

SECTION VI - COMPULSORY EXERCISES

A - SENIOR GRADE FOR 1962 CHAMPIONSHIPS
(ALSO COMPULSORY EXERCISES FOR 1962
FIG WORLD'S CHAMPIONSHIPS)

FLOOR EXERCISES:

From standing position:

- 1) Rise onto toes lifting the arms backward, palms in; 2 to 3 running steps, handspring forward from left foot landing on right foot.
- 2) Step forward with left leg and execute a second handspring forward landing on both feet; dive forward, body stretched, to front support and roll forward, body and knees bent; straighten knees to stand, lifting the arms forward and upward, palms forward.
- 3) Step forward on left foot, lowering the arms sideward, kick right leg forward and upward and then kick the left leg in the same manner, throwing the arms forward and upward, landing on the right foot, left leg extended forward (scissor kick); lower left leg and raise it backward while lowering the trunk to horizontal (forward) scale on right leg, lowering the arms from in front and raising them sideward - HOLD.
- 4) Straighten the trunk, swing left leg forward and bring the arms forward, fingers touching the toes of the left foot, swing left leg backward and place the toes of the left foot on the floor, bending right leg and thrusting the arms forward and upward (supple movement); with another supple movement, circle the arms rearward, extend right leg and fall with left leg forward, in split (supple movement); with a 4th supple movement, circle the arms rearward, extend left leg, joining right leg with the left, turning about 225 degrees to the right, in the direction b-c, lower the arms sideward, stretch left leg to rear, toes pointed, and flexing the right leg place the hands on the floor, right foot between the hands.
- 5) Two single leg circles clockwise with left leg; 1/4 turn to right into rear leaning support position; lower to seat on floor.
- 6) Turn the trunk 1/4 turn to the right and placing the hands on the floor to the right of the body, left hand passing high over body, slowly press, body and arms bent, legs straight, to handstand - HOLD.
- 7) Bend the arms, lower the chest to the floor and roll back on the chest and stomach to a front leaning support; squat legs (bent knees) between the arms to seat position; roll backward, shooting to momentary handstand.
- 8) Lower right leg and place right foot on the floor, left leg stretched backward; straighten the trunk with 1/4 turn to the left, rise onto the toes of the right foot, extend left leg sideward, arms up, palms in, cartwheel left to stand on right foot, left leg extended to the left, arms sideways.
- 9) 1/4 turn to the left, step forward with left leg, left leg half bent, lowering arms sideward and downward, thrust right leg forward to jump with 1/2 turn to the left, to half-flexed position on the right foot, left leg lifted backward, lifting the arms forward and upward; half turn to the left rising onto toes of the right foot and lifting the left leg forward.

10) Step forward on left foot, lower trunk forward, placing hands on floor and kick right leg backward to handstand - HOLD.

11) Bend arms and trunk to place nape of neck on the floor, execute neck spring with 1/2 turn left or right to front leaning support, (supple movement).

12) Squat legs (knees bent) between hands and stand erect on left foot, lifting right leg and execute side scale on left leg, left arm upward, right arm lowered against the body - HOLD.

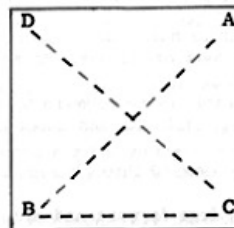
13) Straighten the trunk, lowering the right leg and left arm, cross the right leg over the left leg, turning about one full turn to the left (directions c-d) to standing position on the right leg; lifting the arms sideways, lift left leg forward; 2 or 3 running steps, round-off to left or right.

14) Back somersault (tuck), body and legs bent.

15) Back hand spring, and finish with leap upward in place, body arched backward, arms high to the side, palms forward, to half flexed stand, arms to the side, palms down. Assume erect position.

NOTE: The exercise may be reversed only in its entirety, with the exception of parts indicated in the text.

Stick figures and films have not been released by the FIG as yet.



SIDE HORSE:

From side stand frontways at the Neck - left hand on the neck and right hand on left pommel:

- 1) Rear vault mount with 1/2 turn right to rear support in saddle, left hand grasping right pommel; pass legs under right hand and over neck to front support.
- 2) Pass right leg under left hand and rearward scissors to right; left leg under left hand to front support.
- 3) One double leg circle counter-clockwise; pass left leg under right hand and right leg under the left hand; pass both legs under the right hand to front support.
- 4) Pass both legs under left hand and supported on the left arm pass the legs over the left pommel displacing the right hand onto the right pommel and
- 5) Supported on right arm pass legs over the croup, placing left hand on the croup, (trommlet), pass the legs under the right hand; while supported on right arm, pass legs over the croup and the left pommel with half turn to the right, displacing the left hand onto the left pommel (Kehre in); pass the legs under the right hand to front support.
- 6) Pass the left leg under left hand; scissors to the right, scissors to the left and scissors to the right again (3 scissors in succession); pass left leg under the left hand (to rear support).

