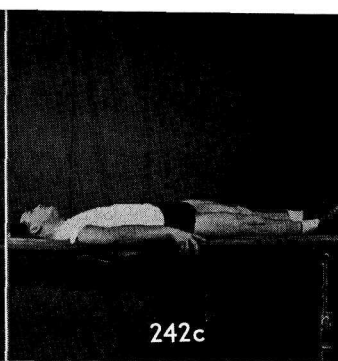
245—*Short Kip*.—(a) Swing with feet over head (Kip Position); (b) Wait until back swing and shoot feet—Keep arms straight and press downward with shoulder muscles!



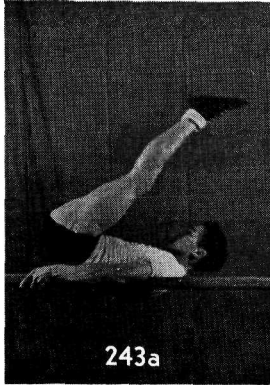
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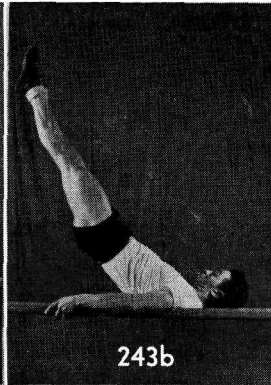
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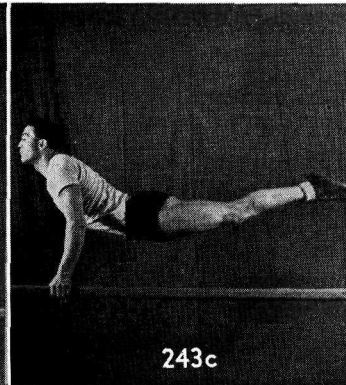
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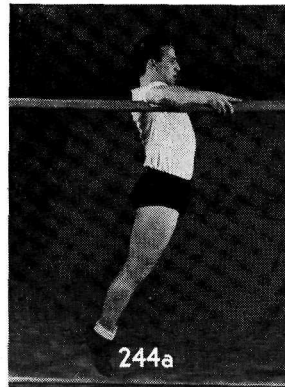
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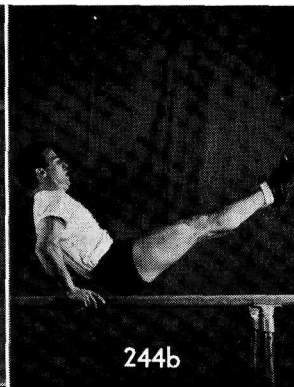
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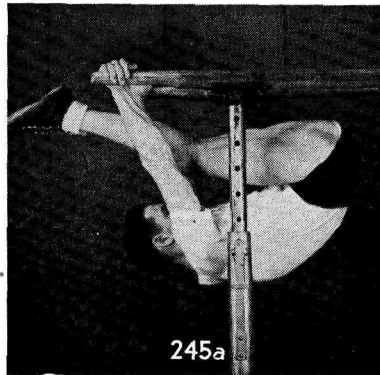
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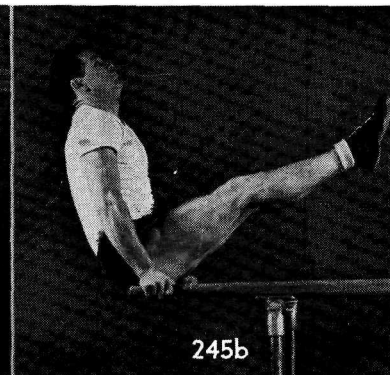
