

TEXT OF COMPULSORY EXERCISES - WOMEN  
WORLD'S CHAMPIONSHIPS  
1962

1. FLOOR EXERCISES:

The exercise begins in middle of area - Music 3/4 Time

- 1-2) From start position, raise arms sideward, body, arms, and legs supple (3rd beat of 2nd measure)
- 3) Spring to left on left leg, bend body to right, raise right leg sideward and cross it before left leg, turning 90 degrees to left, place right foot, right arm forward, left arm to rear, take 2 steps forward, left, right, with 1/2 turn to left on right leg, lowering arms, knees supple.
- 4) Spring on right leg thrusting left leg stretched to rear, arms obliquely downward, left forward, right to rear, palms down, body extended.
- 5) One step with left foot to left - 45° lowering arms, stride jump, right leg forward bringing arms up to horizontal, left forward, right to rear.
- 6) Lowering arms, one running step with left foot, thrust right leg forward, spring and 1/2 turn to left with scissor thrust of legs (turning jump), and land on right leg, left leg to rear, with simultaneous circling of arms from front to rear in sideward position.
- 7) 1/2 turn to left on right foot, 3 quick steps, left, right, left lowering arms.
- 8) Lunge forward on right leg bent, deep body bend to rear, head turned left, raising arms forward, right arm rounded above head, left are horizontal.
- 9) Shift body weight to left foot, 1-1/8 turn to left (405 degrees), on bent left leg, right leg raised sideward before bringing it forward at end of turn, bending body to right, head turned to right, arms sideward (right arm and right leg are parallel).
- 10) Lunge forward on bent right leg, lowering arms obliquely to rear and bringing them forward again, body inclined forward (45 degrees) with slight raise of left leg.
- 11) Shift weight on left leg, turn over to rear with thrust of right leg, then left leg to arrive at .....
- 12-14) Balance stand on right leg with arms obliquely downward, right arm slightly more forward.
- 15) Straighten up and place left foot to rear, pivot on left toes 180 degrees to right, right leg bent with foot at level of left knee, arms rounded in front of body.
- 16) Place right foot on toes, bend left leg with left foot behind right leg, turning 180 degrees to right on toes of right foot, opening arms.
- 17) Immediately place left foot behind right foot, turning 180 degrees to right

on left foot, legs supple, one step forward with hop on right foot, left leg raised to rear, lowering arms and bringing them up again, right sideward, left forward, obliquely upward. Head to left.

18) Three quick steps left, right, left, lowering arms obliquely sideward and downward.

19) One step forward on toes of right foot and 1/2 turn (180 degrees) to right on right foot with left leg raised sideward, and place it beside right foot, arms sideward, 1/4 turn to right on both feet....

20) Raise right leg to horizontal and thrust it sideward with 5/8 turn to right (225 degrees) on left foot, right arm following motion of right leg.

21) Two running steps, right, left, hop on left foot raising right knee, raise arms sideward and lower, then raise them, forward to horizontal.

22) One step forward with right foot, place right hand on floor, left arm alongside body, turn over forward (one-handed spring) with alternating thrusts of left leg, then right leg, to arrive with weight on left leg.

23) Two steps forward, right, left, thrust right leg forward and upward left arm rising obliquely sideward and upward, right arm supple in front of body, 1/4 turn to left on left foot.

24) 1/8 turn to left (45 degrees) and one step forward with right foot, bending right knee and bringing left foot on toes behind right foot, leg supple, lowering arms; one step with left foot to rear and 1/2 turn to right, running step with right foot.

25) Hop on right foot, raising left leg, which is stretched, then bent forward, right arm forward, left arm to rear, extend left leg to rear and kneel, simultaneously lower and raise the arms, left forward, right to rear.

26-27) Shift weight to rear in sitting position on left heel, right leg stretched forward, bend body forward, lowering left arm obliquely to rear, forehead on the knee.

28) Straighten up on left knee, right leg stretched forward with momentary support of left head on floor, thrust right leg sideward making 3/4 turn to right (270 degrees) on left knee, and place right foot on floor, leg stretched, arms alongside body.