7) Pass both legs under right hand, left hand, right hand and left hand (2 double leg circles clockwise) to rear support, and supported on left arm pass both legs over right pommel with 1/4 turn right grasping left pommel with right hand in reverse grasp.

8) Supported on right arm pass legs over the neck and right pommel with 1/4 turn to right placing the left hand on the right pommel (Moore) in rear support.

9) Pass the legs under the right hand (re-grasping right hand on pommel) and supported on the left arm pass the legs over the croup and left pommel with 1/2 turn to the right and placing right hand on the croup execute flank vault dismount to the left to side stand rearways.

NOTE: This exercise may be reversed in its entirety only.

RINGS:

1) From straight hang, slowly raise straight body forward, arms slightly bent, to straight inverted hang; bend body and kip backward to free support.

2) Swing fore-downward (cast), lowering to hang; swing backward and inlocate to bent inverted hang; kip forward to L support; HOLD.

3) Slowly press bent arm, straight body handstand - HOLD.

4) Lower to horizontal support above the rings and descend slowly (below rings) arms bent or straight, to horizontal back lever hang - HOLD.

5-6) Dislocate; swing forward to straight inverted hang, bend body to half-inverted hang; dislocate and shoot up to handstand (Streull)-HOLD.

7) Drop forward through hang and back uprise to support.

8) Swing legs forward and drop backward to bent inverted hang; dislocate, straightening the body; swing forward and

9) High straddle dismount to stand.

LONG HORSE VAULT:

Vault No. 9 as listed in Annex II to the "Code of Points":

Vault, with the body laid out, legs stretched and joined, support of hands on neck, to a stand rearways. (Hecht Vault - Hands on neck).

PARALLEL BARS:

From outer cross stand facing the bars:

1) With 2 or 3 running steps, jump forward with double take-off, execute glide kip to support.

2) Swing backward with 1/4 turn to the left, with support on right arm, and place the left hand on the right bar with undergrip to handstand sideways; continue with 1/4 turn left placing right hand on left bar (swinging reverse handstand pirouette.)

3) Swing fore-downward to bent inverted hang and execute "cast" to upper arm support.

4) Back uprise, straddle legs to "L" support - HOLD.

5) Straight body, bent arm press (slowly) to handstand - HOLD.

6) Forward pirouette (2 successive 1/4 turns) to right in handstand position.

7) Swing forward with 1/2 turn to right, releasing grasp (Stuetz-Kehre) to upper arm support.

8) Swing forward and execute front uprise.

9) Swing backward and dismount with bent body, front somersault over left bar, re-grasping bar with left hand.

NOTE: The exercise may be wholly or partially reversed.

HORIZONTAL BAR:

From hang with mixed grip (right hand under grip):

1) Slight swing fore and back, high swing forward to back uprise with 1/2 turn right around right arm, swing left leg over bar to straddle in free support over bar (re-grasping left hand is over grip).

2) 1-1/2 backward straddle circles in free support, disengage legs and swing forward executing 1/2 turn to the right around right arm and re-grasp left hand in over grip, swing forward and change left hand to under grip.

3) Pass straight legs between hands and shoot upward to high rearward support over bar.

4) Swing forward, spread arms to hang in dislocate grip, swing backward and execute swing stem uprise to free support, changing to double over grip.

5) Backward free hip circle, with or without slight temporary bending of arms, to swing forward in hang position.

6) Swing backward passing straight legs between the hands and execute straddle leg cut and catch, re-grasping bar with double over grip.

7) Swing forward, kip (while changing grip to double under grip) to handstand.

8) One giant swing forward, half turn to right around right arm, changing left hand to over grip.

9) Two giant swings backward, cross the right hand over the left hand, swing forward with half turn around right arm disengaging left hand and re-grasping to over grip in free support (mixed grip) and

10) Straddle dismount over the bar, opening body before landing to sidestand rearways.

NOTE: The exercise may be wholly or partially reversed.

Stick figures and films have not been released by the FIG as yet.