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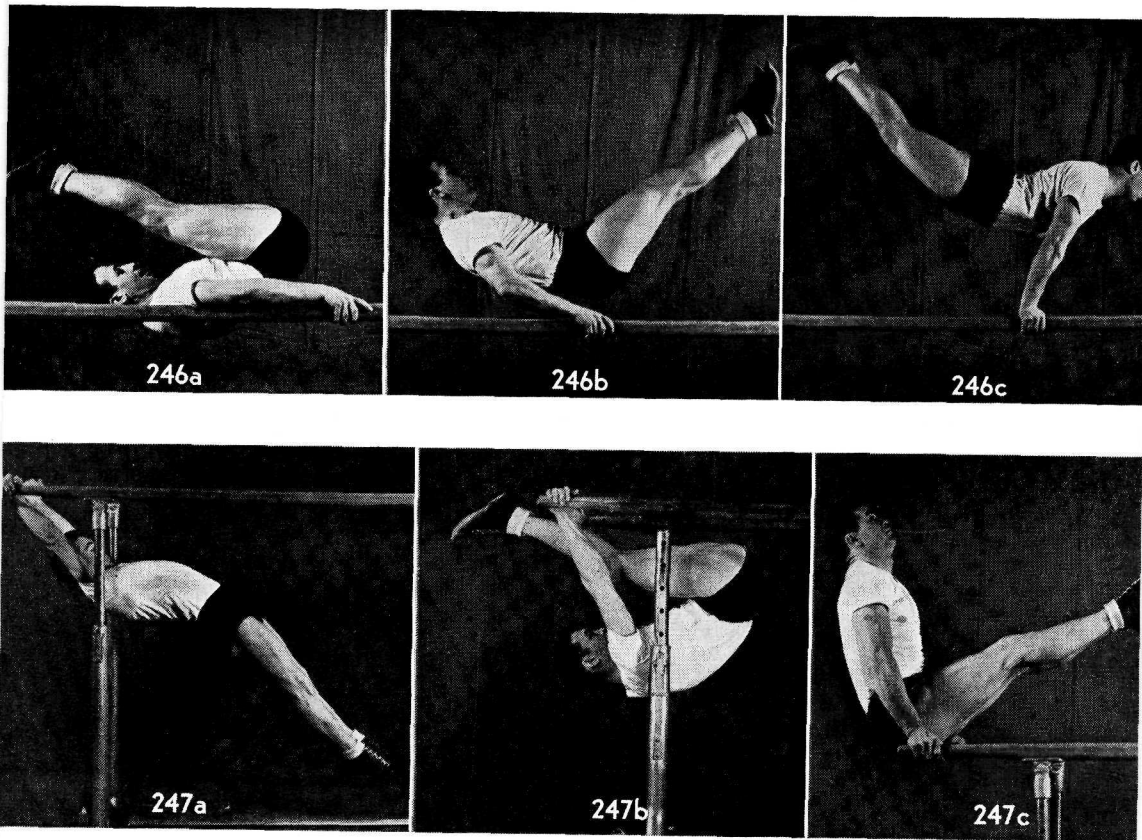
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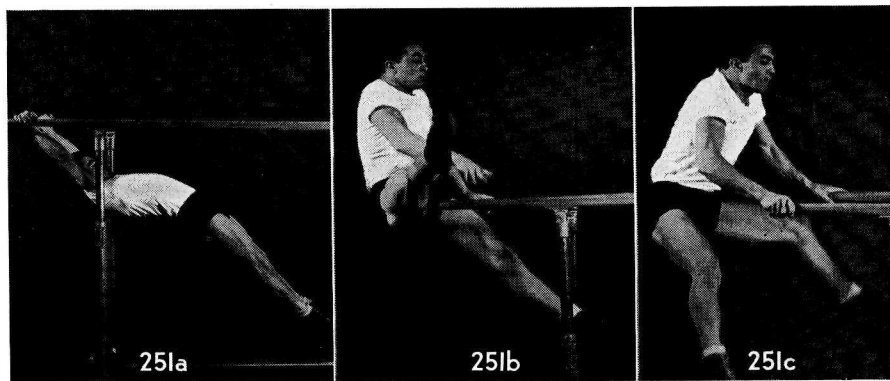
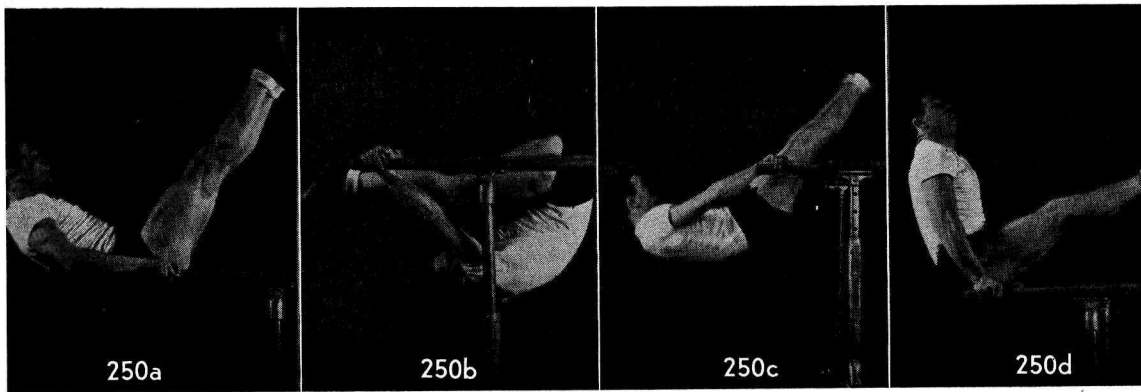
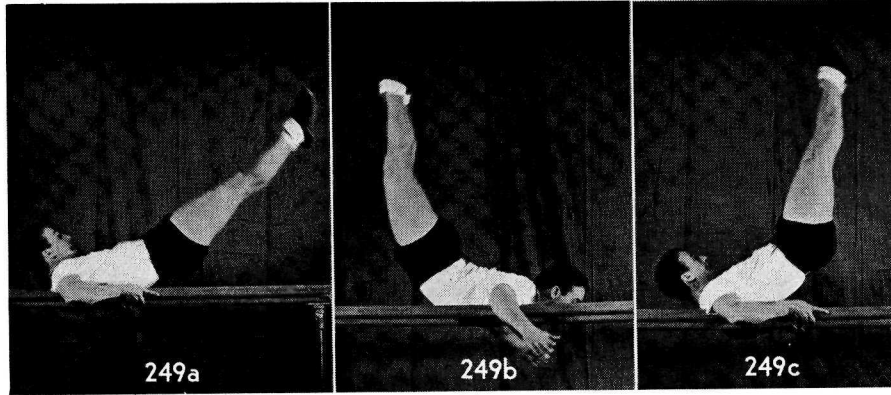
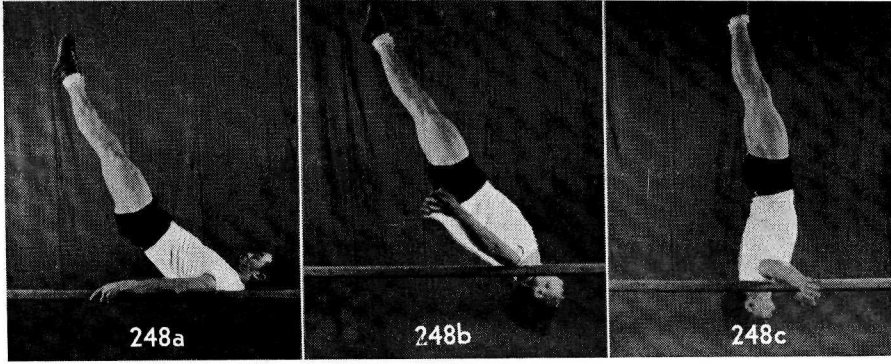
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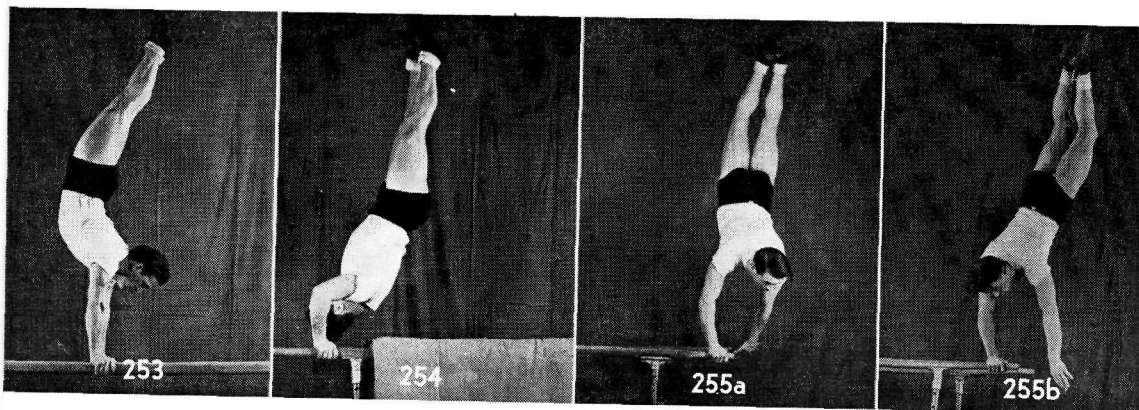
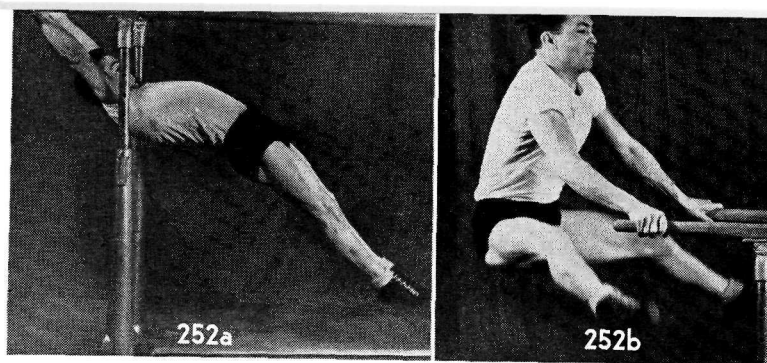
- 246—*Upper Arm Kip (Kick Upstart)*.—(a) Bring the feet over head; (b) Throw feet out and downward—Pull with arms to support; (c) Cross rest!
- 247—*Glide Kip*.—(a) Keep feet close to ground—Emphasize arch on front end of swing; (b) Bring legs quickly to bar and shoot up and over bar; (c) Keep arms straight—Press down with shoulder muscles—Lean slightly backward!

