

1970 WORLD CHAMPIONSHIPS COMPULSORIES

WOMEN

Translated by: Mrs. Jackie Uphues, USGF Women's Tech.Comm; Mrs. Ernestine Carter, Clarion State College, Penna.; and Mrs. Dale Flansaas, University of Nevada.

FLOOR EXERCISE:

From an erect stand in the center of the platform (floor area).

I.) 1-4 pause

II.) 1-3 pause

4. Place the right foot crossed in front of the left, both feet on toes, raise the arms to the right, right arm upward and oblique, the left arm curved in front of the body, palm upward; lower the arms and turn by $\frac{1}{2}$ spiral 360° to the left to an erect stand on the toes of both feet, the left foot in front of the right, arms vertical.

III.

1. Lower the arms quickly from forward (downward) to backward, slightly bending the legs and go on without stopping to stag leap, throwing the arms upward, bending the right leg, toes of the right foot touching the left knee.

2. Land on the right foot, slightly bending the right leg, the left leg stretched backward, lower the arms: right arm lateral, left arm forward (pass through scale).

3. Straighten to a stand on toes of the right foot, leg extended, left leg extended backward, left arm lateral, one step on the left foot, hop on the left foot thrusting the right leg extended backwards, circling the arms backward up to the vertical.

4. One step forward on the right foot and by thrusting the left leg backward, handspring forward to a stand on the left leg, right leg obliquely forward and downward, arms vertical.

IV.

1. One step forward on the right foot, left leg extended backward, arms lateral, head to the left, slightly bending the right leg (take) one step in waltz crossing the left leg in front of the right with $\frac{1}{4}$ turn to the right, two steps right, left, with slight bending of trunk to the left, head to the left (look over the left shoulder), lowering the arms to bring the left forward, the right backward.

2. Pivot to the right 135° ($\frac{3}{8}$) on the toes of the feet, lift the right leg to the oblique forward and downward position, with slight bending of the trunk forward and twist to the left, head lowered, right arm curved in front of the body, left arm extended backward.

3. Place the right foot forward, while slightly bending and extending the legs, body wave in order to straighten to a stand on the toes of the right foot, left leg extended backward, simultaneously lowering the right arm to raise it up again obliquely upward, the left arm obliquely backward, the head raised toward the right hand. (IV. 1-3 in waltz rhythm). The gymnast finds herself in the corner of the floor area, facing the center.

4. Step on the left foot and hop with the right leg extended backward, simultaneously lowering the left arm to raise it obliquely upward.

V.

1. ...and with a step on the right foot circle the arms from front to back and by taking off with the right leg and thrusting of the left leg, dive tinsica to a stand on the left leg, right leg extended obliquely forward and downward, the right arm horizontal, the left vertical.

2-3. Place the right foot forward and cartwheel to the right ending with a $\frac{1}{4}$ turn to the left bringing the feet together to a stand, legs semi bent, legs together with slight inclination of the trunk forward, arms horizontal, without stopping flic-flac (back handspring).

VI.

1. to a stand on the slightly bent right leg, left leg stretched backward (lunge) slightly bending the trunk forward, arms forward in semi-wide (parted) position (to the right corner of the floor area, facing the center).

2. Slightly bending the trunk to the right with circling of the left arm from downward to upward in front of body, straighten the trunk, slight bending of the trunk to the left with circling of the right arm from downward to upward, straighten the trunk (the head follows the movement of the arms, to finish the arms curved in an oval over the head).

3. Without stopping go on to lower the arms laterally, palms upward, slightly bending the trunk to the right, head to the right.

Paragraphs V and VI 2-3 are executed with continuity.

4. $\frac{1}{8}$ turn (45°) to the left, extending the right leg, hop on the right foot, the left leg extended forward and downward, lower the left arm and circle the forearm up to the lateral position, one step on the left foot, hop on the left foot, right leg extended forward and downward, lower the right arm and circle the forearm up to the lateral position, head follows the movement of the arms.

VII.

1. One step on the right foot lowering the arms, take off on the left foot and stride leap, right arm lateral, the left arm horizontal (forward), land (return) to a stand on the right leg, left leg stretched backward.

