

# WOMEN'S

## COMPULSORY EXERCISE FOR 1966 WORLD CHAMPIONSHIP

### BEAM:

From side stand facing left 1/3rd of the beam: take a few steps to take-off from two feet; place the hands onto the beam.

1. Jump to support facing sideways stretched, right leg bent, foot on the beam, left leg stretched down.

2. On changing the right hand in front of the left, pivot 1/4 turn to the left on the right foot and without stopping continue the movement of pivot (release the left grip 1/2 turn to left) to arrive to the squat position on right leg, left leg slightly flexed in front, touching the beam with the point of foot; right arm stretched in front below left arm stretched up behind, slightly twist body to left.

3. While changing weight of the body on left leg, straighten yourself, right leg stretched stretched pointed behind, lower left arm to raise it again parallel to right arm (the two arms are now parallel, raised to oblique—high forward).

4. While lowering the arms forward, bring the weight of the body on right leg slightly flexed left leg stretched and pointed in front, arms raising again laterally supple to oblique high.

5. While lowering the arms forward, transferring the weight of the body on left leg, right leg slightly flexed pointed behind, lower arms, left in front, right back in order to finish; right arm forward down, left arm back and up, slightly twisting body to left, head forward.

The 4th and 5th parts must be executed on supple legs without stopping.

6. While swinging right stretched leg forward and with impulse from left foot, jump forward on point of the right foot, leg slightly bent, a little step of the left foot to position of half-bent left leg.

7. Repeat 6th part (execute the hops, continuously and lightly).

8. Place right foot forward, weight of body on this leg, while lowering arms, 1/4 turn to right swinging left leg laterally, stretched arms lateral, close the left foot to the right, while lowering the supple arms to bent position, head slightly inclined.

9. One step on right foot with 1/4 turn to right to stand on right leg, left leg bent, knees together, lift the arms forward and up, left palm up above the right palm (palms up) head to left.

10. Head right, one step with left leg, arms stretched laterally, swing right leg forward in order to hop forward to stand on half-bent right foot in front of left foot, arms stretched obliquely back, to take-off from two feet a big leap forward, body arched, legs together, lowering the arms and then swinging them up. Land in half-flexed position, right foot in front of left foot, lower arms to obliquely behind.

11. Straighten to stand on right leg, left leg stretched behind while raising the arms forward to vertical, one step with left foot left leg half-bent ( ) lower arms laterally, grasp the beam manually, to split handstand with changing of leg position and place right foot on the beam, straighten yourself, left leg behind, arms lateral.

12. Immediately take a step with left foot forward, lowering the arms, pivot 1/2 turn to right on the points of the feet to stand on right leg, left foot pointed behind arms stretched laterally, body arched.

13. Bend slightly the right leg, left leg stretched back and down, left foot touching beam (on the right side) slight twisting of body head up, mark the position.

14. Straighten the body to stand on right leg, left leg lifted stretched behind, arms stretched laterally, one "chasse" step (jump) (L.R.L.) forward, swing the right leg then the left leg bent (cat jump) with circle of arms crossed down to raise and finish in lateral position.

15. One step with left foot forward, lift forward right bent leg, with the foot touching the left knee, crossing the arms in front of the chest, head slightly inclined.

16. While extending right leg swing it forward and up, arms stretched laterally, head up, and swing the right leg stretched behind, pivot 1/2 turn to right on the point of left foot to stand on left leg, right leg stretched forward, stretched arms up, and immediately take a step with the right foot forward and incline the trunk forward to balance on right foot, left foot stretched back and high, arms stretched lateral (hold position for 3 seconds).

17. Straighten the body while lowering the arms laterally swing left leg forward, lift arms forward to vertical, simultaneously turn to right on right leg, place left foot behind arms lateral, point of right foot on beam.

18. One step of left foot forward, swing the right leg supple forward, right arm rounded in front of body, 1/2 turn to right on point of left foot and separate the right arm laterally, with a swing of the right leg to arrive to stand on left foot, right leg slightly flexed in front of left leg knee slightly opened, right arm vertical, left arm rounded below in front of body.

19. Swing right leg stretched forward, left arm stretched laterally, right arm stretched vertically; one step forward with right foot in order to place the right hand on beam, swing left leg backward and take-off from the right foot to arrive in handstand passing onto the right arm, with a 1/2 turn to the right to dismount into cross-stand right.

VAULT. Compulsory vault is No. 11 (Jump handstand vault, arms straight, 1/4 turn to right or left) 10 points.

UNEVEN PARALLEL BARS. Stand facing the middle and under high bar.

1. Jump to stretched hang on low bar, dorsal grip, and pass stretched legs between the arms over the low bar to straight back support and immediately turn backward (sitting position).

2. Turn backward to inverted hang and pass left leg half-bent under the low bar to establish forward split support, 1/2 turn to left and change left grip, dorsal grip on high bar, right hand on low bar.