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- 248—*Hollow Back Rolls Backward (Giant Rolls Backward)*.—(a) Extend hips forward—Press down hard with hands—Pull with arms and chest; (b) Just before peak of swing press hard with hands and throw head backward—Pull with arms and arch body; (c) Let grasp go when feet are overhead—Regrasp quickly!
- 249—*Hollow Back Rolls Forward (Giant Rolls Forward)*.—(a) Pull with arms and arch body, feet forward; (b) Let grasp go when feet are over head; (c) Regrasp quickly!
- 250—*Drop Kip*.—(a) From support; (b) Drop with feet over head; (c) Wait until end of back swing; (d) Shoot feet up and out, then down—Pull with straight arms—Lean back and hold legs in half lever!
- 251—*Glide Kip Single Leg Cut Off Regrasp*.—(a) Glide swing; (b) Kip and cut one leg; (c) Cut late and regrasp!



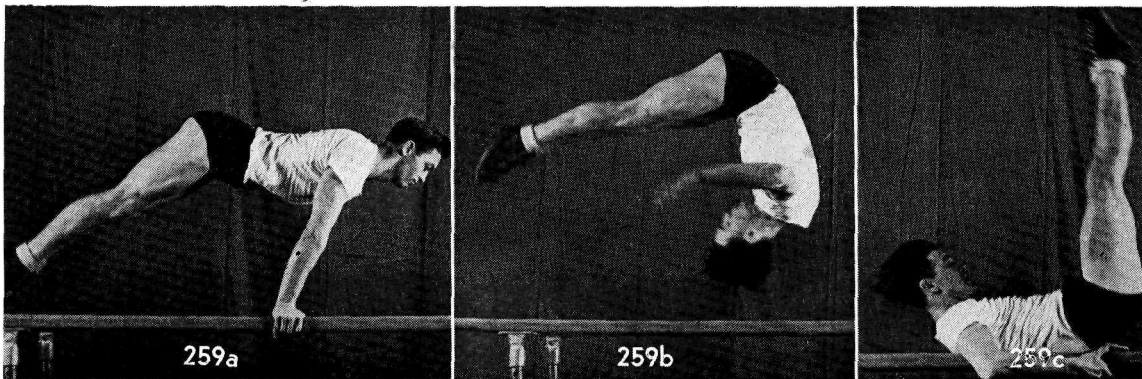
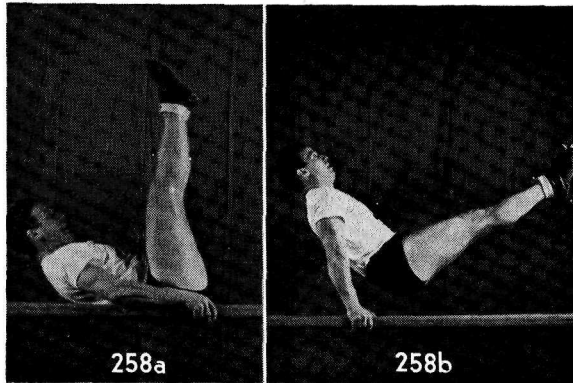
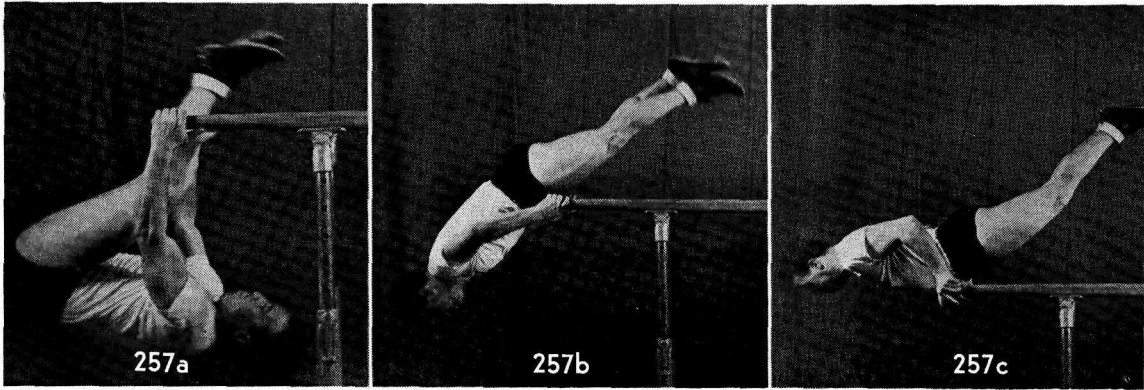
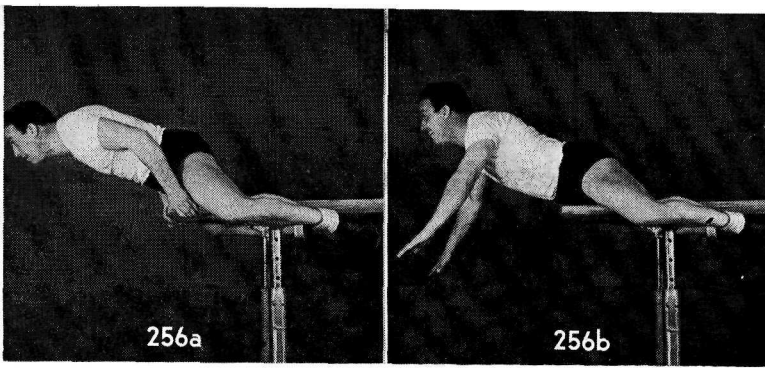


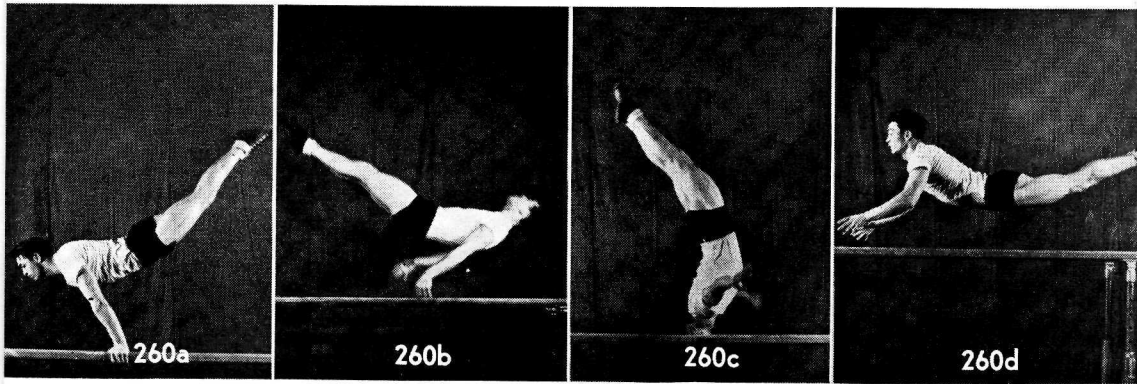


- 252—*Glide Kip Double Leg Cut Off Regrasp.*—(a) Kip first; (b) Cut out and down—Stay in pike position!
- 253—*Swing to Hand Balance.*—Swing from shoulders—Arms straight—Shoulders over hands—Keep body arched, head up—Feet over head—Use upper back muscles—Fight with hands!
- 254—*SAFETY HINT.*—Kick up from bar at first facing in—Place mat over the bar—When off balance do a forward roll at end of bar!
- 255—(a) Later kick up from bar facing outward—When off balance lift one hand and swing round facing bars; (b) Maintain grasp!

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- 256—*Hip Swing Up, Using Legs.*—(a) Raise the hips over imaginary bar between hands—Hook heels under bar; (b) Pull with legs and push with hands to straddle seat!
- Variation.*—Same, without using legs.
- 257—*Reverse Kip.*—(a) Bring feet to kip position, swing backward; (b) Drop and shoot feet over bar on first swing; (c) Pull with straight arms and change hands over end of bars.
- 258—*Drop to Upper Arm Kip.*—(a) Arms slightly bent when dropping—Feet over the head; (b) Shoot feet out and down—Pull with arms—Keep elbows locked!
- 259—*Front Somersault above Bar to Upper Arm Hang.*—(a) Obtain maximum swing—Lift hips; (b) On backward swing lift hips up and forward—Push with arms and duck head; (c) Land on upper arms and regasp!





260—*Back Somersault Over Bar to Upper Arm Hang.*—(a) Start from hand balance—Lean forward and let body swing down; (b) Body swings upward—Push with straight arms as body rises; (c) Somersault—Arms to side—Body arched—Head back; (d) Hands and arms ready for landing—Body arched—Head back!

SAFETY HINT.—Use safety belt at first.

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#### **Dismounts**

261—*Single Leg Cut Off, Forward, and Backward, Right and Left Leg.*—(a) Swing from shoulders—Lean on opposite arms—Cut left over bar and cut late; (b) Land on balls of feet!