2. One step on the left foot, arms lateral and swing (thrust), the right leg forward in order to leap with changing of the leg (scissors leap) with a circle of the arms forward to backward, landing on the right leg partially bent, the left leg extended forward and downward, the arms obliquely backward.

3. One step forward on the left foot with bending and extension of the legs, body wave, forward to a stand on the left leg, thrust the right leg forward, lower the arms laterally in order to raise them again to forward and upward.

4. Continue movement of the right leg and the arms to place the hands on the floor and turn backward passing through the inverted stretched support (back walkover) to a position on the right knee, hand support forward, lower to a sitting position on the right heel, left leg stretched backward on the floor, the hands placed on the floor, arching the body (facing the initial direction).

Paragraph VII 3-4 are executed with continuity.

VIII.

1. Go on without stopping by support on the right hand, displacing (lifting) the left hand with $\frac{1}{4}$ turn to the right, join the legs to a stretched lying front support (left side toward the initial direction).

2. Continue the movement turning once again $\frac{1}{4}$ (90°), bending the legs to sit on the left thigh, head to the right, right arm lateral, left hand support, turning to a bent sitting position on the right thigh, right hand placed on the floor, left arm extended laterally, head to the left.

3. $\frac{1}{4}$ turn to the right, straighten with placing of the left foot forward.

IX.

1. ...to a stand on the toes of the feet (right foot in front of the left foot) arms extended obliquely forward and upward (left side turned toward the center.)

2. Bend the legs to a semi-squat stand, lower the left arm forward, followed by the right arm to the right side and turn 135° ($\frac{3}{8}$) to the left in order to straighten to a stand on the toes of the feet, the left foot in front of the right, the arms upward, the trunk and the head following the movements of the arms.

3. Slightly bending the arms, palms upward, lower

them. Lower the right leg slightly bent (to a semi-bent stand on the right leg), left leg extended forward and downward, the arms supple, lateral, upward.

4. One step on the left foot forward bending and extending the legs with a body wave, bring (draw) the right foot behind the left foot to a stand on the toes of the feet, legs extended, head extended, simultaneously raising the arms forward, elbows and hands joined (clasped), then straighten (extend) the arms obliquely forward and upward, palms down, right hand on the left hand (back turned toward the center).

X.

1. Turn to the right 135° ($\frac{3}{8}$) bending then straightening the legs and lowering the arms, by extending quickly the legs, slide the feet on the floor in order to slightly advance into a forward lunge on the semi-bent right leg and the toes of the feet, simultaneously raise the left arm forward, the right arm lateral, head turned to the left (the side toward the center).

2. By rapid extension of the right leg, reunite the left foot to the right to a stretched stand on the toes of the feet, arms obliquely lateral and upward, palms turned outward.

3. Repeat Paragraph X-1., but in reverse (lunge on left leg, right arm forward, left arm lateral).

XI.

1. One step forward on the right foot with swing of the trunk to the left, right arm bent in front of the bust, head to the right.

2. Extending the right arm laterally, thrust the left leg extended, then bent forward, knee to the outside, toes of the left foot against the right leg, simultaneously pivot 360° to the right, arms curved in oval over the head.

3-4. Extend the left leg backward and with inclination (bending) of the trunk forward, front scale to a stand on the right leg, simultaneously lower the arms, semibent laterally, forearms upward, carrying (bringing) them directly to the horizontal, forearms joined, lower the arms bent then extend up to an oblique backward position palms upward, without stopping bring them directly forward.

XII.

1. ...and place the hands on the floor, then by thrust from the right foot, inverted stretched support (handstand) with legs together and...

2. $\frac{1}{4}$ turn to the left separating the legs (one forward the other backward).

3. Slowly turn to a stand on the left leg (walkover-out), right leg extended forward, arms upward, one step forward on the right foot, join the legs to a stand on the toes of the feet, arms lateral (facing the initial direction).

XIII.

1-2. With $\frac{1}{4}$ turn right, 4 running steps, right, left, right, left, curving to the right, left arm lateral, right arm curved in front of the bust slightly twisting the trunk to the left.