29-30) Bend body to right, raising left arm sideward to form circle over head, right arm sideward and parallel to right leg, head to right.

31) Straighten trunk, lower left arm sideward, bend right leg and place foot in front of left knee, arms crossed in front of body (left on right). Rise to standing position with 1/4 turn to left on right foot, raising left leg forward, arms sideward, palms down.

32) Two fast "Chasée" steps, left, right, close feet (left foot slightly in front of right foot) arms obliquely to rear.

33) Immediate complete turn to left with jump, landing on toes, left foot slightly in front of right foot.

34) Hop on left foot, moved obliquely in front of left, thrusting right leg sideward, arms sideward, cross-step with right foot in front of left leg, raising and stretching left leg obliquely to rear, simultaneously raising arms forward from below upward to form circle above head, body extended, head to right.

35) One step with left foot and hop, thrusting right leg and stretching it forward, left arm forward and horizontal, right arm to rear.

36) 1/2 turn to left and land on right foot, hop on right foot, thrusting and stretching left leg to rear, left arm forward and horizontal, right arm sideward.

37) 1/2 turn to left and place left foot forward, bring back right leg, first bent, then stretched, and land on right foot, knee supple, simultaneously bend left leg, knee outward, left foot behind right knee, head to right.

38) Hopping, shift from right foot to left foot, extending left knee, land on left foot, knee supple, simultaneously bending right leg, knee outward, right foot behind left knee, head to left.

39) Three hops moving forward toward right (in half circle) on right leg, bending body to left, arms sideward, left leg stretched to rear.

40) One step with left foot obliquely forward, large lunge to left and 1/2 turn to left on left foot, right leg raised and stretched sideward, arms supple and forward at horizontal, then sit backward at end of turn, left leg bent, right leg stretched forward.

41) Roll to rear, thrusting right leg, then left leg, which is raised obliquely and stretched upward, to land on right knee, simultaneously placing arms sideward on floor with rapid support from hands on beginning roll.

42) Bring left leg forward, bent, straighten on left foot, step with right foot forward on toes, left leg raised to rear, extend body, bending arms in front of body, elbows downward, then stretched, right upward, palm out; left sideward, head to rear. "Temps 1-2, Arrêt 3." (Pause)

43) Shift left foot with 3/8 turn to right (135 degrees), cross-step with right foot behind left leg, lowering right arm to horizontal, left arm to rear, shift body to rear 1/2 turn to left on toes of right foot, step forward with left foot, slight body twist to right, arms sideward.

44-45) Step forward with right foot, leg bent, circling of rounded right arm around body, forward, left, to rear, right. Left arm sideward, simultaneously extending leg forward with body extended to rear.

46) Shift weight on right leg, once again bent, 3/4 turn to left (270 degrees) on toes of right foot, leg stretched, left leg bent, knee outward, left foot touching right calf, arms rounded in front of body.

47) Sideward extension of left leg and cartwheel to left.

48) Step with left foot to left, with 1/2 turn to left on left foot, lowering arms.

49) Step with right foot to right, raising arms sideward, 1/2 cartwheel to right into handstand.

50-51) Pause

52) Turn over to rear, thrusting left leg, then right leg, place right foot forward.

53) Step forward with left foot and 3/8 turn to left (135 degrees) on left foot, lowering arms, hop on left foot, thrusting right leg to rear with circling of right arm from rear to front in front of body, left arm sideward.

54) Step to rear with 1/2 turn to right on right foot, lowering right arm forward to horizontal, hop forward on left foot, raising right knee forward and lowering left arm, then bringing it up again forward to the vertical.

55) Round-off on right foot, thrusting with left leg, and landing on both feet.

56) Hop with 1/2 turn to right, land on left foot, right leg raised obliquely forward and downward.

57) Place hands on floor (hand spring), thrusting alternately with left leg, then right leg, to land on left leg.

58) Two steps forward, right, left, lowering arms obliquely sideward and to rear, a large step with right leg, bringing up left leg, simultaneously form circle with right arm sideward and to the outside in front of body, and lower arms.