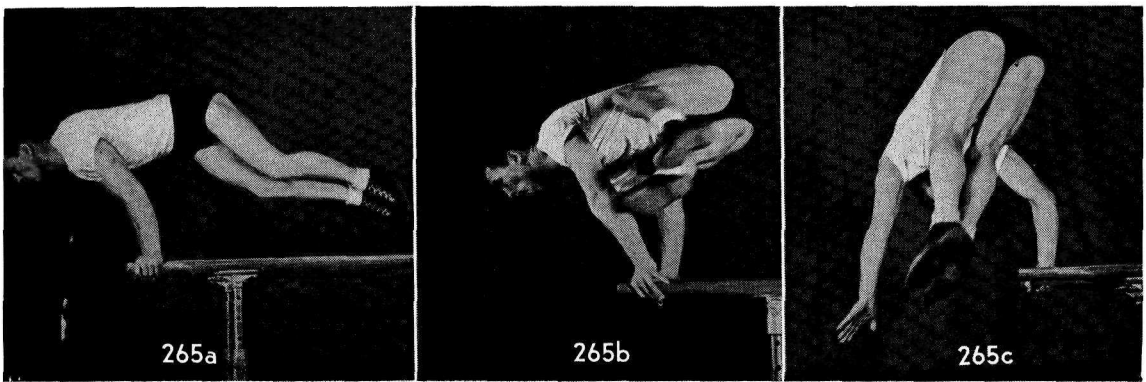
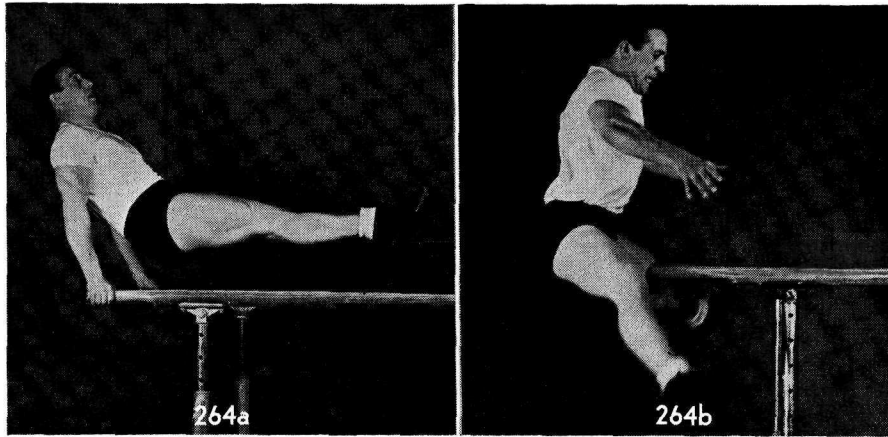
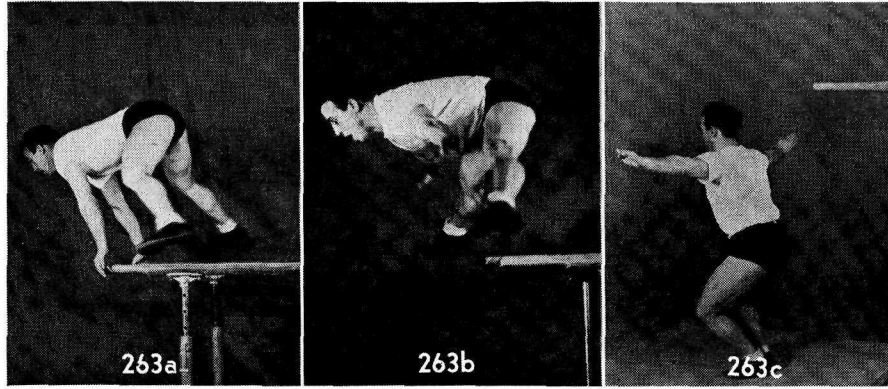
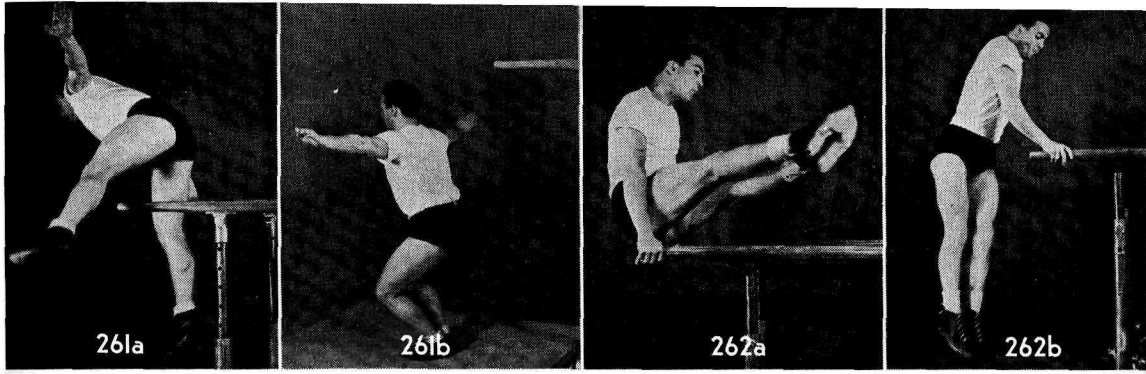
*Variation.*—Same backward.