3. With $\frac{1}{8}$ of a turn (45°) to the right, join the right leg to the left leg, arms obliquely upward and forward, blend the legs with $\frac{1}{2}$ circumduction (rotation) of the trunk and circle the arms parallel from upward-downward to the right, extending the legs to a stand on the toes of the feet returning the arms backward to the right side up to a vertical position.

XIV.

1. Twist the trunk to the left, arms to the left lateral, one step on the right foot and hop on the right leg, left leg extended backward, circle the right arm in front of the body up to an oblique forward and upward position, left arm obliquely backward.

1-3. One step on the left foot forward on the toes of the foot, right leg bent, the toes of the foot touching the left knee and turn 360° to the right, arms curved forward and downward, extend the right leg and step forward on the right foot, arms lateral.

Paragraphs XIII-XIV are executed on a curved line to the right.

XV.

One step on the left foot and stag leap with bending of the right leg, slightly twisting the trunk left, simultaneously lowering the arms to bring them obliquely forward and upward, land on right foot.
 2. Pas chasse—leap with hop (left-right-left), arms lateral.
 3. Thrust the right leg, pivot to the left 225° (3/4) on the toes of the left foot to a stand on the left leg, the right leg extended forward and downward, arms lateral (standing in the left corner of the floor area—front turned toward the center.)

XVI.

1. One step forward on the right foot to a semi-bent stand, left foot pointed behind the right foot, the trunk and the head inclined forward; lower the arms straight downward, crossing them in front of the body and rapidly extend them obliquely lateral and downward.
 2. Straighten the trunk, bending the arms near the shoulders.
 3. Join the left foot to the right foot to a stand on the toes of the feet, arms obliquely upward, palms inward.
 4. Two running steps, left right, lowering the arms laterally to return them forward and upward.

XVII.

1-3. One step on the left foot and by thrusting the right leg backward, hop, with a step on the right foot, roundoff and flip flop (back handspring) to a stand on the right leg, left leg stretched backward and 1/2 turn to the left to a stand on the right leg, left leg extended forward and downward, arms lateral.
 4. One step on the left foot, one step on the right foot with a hop, thrust the left leg forward and to the left stretched then bent, toes of the left foot touching the right knee, circle of the arms backward.

XVIII.

1. Extend the left leg and lunge forward on the bent left leg, right leg stretched pointing backward, lower the arms backward, raise the left

arm obliquely forward and upward, right arm remaining backward and downward.

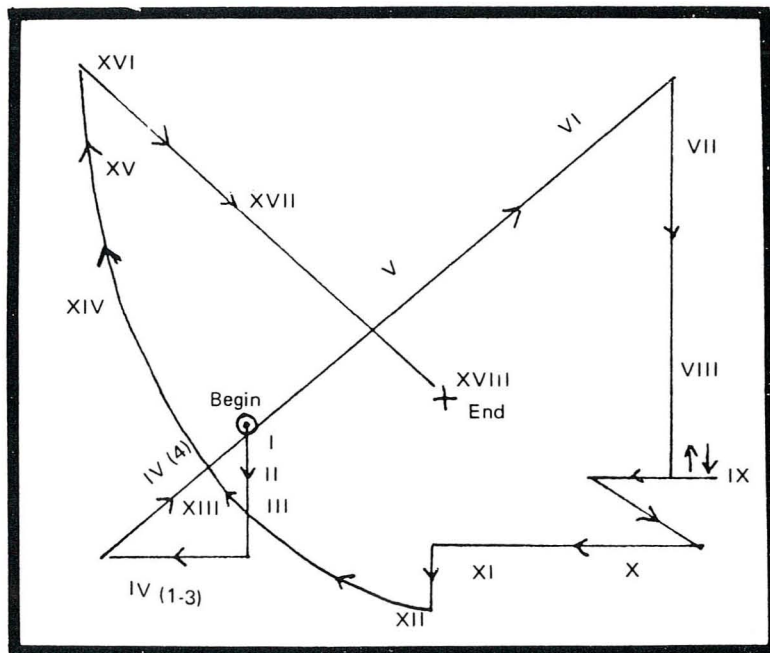
2. Draw back (bring) the weight of the body on the right foot, turn to the right toward the back (rearwards) (360°), body slightly to the oblique forward around the long axis, to return into a lunge, left arm upward, right arm on the thigh along the body (held against the body).