## 2. BALANCE BEAM:

From cross-stand frontways at end of beam:

1) Several running steps, with double takeoff, place hands on beam, roll forward and come to straight stand on right leg, left leg stretched backward, simultaneously lower arms forward and raise supplely to sideward position, palms downward.

2) One step with left foot, throw right leg forward and jump forward to squat position on toes, arms straight ahead, oblique, rounded, and lowered, with trunk slightly inclined spring up to stand on right leg, arms sideward, left leg stretched backward.

3) One step forward with left foot, "cat" jump and land on right foot, left foot pointing forward, simultaneously move rounded arms from front to back, oblique and lowered.

4) Place left foot forward, take 1/2 turn to the left, right leg bent with knee outward, toes against left leg, arms downward and slightly rounded, fingers against legs. Immediately place right foot forward, weight of body on that leg, toes of left foot behind right heel, in half-bent position, bend body slightly forward and twist to the left, right arm obliquely forward and downward, left arm rearward and obliquely upward.

5) Lean on left foot to rear, lowering left arm, weight on left leg, rise on left toes while bending, then extending right leg forward, simultaneously raise arms obliquely forward and up, palms forward.

6) Alternating steps forward, "Pas Chassés" right, left, right, lowering arms sideward, then bring them up again to horizontal, thrust left leg forward with 1/2 turn to right, simultaneously lower arms, then bring them up again to sideward position, immediately thrust left leg forward.

7) Go down to sitting position, bending right leg, with left leg stretched forward, roll backward bringing stretched legs together with hand grip behind head and come into squat position on right foot, left leg stretched backward, then bring left foot forward, leg bent, body slightly inclined, arms horizontal, palms downward.

8) Assume stretched position on toes, back supple, left foot forward, then lower arms and bring them up again to sideward position.

9) Thrust right leg forward and land on right foot, bring toes of left foot back behind right heel, thrust feet apart, jump and land again on right foot, left leg

stretched backward, simultaneously form upward circle with left arm in front of body, right arm sideward.

10) Thrust left leg forward and land on left foot, bring toes of right foot behind left heel, thrust feet apart to jump and land again on left foot, right leg stretched backward, simultaneously form upward circle with right arm in front of body, left arm sideward.

11) Thrust right leg forward, spring up and land with legs supple, right foot forward, left backward, immediately hop reversing feet, arms sideward, immediately hop and land on right leg, thrusting left leg backward, (balance stand frontways) simultaneously form circle with arms from front to back, obliquely, (3 seconds) HOLD.

12) Bring body up, arms sideward, bend right leg placing left leg stretched backward, toes on beam, twist body to left, left arm sideward, right arm supple in front of body, parallel to left arm.

13) Immediately make 1/2 turn to the right, with sideward swing of right arm, and thrust of stretched left leg to return toes to beam.

14) Continue with 1/4 turn to right, bringing left foot back in front of right foot, in squat position, arms horizontal, immediately take 1/2 turn to right (spiral), coming up on toes, left foot backward, arms downward and bring them up sideward, palms down.

15) Lower arms and bring them back up to horizontal, thrusting stretched left leg forward place left foot forward, momentary handstand, thrusting right leg, then left leg; 1/4 turn left in shifting right hand and dismount with 1/2 turn to side stand right.

## 3. SIDE-HORSE VAULT:

Vault No. 11) Straight body ascent, handstand 1/4 turn pivot cartwheel.

## 4. UNEVEN PARALLEL BARS:

1) From side-stand rearways in the middle and in front of lower bar, L-grip, body forward, arms stretched.

2) By bending and stretching the body rearways, assume side sitting position on lower bar.

3) One turn forward (in sitting position), change hands to upper grip on upper bar.

4) Kip to straight front support on upper bar and immediately.....

5) Pass the bent legs between the grip to standing position on lower bar.

6) Change to L-grip on upper bar, bend the legs and body forward and dislocate backward through straight hang, swing forward and rotate backward to support, shifting grips on lower bar to front support.

7) Swing and jump with half-turn to left to squat position on lower bar, change upper grip alternately on high bar.