3. Pass left stretched leg behind over low bar, spring to squat position on low bar.

4. Extend legs, change right hand to dorsal grip on high bar, jump to stretched front support and immediately turn support to the back.

5. Swing stretched legs forward to stretched hang, 1/2 turn to left around the left arm and change right hand.

6. Swing forward, supported turn backwards changing grip onto the low bar to arrive in front stretched support.

7. Swing back in order to pass the bent legs between the grips and changing grips on the high bar and swing on the high bar while splitting the legs, place feet on high bar.

8. Swing forward the stretched legs under the high bar, jump forward pass over the low bar with 1/4 turn to left or right to cross-stand with hand grip on low bar.

TRANSLATION—where "half-flexed" or "half-bent" are used, this is a more literal translation and is distinguished in the text from slightly bent. If further interpretation comes to hand, this may clarify the position.

### FLOOR EXERCISE— (Literal translation)

Stand near edge of mat facing inwards, nearer left edge.

Three steps lateral: left crosses back, right lateral, left crosses in front, arms lateral, slightly incline trunk to left, head left.

1/4 turn right (90°) place right forward, lower the arms in order to raise them parallel to right, without stopping step left foot to the left, swing the left arm straight to the lateral position and pivot on the left foot in order to turn 138° (495°) to left, right leg half-bent—flexed and in front point of right foot on leg, arms vertical, slightly rounded.

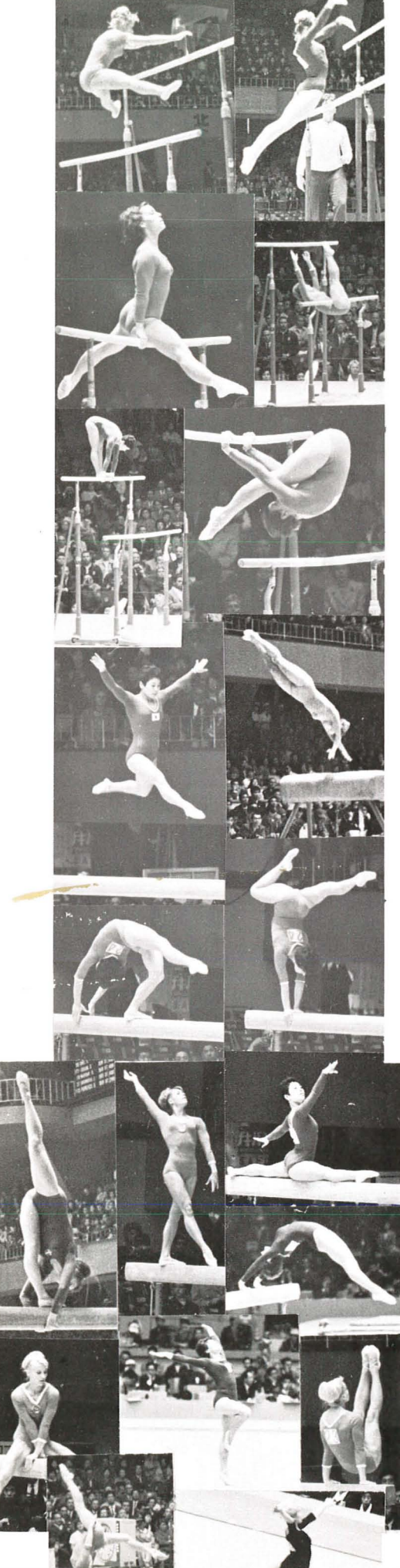
Place right foot forward, right leg (split right) arms oblique back lateral, palms down, small rotation of trunk to right, head turned to right.

(1st part of music) Step left (chasse) hop forward lowering the right arm in order to bring them up to horizontal. Step right forward, relax the arms, step left forward and for (split leg) jump leap opening legs, right leg in front after back, left back after in front (scissor) right arm lateral, right horizontal.

Return on right leg, two steps forward (R.L.) take-off from the left leg in order to jump (little) and turn (1/2 turn) arms lateral, land on right foot.

Without stopping, step backwards flexing the legs, arms horizontal, rounded backwards manual support to come again on left foot.

Place right foot backwards (long step) pulling in left along side of right foot, stretch the





body with circumduction of the right arm up and back to finish with the hands softly curved in front of the body, left arm slowly lifts forward to vertical softly rounded.

$\frac{3}{8}$  turn ( $135^\circ$ ) to right, step right lateral and, without stopping slide point of left foot bringing it up behind the right foot, left leg half-flexed, heels up, right slightly bent, arms supple, parallel to right, slightly twisting and bending of trunk to right, head to right.

3 steps lateral (L.R.L.) and one and half  $1\frac{1}{2}$  ( $540^\circ$ ) turn to left and finish on point of right foot and again bring leg in behind left leg, legs slightly flexed, arms parallel to left slightly flexed, little twisting of the trunk to left, head left.