3. Lower the right arm in order to return it obliquely forward and upward, circle the right arm back-

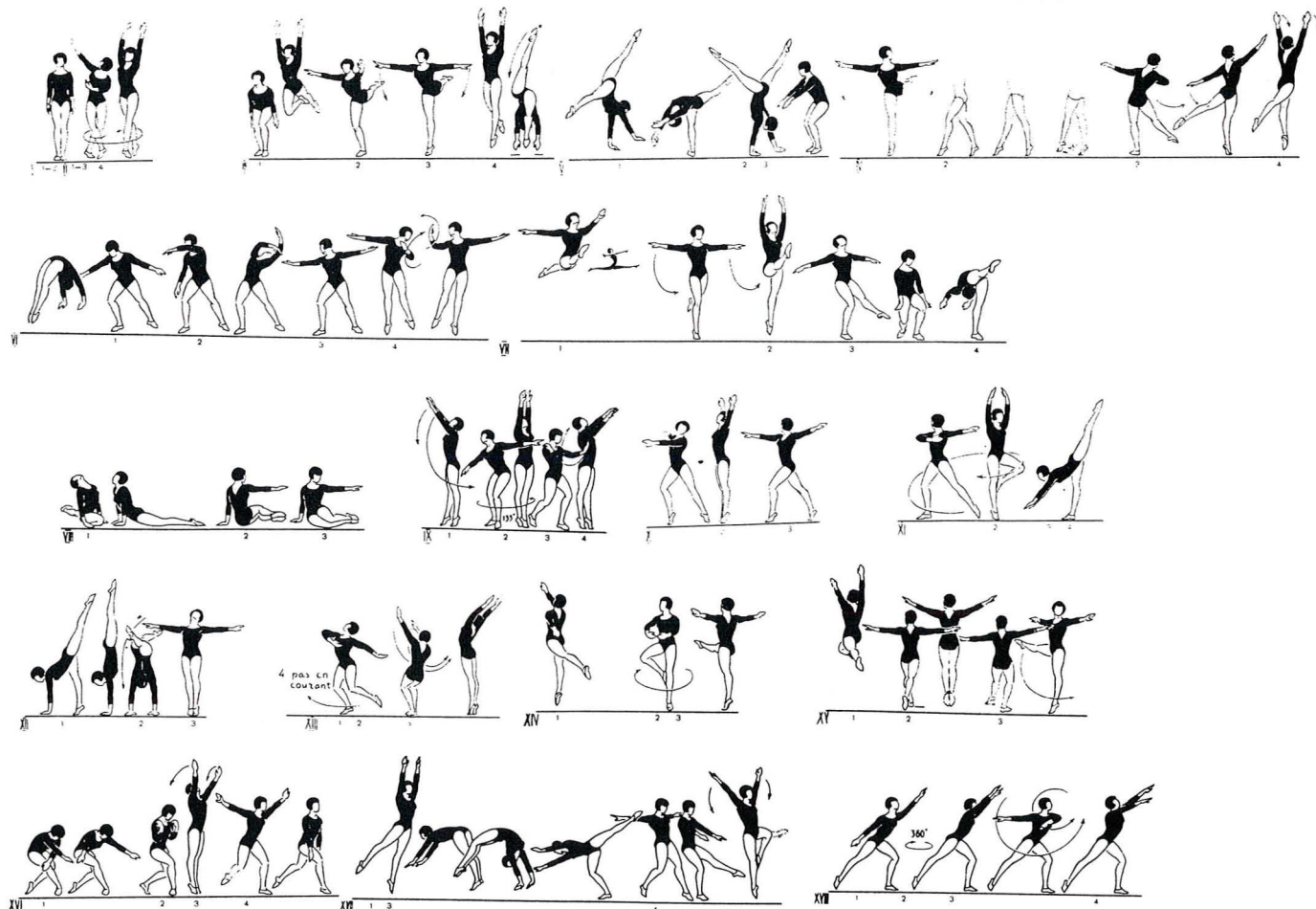
ward and circle the left forearm in front of the body, extend the arms obliquely forward and upward, slightly twisting the trunk to the right (standing to the right corner of the floor area).