8) Dismount executing rear vault to left with half turn over high bar and towards the bar, touching upper bar with grip change to outer cross-stand. (Right side toward bar)

MUSIQUE  $\frac{3}{4}$

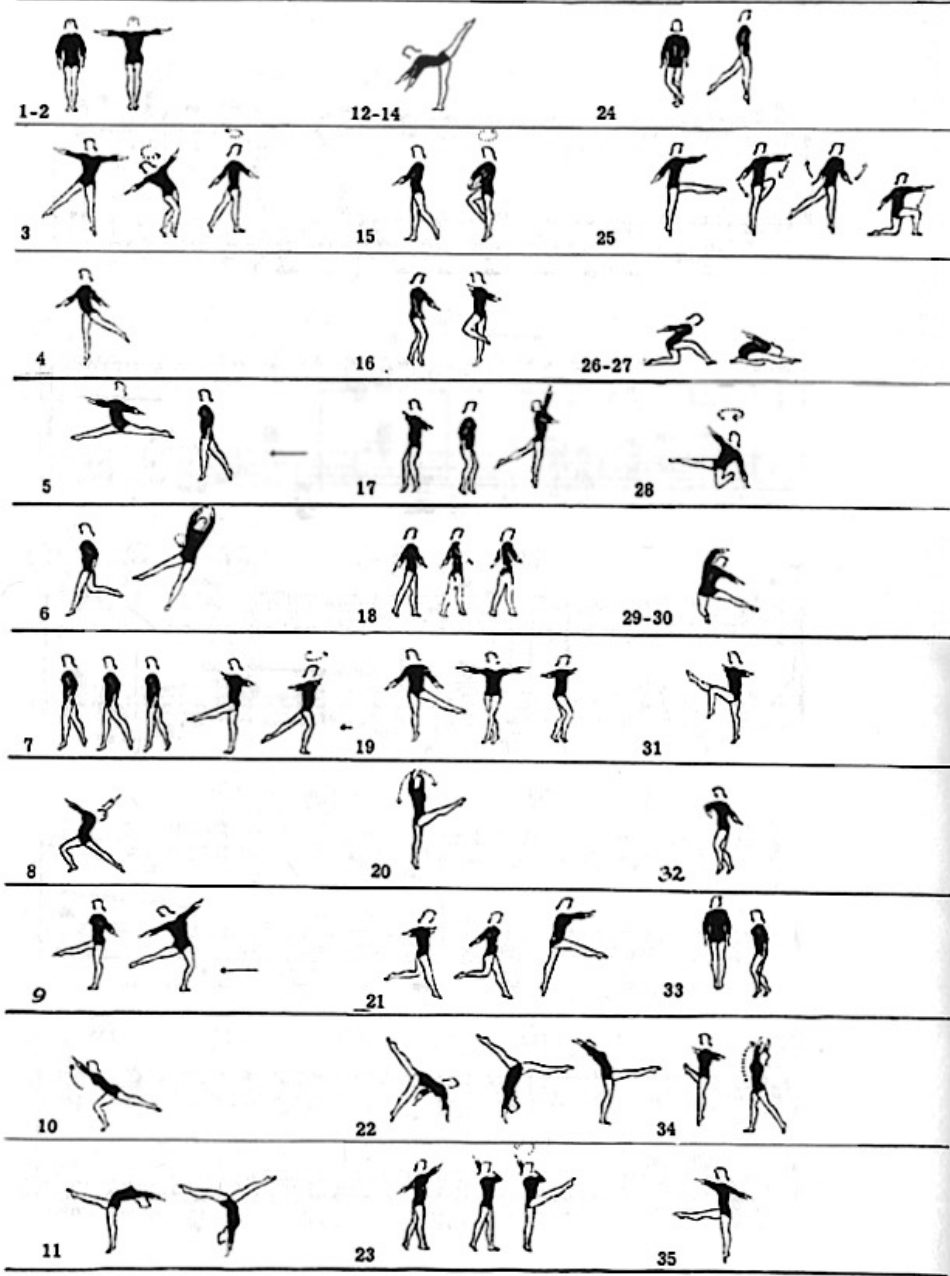
MUSIC FOR COMPULSORY  
WORLD'S CHAMPIONSHIPS  
PRAGUE,

Musical score for page 204, measures 1-29. The score is in 3/4 time and consists of five systems of two staves each (treble and bass clef). Measures 1-6 are the first system, 7-12 the second, 13-17 the third, 18-23 the fourth, and 24-29 the fifth. The music features a variety of rhythmic patterns and chordal textures.