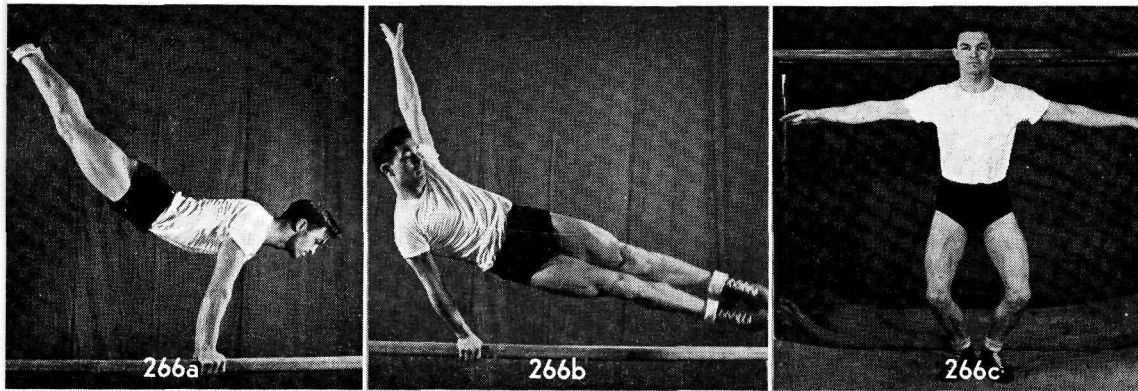
262—*Double Leg Cut Off, Backward.*—(a) Jump and reach to support first—Swing feet over one bar; (b) Push with hands—Cut legs horizontally over bar—Regrasp bars!

263—*Straddle Forward to Mat.*—(a) From support—Swing backward—Hips high and be off balance forward before you cut legs; (b) Cut legs over bars—Push up with straight arms—Head up—Dismount; (c) Land on balls of feet!

264—*Straddle Backward to Mat.*—(a) From support—Swing forward—Cut legs over bars—Lean slightly backward as you push with straight arms; (b) Bend slightly forward on dismount—Regrasp after cutting!

265—*Double Leg Cut Off, Forward.*—(a) Swing backward and bring legs over one bar; (b) Hips high—Lean on supporting arm; (c) Push with hands—Cut legs over one bar!





266—*Side or Flank Vault, Left or Right.*—(a) Swing from shoulders; (b) At end of forward swing push with right or left hand—Raise feet up high; (c) Turn body sideward—Lean on supporting arm—Head up, body arched—Land rearways!

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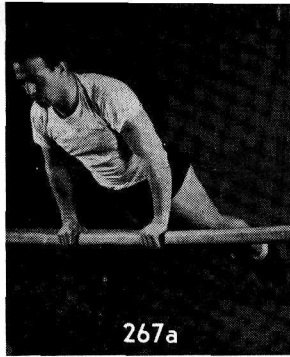
267—*Squat Vault Dismount from the Thighs.*—(a) Push off hands and thighs—Lift feet up and back; (b) Feet together—Pull knees through hands—Pull thighs to chest—Hips high—Push hard with hands—Lift head—Land rearways!

268—*Front Vault Dismount, Left or Right.*—(a) Swing from shoulders—On back swing push body sideward; (b) Reach for opposite bar—Body arched; (c) Regrasp bar for balance!

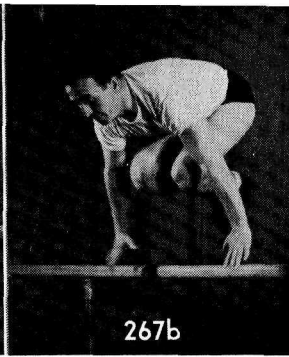
269—*Rear Vault Dismount, Left or Right.*—(a) Swing from shoulders—On forward swing push body sideward; (b) Pass rearways over bar—Regrasp opposite bar; (c) Land on balls of feet!

270—*Straddle Vault Dismount from the Thighs.*—(a) Push off hands—Lift feet up and back; (b) Spread legs—Pull feet with straight knees outside of hands—Land rearways!

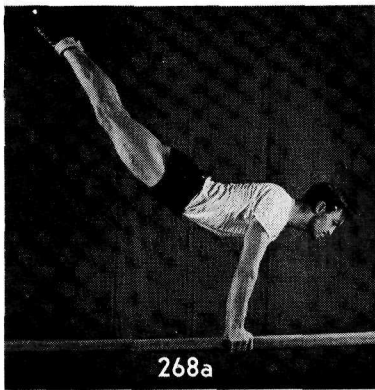
271—*Drop Off from a Back Lying Position across the Two Bars.*—(a) Lie on back, grasp far bar—Lift feet over head; (b) Drop feet to mat—Let go of grasp just before feet touch mat!