NOTE: During the three steps lateral, right arm remains in lateral position, the left passes through horizontal position, lateral and, without stopping lift forward supplely to vertical in order to lower in front of the body.

3 steps lateral (R.L.R.) and turn right  $1\frac{1}{4}$  ( $450^\circ$ ) to the right, left arm remains in lateral position right arm passes to lateral position; horizontal lateral and, without stopping, up again to vertical to come down supplely in front of body horizontal, hop on the right foot left leg lifted forwards, arms obliquely up.

Spring, wheel, arrive on right foot, arms lateral  $\frac{1}{4}$  turn to left and 3 steps forward (L.R.L.) return right foot to the left pointed extend body and arms obliquely back, head raised.

$\frac{1}{4}$  turn left, step left forward, with slight impulse of the right foot to land on left foot right leg lifted backwards, left arm lateral, right horizontal, step right forward and hop with  $\frac{1}{2}$  turn to right and land on right foot, left leg lifted back, right arm forward to vertical slightly rounded, left arm obliquely back.

Step left foot backwards, half turn right, step right forward and with a hop on the same leg with flexion of the left leg in front simultaneously arms lateral to finish right arm forward rounded, a small circle of left arm over the head from front to back. Step left foot forward with take-off from this leg to jump (little) turn  $\frac{1}{2}$  to left, bring feet together (in elevation) in jump when lowering take the arms dice and down and without stopping, swing arms vertical, flic flac to arrive on the left foot right leg lifted back arms vertical.

Big step of right foot backwards, kneel on right knee, left heel raised, sit on right heel, twist the trunk to right lowering the arms successively, right, left to lift arms parallel oblique to right, head to right.

Raise up from support on left foot, without stopping, swing the left arm lateral and pivot  $\frac{7}{8}$  ( $315^\circ$ ) to left on the point of left foot, right leg raised backwards, arm lateral.

Two steps forward (R.L.) lowering arms, scissor back raising on the right foot and lifting the arms forward vertical, 2 steps forward (L.R.) lowering the arms forward, hop on right foot left leg bent forward, arms obliquely back.

Step left backwards, slight impulse of right foot to land on left foot, right leg lifted backwards, with impulse of left foot land on right foot forward, arm rounded (hands) forward in front of body, "planche" balance right arm lifted to oblique forward the left obliquely back, parallel to the left leg.

(2nd part of music) Stretch the body up step left forward on toe, right leg lifted back, right arm vertical, left lateral slight extension of body, head raised. Two fast steps forward (R.L.) and lower the arms laterally forward. Hop on left foot, land left foot swing the right leg forward, arms obliquely up.

Arab wheel to land on left foot, right leg lifted forward, arms vertical, without stopping step straight on the right forward and lower arms laterally and step on left foot leg flexed, right arm horizontal, left arm lateral.

Turn of  $1\frac{3}{8}$  ( $495^\circ$ ) to right and pivot on left leg, right leg bent forward, arms softly rounded in front of body. Two steps forwards (R.L.) arms lateral cartwheel, simultaneously circle the arms crossed in front of the body from down to up, land on right foot and step on left foot, arms lateral and step on right foot legs slightly flexed on toes left foot back, back rounded, arms remain supple each side of the head, palms turned in.

Stretch the body and arms lateral, 3 steps to right, left crossing back, right lateral; left crossing in front lowering the arms and pivot

on left foot  $\frac{3}{4}$  ( $270^\circ$ ) turn right, arms relaxed, place right foot back and after left foot.

Swing right leg forward and then backwards, to land on right leg, step left back and close right foot to the side of left foot (face together) on toes, arms lateral.

$\frac{1}{2}$  ( $45^\circ$ ) turn to left and three steps forward (R.L.R.) and curve to right, simultaneously small circle of right arm in front with pronation and supination of wrist (slightly incline the trunk to right).

Without stopping pivot on right foot to left, 3 steps backward and continue to curve in the same direction but without the body inclined to left, simultaneously small circle of left arm forward, right arm obliquely back.

Without stopping, pivot alternatively on left foot, right foot, left foot ( $\frac{1}{2}$  turn each pivot) turn  $1\frac{1}{2}$  ( $540^\circ$ ) to left, arms back and the hands rounded; supple.

With  $\frac{3}{8}$  ( $135^\circ$ ) turn left, 3 rapid steps (L.R.L.) lifting the arms forward to vertical and bring together the right foot to left foot (during the 3 steps slightly bend the trunk beginning to lift slowly to finish extended, then relax the arms to order to lift them to obliquely up).

3 steps springs (L.R.L.) lowering laterally the arms, hop on left leg right lifted forward, arms obliquely up, handspring forward to land on left foot and without stopping second handspring to land on left foot.

Step right forward arms lateral, step left forward, heels raised, right arm vertical, left arm in horizontal slightly rounded, head to left.

The last part of the exercise (Handspring) may be reversed.