4. Pause.

REMARKS: 1. Paragraph XII-3 may be reversed.
 2. Paragraph XVI and XVII may be reversed but after the flip-flop (back handspring) the gymnast must return to a stand on the right leg.



1970 WORLD'S GAMES — WOMEN'S FLOOR EXERCISE



Musical score for the first part of the compulsory floor exercise. It consists of four systems of piano accompaniment. The first system is marked 'Moderato' and 'Hayane'. The second system has a '3' marking. The third system has an '8-measure' marking and 'rubato'. The fourth system has an 'm.p.' marking.

Musical score for the second part of the compulsory floor exercise. It consists of four systems of piano accompaniment. The first system has an '8-measure' marking. The second system has a 'cresc.' marking. The third system has an '8-measure' marking. The fourth system has an '8-measure' marking.

FLOOR EXERCISE (Penalties)

4. ½ spiral not executed	0.10
II	
1. the foot not touching the knee (stag leap)	0.10
2. left leg below horizontal	0.20
3. handspring walkout without amplitude	0.30
4. walkover instead of handspring	0.50
IV	
1. lack of continuity of the step forward after the handspring	0.10
V	
1. Coordination incorrect of the circle of the arms forward to the dive tinsica	0.20
— Insufficient flight forward in the placement of the hands in the dive tinsica	0.10
— simultaneous placement of the hands	0.30
— walkover instead of dive tinsica	0.50
— poor direction in the dive tinsica	0.10
VI	
1-2. Insufficient coordination of the back handspring; movement of the arms	0.10
VII	
1. Insufficient spread of the legs during the leap, (less than a complete split)	0.20
2-3-4. Insufficient continuity during the scissor leap, of the body wave and the backwalkover	0.20
— lack of amplitude in the execution of the body wave	0.10
— forward leg too low during the backwalkover	0.10
IX	
-2-3-4. Insufficient continuity of the movements	0.10
— Insufficient body wave	0.30
X	
1-2-3. Execution of the lunge with a jump instead of slide, each time	0.10
— Insufficient elevation on the toes each time	0.10
XI	
1-2-3-4. Poor coordination of the arms during the turn and the front scale	0.20
— Incomplete pivot	0.30
— Placement of the heel	0.20
— Position of the leg too low during the front scale	0.20
XII	
1. Legs apart in the inverted support	0.10
2. Insufficient spread of the legs	0.10
Insufficient continuity during the execution of parts XI-XII	0.10

1-2. Running steps without lightness	0.10
3. Insufficient amplitude of the circle of the arms	0.10
XIII	
XIV	
1. Lack of continuity	0.20
2-3. Turn with placement of heel	0.20
XV	
1. Leap without amplitude	0.20
— Insufficient fixation of the forward leg during the course of the leap	0.10
2. Leap without lightness	0.10
XVI	
1. Fault in rhythm of the arm movements	0.10
XVII	
1-3-4. Lack of continuity during the execution of the back handspring, ½ turn and jump	0.20
— Omission of the hop with thrust of the leg forward and lateral	0.20
XVIII	
2. Displacement of the axis of rotation during the turn	0.30
— placement of the heel	0.20

BALANCE BEAM

From an erect stand facing toward the left third of the beam (oblique mount)

- From a few running steps, take off from the left leg, place the right foot with leg bent on the beam with a brief support of the right hand, the left leg extended forward, the left arm lateral, and without stopping go on to ½ turn (180°) to the right, the left leg moves forward to land in a squat position, body weight on both legs, the left foot in front of the right foot, arms upward, without stopping lower the right arm backwards, the left arm forward to the low oblique (downward), with a slight twist of the body to the right, head to the right.
- Without stopping, straighten with a slight body wave to a stand on the toes, simultaneously lower the left arm backward in order to raise it upward, the right arm moves forward and upward.
- Pas chasé leaps forward (left, right, left) lowering the arms laterally, crossing the arms softly in front of the body and by thrust (push) from the left foot,

leap forward thrusting the arms laterally, landing on two feet, right foot forward, arms downward.

