

Gymnastics Vocabulary!

Here is a list of words that are often heard around the gym. Test yourself to see what you know! A word in **Red** or with a * means we use this word a lot in our younger classes. Words in Gray are general gymnastics terms.

***Airplane Arms** - This is done on a balance beam, when you hold your arms straight out to your sides to help balance.

***Stick** - This is another way we say, "Stop!" A freeze is done super fast and your hands are placed out in front of you.

***Backward Roll** - A somersault going backwards.

Balance Beam- A gymnastics apparatus. A 4-inch wide beam covered in thin leather used to perform feats of balance. This is a female only event in competition.

***Bear Walk** - Walking on all fours with the legs kept completely straight. Also accompanied by the occasional loud growl.

***Donkey Kick** - A mini-handstand jumping off of both feet at once.

Floor- The spring floor is where warm-ups, and most of our tumbling skills take place.

Foam Pit- A large whole similar to a swimming pool, filled with 8" foam cubes.

***Forward Roll** - A somersault going forwards.

Handstand- Both hands are placed on the floor and the legs are kicked up into the air (one at a time) and held, preferably nice and straight.

Headstand- Your head and both hands are placed on the floor, and the feet are lifted up into air.

Mary Lou Retton- The first female from the USA to ever win the Olympic All-Around Gold Medal. (1984 Summer Olympics)

Nadia Comaneci- A Romanian gymnast who received the first ever perfect 10 score in the Olympics! (1976 Summer Olympics)

Olympics- A sporting event where all the best athletes in the world compete for a Gold, Silver, and Bronze medal. For most competitive gymnasts, going to the Olympics is the biggest thing they could hope to achieve.

Paul Hamm- The first male from the USA to ever win the Olympic All-Around Gold Medal. (2004 Summer Olympics)

Parallel Bars- A gymnastics apparatus. Two bars that run parallel and are even in height. This is a male only event in competition.

***Log Roll**- This is done by lying in a straight position and rolling.

***Pike** - This position is done by sitting down with your legs out straight in front of you, and your feet together. Emphasis on straight legs and sitting up straight.

Pommel Horse- A gymnastics apparatus. Shaped like a loaf of bread and padded with two handles (pommels) on the top, horizontal to the floor. This is a male only event in competition.

Rings- A gymnastics apparatus. Two rings hanging side by side. Height is usually adjustable. This is a male only event in competition.

Ropes- Ropes that hang from the ceiling, used for climbing or swinging.

Routine- A choreographed set of skills put together in a certain order.

***Spider Walk** - This is done by putting your hands on the ground next to a wall (facing away from it) and walking your feet up the wall. (Like a spider!)

Spring Board- Two boards put together on one end, with springs in between. Used for jumping.

***Straddle** - This is done by sitting down with your legs straight and opened in a "V" shape. Emphasis on straight legs and wide "V".

***Ta-Da!** - This is a move where we finish a skill or routine, then stand up in a Tickle Stretch and say, "Ta-Da!". This lets everyone know we are done doing our routine.

***Stretch** - This means to stand up very tall and raise your hands up to the sky in a straight or "pencil" position.

Trampoline- A strong, taut sheet, usually of canvas, attached with springs to a metal frame and used for springing and tumbling.

***Tripod** - This is a progression leading up to a headstand. Both hands and your head are placed on the floor, with your head a little in front of your hands, and your hands at shoulder width. This will form a triangle shape. Now lift up your legs, and rest your knees on your upper arms. This is a tripod!

***Tuck** - This is done by sitting down with your legs bent and tucked into your chest. Emphasis on legs being tucked in all the way to your body.

Tumble Trak- A 6-foot wide trampoline that can be made very long. Built in 10' increments. Bay Island's Trak is 30' long.

Uneven Bars- A gymnastics apparatus. Two bars that run parallel but are uneven in height. This is a female only event in competition.

USA-Gymnastics (USAG)- The national governing body for the sport of gymnastics. Our competitive teams compete under USAG.

Wedge Mat- A foam mat shaped like a wedge or hill. Often used for rolling down.