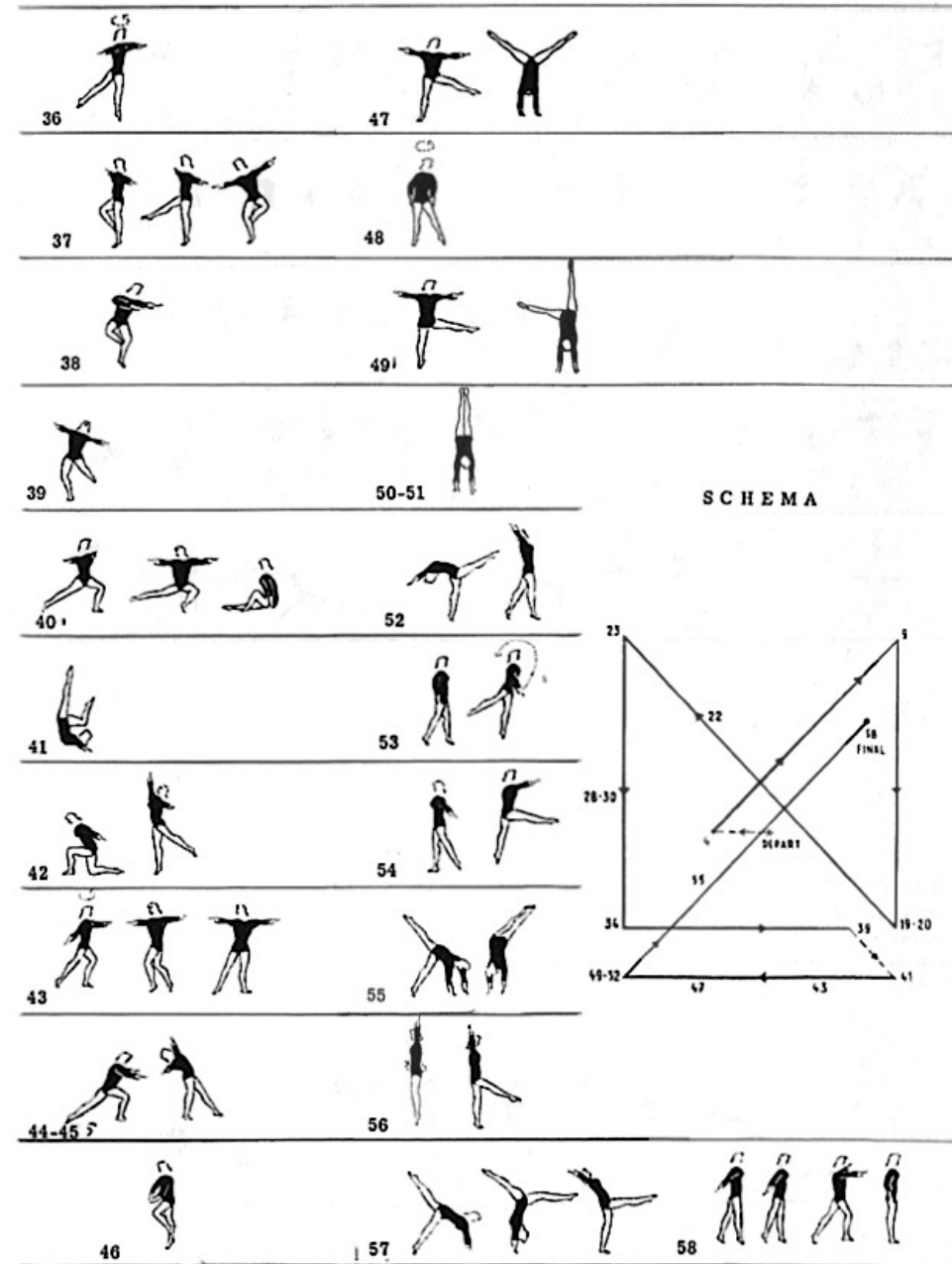
FLOOR EXERCISE  
CHAMPIONSHIPS  
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Musical score for page 205, measures 30-58. The score is in 3/4 time and consists of five systems of two staves each (treble and bass clef). Measures 30-35 are the first system, 36-40 the second, 41-45 the third, 46-51 the fourth, and 52-58 the fifth. The music continues with complex rhythmic and harmonic structures.