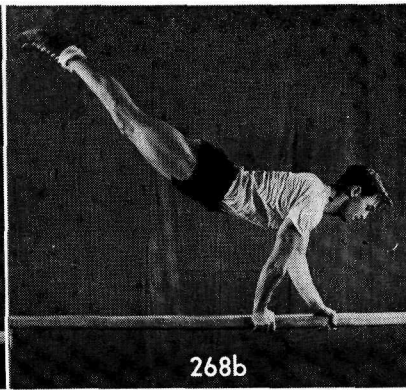
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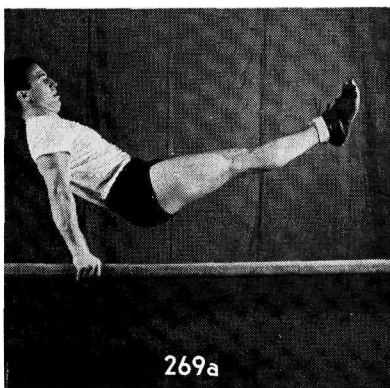
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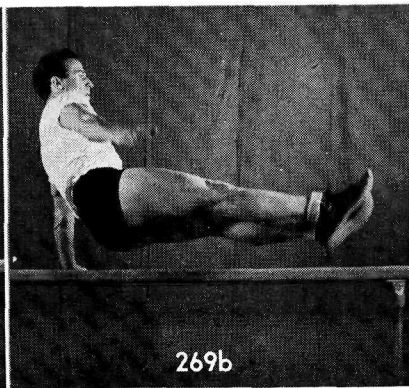
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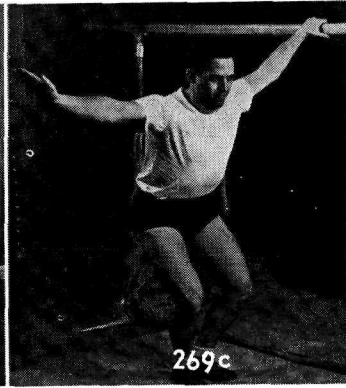
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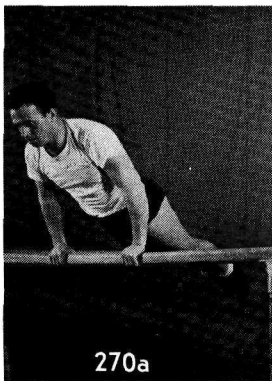
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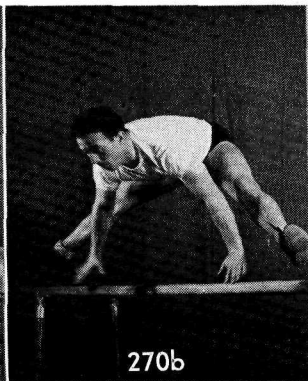
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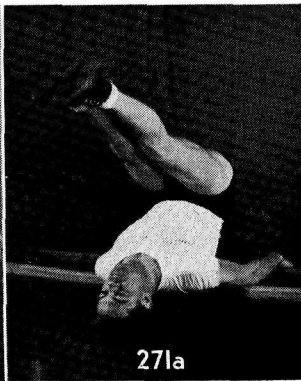
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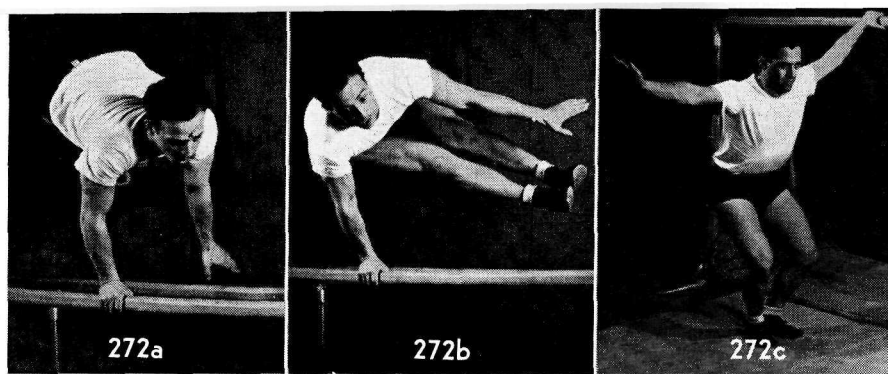
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271a



271b



272—*Double Rear Dismount*.—(a) On back swing lean on supporting arm; (b) Cut legs under opposite hand and over both bars; (c) Regrasp bar—Land standing crossways!

