

GYMNASTICS

Gymnastics is a traditional sport in the Olympics. It was practiced in Ancient Greece. Gymnos means 'nude' in greek. It is a very spectacular sport, with incredible and powerful movements. Gymnastics is a multidiscipline sport in which men and women compete as individuals or in teams. Individuals can compete in single disciplines or as all-rounders.

The sport is split into three main sections: artistic gymnastics, rhythmic gymnastics, and trampoline. Rhythmic gymnastics is a discipline for women only. Men's artistic gymnastics consist of six disciplines: floor exercises, pommel, rings, vault, parallel bars, and high bar. Women's artistic gymnastics consists of four disciplines: vault, asymmetric bars, balance beam, and floor exercises.

Gymnastics is a sport that needs flexibility, balance, strength and endurance. Gymnastics do exercises in different apparatus and a judge gives them a score.

BASIC VOCABULARY

- Upside down = del revés.
- Backwards = hacia atrás.
- Mat = colchoneta
- Straddle= a horcajadas (piernas abiertas)
- Balance = equilibrio
- Apparatus = aparatos
- Floor work or floor exercise= suelo
- Vault = potro de salto
- Balance beam = barra de equilibrio
- Asymmetrical parallel bars = barras asimétricas.
- Parallel bars = Paralelas.
- High bar or horizontal bar = Barra fija.
- Pommel horse = caballo con arcos.
- Rings = anillas.

SKILLS:

- 1) The roll: (voltereta) is a complete roll on the ground.
- 2) Straddle roll: (voltereta con piernas abiertas)
- 3) Headstand or Head-and-hand balance: (equilibrio de cabeza o puntal) is a handstand that also uses your head for balance.
- 4) Side cartwheel: (rueda lateral) is a complete side rotation of the body.
- 5) Front cartwheel: (rondada) is like a side cartwheel, but instead of facing one side, you turn your body to face front.
- 6) Somersault or front flip: (mortal) is a complete forward roll in the air.
- 7) Backwards somersault or back flip: (mortal atrás) is a complete roll backwards in the air.
- 8) Handstand or hand balance: (el pino o equilibrio de brazos) is balancing your body upside down on your hands.

- 9) Bridged handstand: (pino-puente) is the sum of a handstand and a bridge.
- 10) Running handstand or front handspring: (paloma) is a complete inversion of your body with a running start and a hand push on the ground.
- 11) Back handspring: (flic-flac) is a complete inversion backwards of your body with a hand push on the ground.