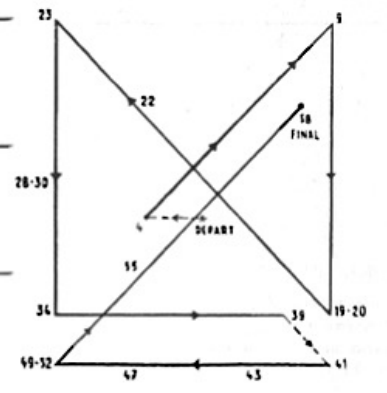
FLOOR EXERCISE



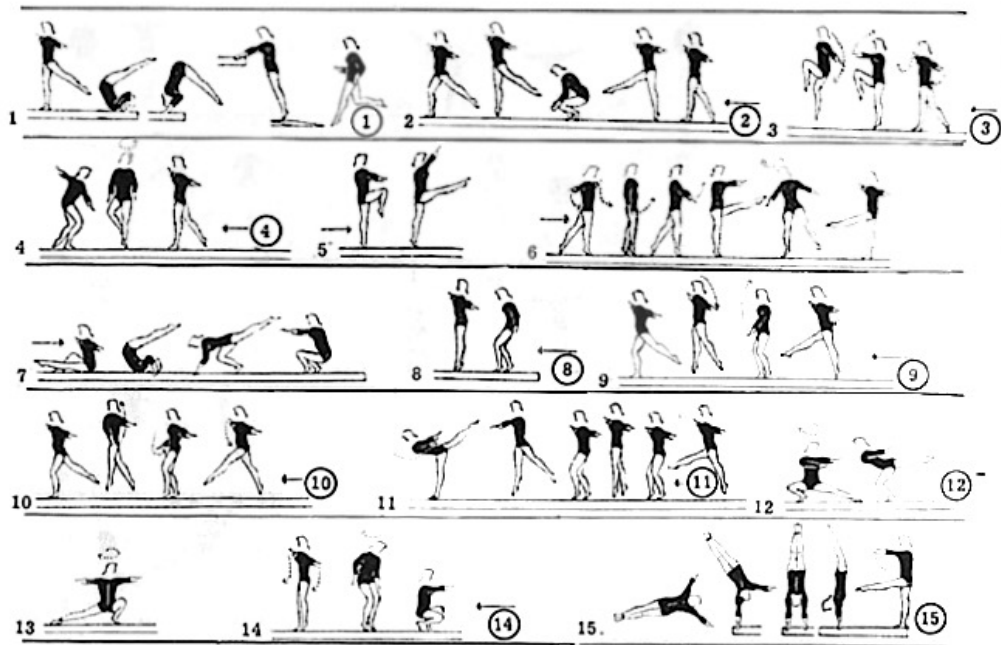
FLOOR EXERCISE (continued)



SCHEMA

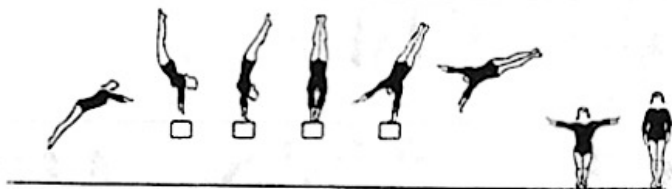


**BALANCE BEAM**



**HORSE VAULT**

Jump to Handstand, arms straight, 1/4 turn on top of horse shifting one hand alongside the other, descend to cross-stand. (Table of horse vaults—No. 11.)



**UNEVEN PARALLEL BARS**