- Without stopping, by thrust (push), stag leap, with right leg bent, left extended, simultaneously raise the arms forward to the vertical in order to lower them laterally and obliquely downward, (return) land on the right leg and...

5. ... Step forward on the left foot with a ½ (180°) turn left on the toes of the foot, right leg bent, knee facing to the exterior (outward), toes of the foot against the lower left leg, raise the arms forward to the vertical, the left arm curved upward, the right arm continuing the movement laterally, to the downward oblique, head to the right.

6. Without stopping one supple step forward on the right foot, extending the leg on toes with bending of the trunk to the right, head forward, circle the curved left arm supply in front of the body from downward to upward in order to lower sideways, the right arm sideways, one supple step forward on the left foot extending the leg on toes with bending of the trunk to the left, circle the right arm from downward to upward in front of the body in order to lower it sideways.

7. With straightening of the body, swing the right leg in order to take one accentuated (slightly held) step forward on the right foot on the toes of the stretched leg, lowering the arms sideways to the rear oblique position, body stretched, head raised, rapidly drawing the left foot behind the right heel.

8. Directly jump from two legs with change of leg during the jump, the right leg moves backward then forward, the left leg moves forward then backward (small scissors) landing on the right leg, the left foot returning extended on the beam, both legs partially bent, simultaneously swing the arms forward to the vertical and with bending of the trunk to the left, lower the left arm through the lateral position in order to raise it curved (supply) to downward (low) in front of the body, the right arm curved (supply) obliquely upward, palm overhead, head to the right.

- One step forward on the toes of the left foot,

thrust the stretched right leg forward toward upward (kick), simultaneously lower the arms supply in front of the body in order to raise them laterally, the left arm to a vertical position, the right arm lateral.

10. Place the right leg forward, lowering the left arm sideward, step on the left leg with $\frac{1}{2}$ (180°) turn to the left on toes, right leg stretched backward, simultaneously raise the arms sideward to a curved position overhead, place the right foot forward, front scale with circle of the arms, the left arm lowering forward, the right arm backwards, in order to bring the right arm forward to the downward oblique, the left arm to the oblique backward position.

11. Without stopping go on to lower the left leg straightening the body, arms downward, place the left foot forward on toes with elevation of the bent right leg forward, foot against the left knee, right arm moves to the oblique backward downward position, the left arm curved (supply) in front of the body, extending the hands, palms turned under, head to the right, position maintained (held).
12. Two steps forward, right, left on the toes with circling of the left arm from backward to forward up to the forward horizontal, right arm raises forward to the vertical and without stopping go on to cartwheel left (left arm, then right) in order to return to an erect stand, back in the direction of the beam, arms curved in oval over the head.

13. One supple step forward on the left leg, draw the right leg supply behind the left foot, lower the arms forward and downward and, with a small bending of the trunk forward continue the movement of the arms sideward, palms to the exterior and directly carry the extended arms to the hori-

zontal crossed in front of the body, right arm over the left arm, the head forward between the arms, one step backward on the right foot with straightening of the body lowering the arms downward.

14. One step backward on the left foot and pivot one full turn (360°) to the left, arms sideward, bending the left leg (lunge), the right leg stretched backward on toes, bring the arms supply to the forward position, with the palms horizontal to the exterior, and with twist of the trunk to the left 45°, bring the right arm over the left, palms upwards.

15. Return facing forward with one step on the right foot, turning palms to the exterior and open the arms laterally, one step forward on the left foot with a hop, right leg bent backward, knees together, simultaneously lower the arms backward and downward, left arm continues moving forward to the vertical, right arm laterally.

16. Without stopping to go on to a second hop on the left leg while kicking the stretched leg forward, simultaneously thrust the right arm forward up to the vertical, lowering the left arm laterally; step forward on the toes of the right foot with thrust of the stretched left leg forward, and without stopping go on to a $\frac{1}{2}$ turn to the right, thrust the left leg forward, simultaneously lowering the arms in order to elevate them forward, at the end of the turn the curved arms are vertical.