**SAFETY HINTS.**—Spotters should be in position so that the performer may be well off balance. The arm should also be braced by the spotter. Pull performer sideward to clear bar if necessary.

#### **Suggestions for Advanced Stunts on Parallel Bars**

Front somersault to a support—Back somersault to a straight arm support—“Peach Basket” to upper arm hang—“Peach Basket” to support—“Peach Basket” or under bar somersault to regrip, arm straight—Under bar somersault or “Peach Basket” to glide kip—Pirouette ordinary to glide kip—Pirouette (reverse)—Flying kip to upper arm hang—Flying kip to support.

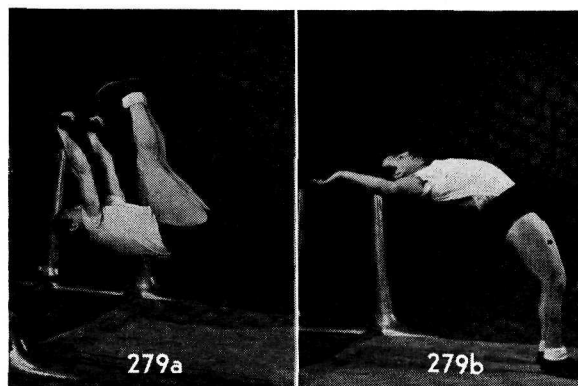
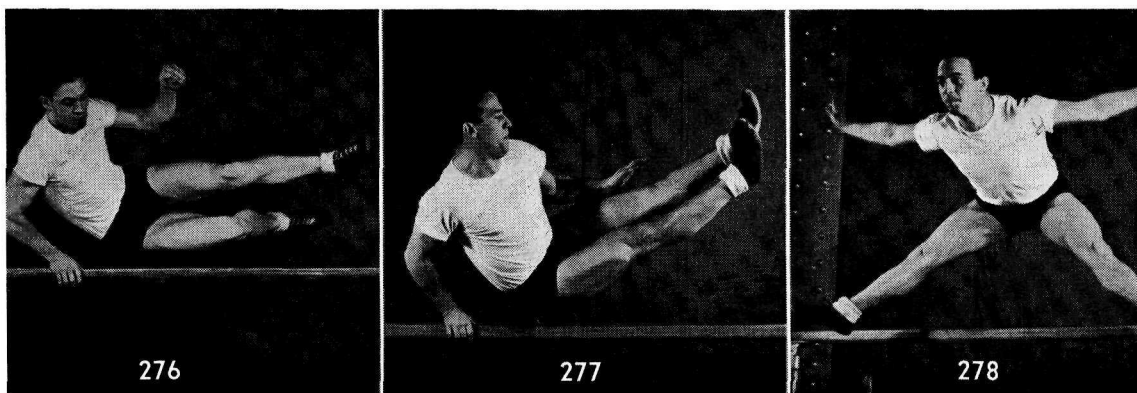
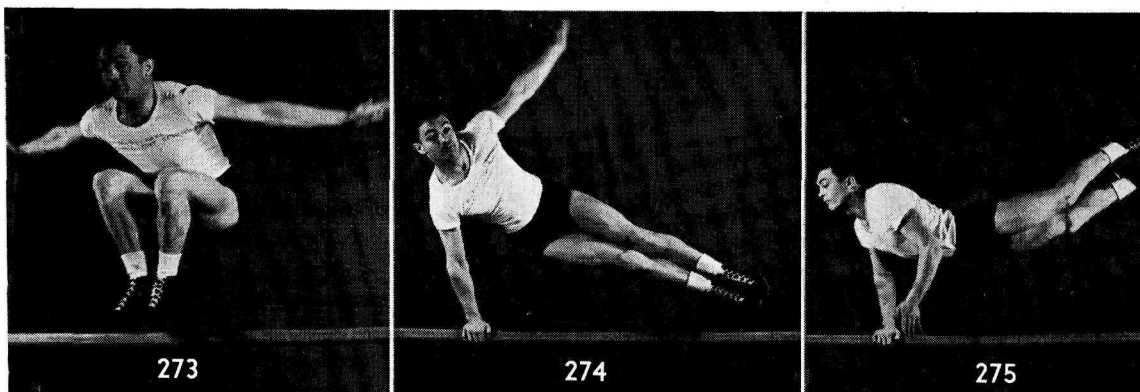
Dismounts: Hand balance, cut offs—Squat vault dismount from a hand balance—Straddle vault dismount from hand balance at end—Straddle vault dismount from a hand balance from side—Triple rear dismount—Double front or pirouette dismount—Front over bar dismount—Front over bar dismount with twist—Back over bar dismount—Front over bar dismount with twist—Hand balance flyaway dismount from end of bar.

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### SIDE PARALLELS

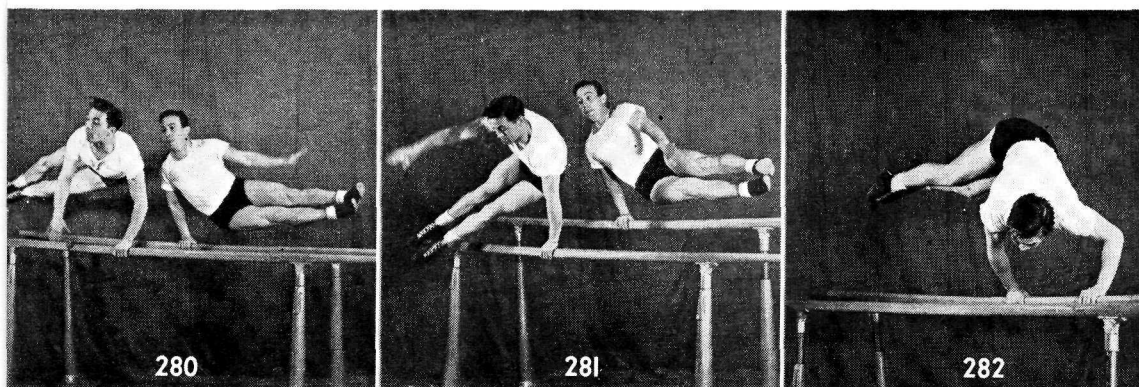
#### **One Bar Removed, Other Bar at Lowest Height**

- 273—*Squat Vault*.—Pull and push with hands—Bend knees to chest—Head up!
- 274—*Flank Vault*.—Lean on opposite arm—Raise legs high—Body parallel to deck—Keep facing forward—Trunk and legs in a straight line!
- 275—*Front Vault*.—Lean on opposite arm—Turn body on supporting arm—Feet up high—Arch back—Head back!
- 276—*Fencer’s Vault*.—Lean on supporting arm—Kick one leg first—Follow by body in flank position!
- 277—*Rear Vault*.—Jump almost to support—Bring feet over in flank position—Reach back with arm as feet go over bars—Keep hips low!
- 278—*Straddle Vault*.—Jump almost to support—Straddle legs—Push off hands—Keep head up—Legs straight!



279—*Short Underswing Dismount.*—(a) Jump—Bring feet to bars; (b) Shoot feet up and out—Pull with arms straight!  
**SAFETY HINT.**—Be sure to be spotted properly!  
*Variations.*—Raise bar until class reaches limit.





**Two Bars, Same Height**

Vault over one bar at a time. Start at lowest height.

- 280—*Rear Vault\** Right over Near Bar; Rear Vault Right over Far Bar.—Lean on supporting arm—Head up—Land on balls of feet—Work in rhythm!  
*Variations.*—Rear Vault Left over Near Bar; Rear Vault Left over Far Bar—(Same as above vault except left)  
 Alternate, Rear Vaults Right and Left.  
 Flank Vault Right over Near Bar; Flank Vault Right over Far Bar.  
 Alternate, Flank Vaults Right and Left.  
 Front Vault Right over Near Bar; Front Vault Right over Far Bar.  
 Alternate, Front Vaults Right and Left.  
 Straddle over Near Bar; Straddle over Far Bar.

**Two Bars, Bars at Different Heights**

- 281—*Vault over One Bar at a Time.*—Work in rhythm—Do not hesitate!  
 Repeat preceding Vaults using bars at Different Heights.

**Two Bars, Same Height**

- 282—(*Vault over Both Bars*) Front Vault, Right or Left.—Coordinate the pull of arms with spring—Hips as high as possible—Push hard from bars!

**Two Bars, Different Heights**

(*Vault over Both Bars*) Front Vault Right or Left.

**Two Bars, Same Height, Using Springboard (With or Without Mats\*\*)**

\* See preceding vaults for cues.

\*\* See Elephant, pages 158-163.