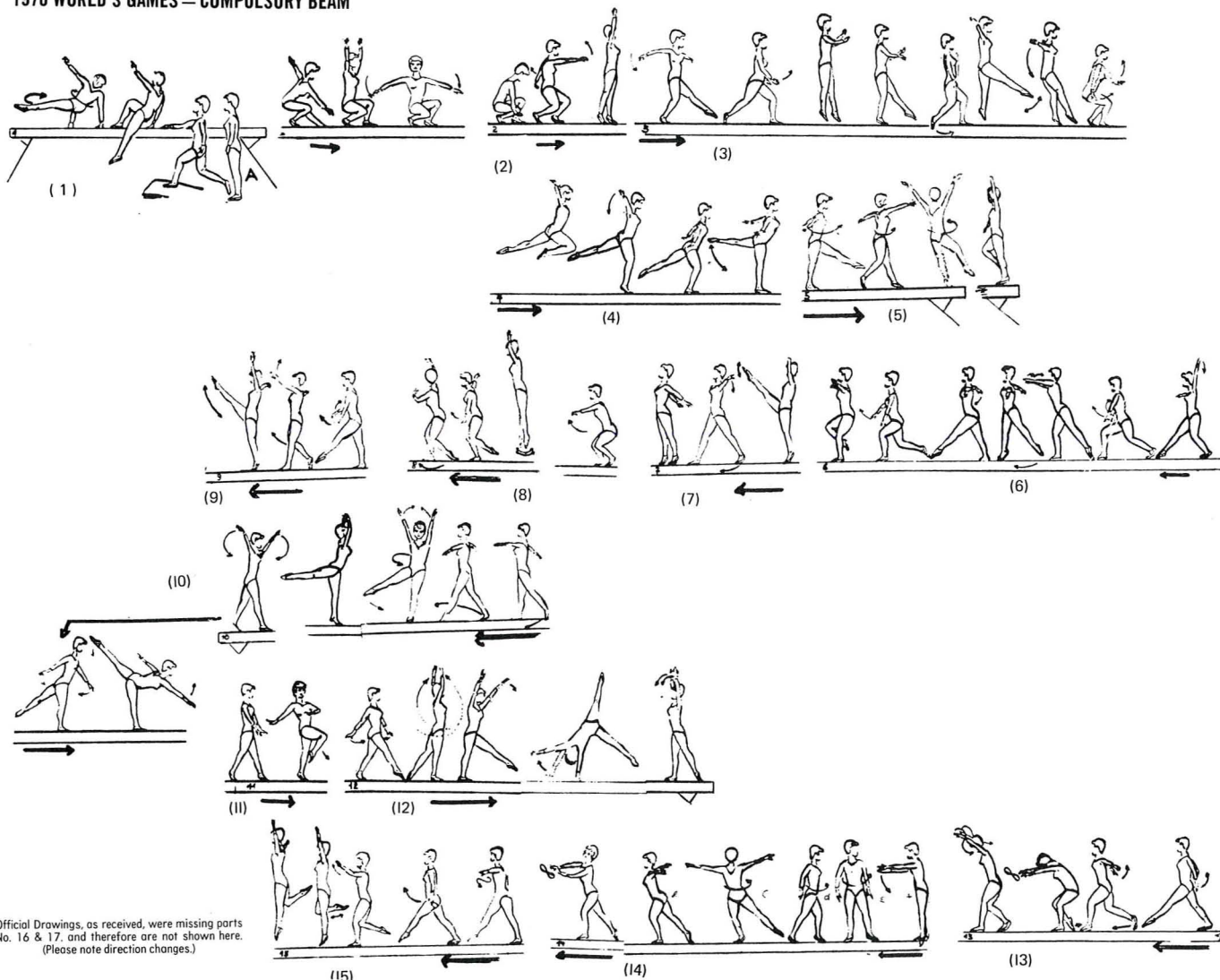
17. Placing the left leg forward, thrust the right leg, then left leg backward to an inverted stretched support (handstand) on the left arm, right arm lateral, and with $\frac{1}{2}$ turn (180°) to the right spring to a side stand right sideways, right hand on beam, left lateral.

The exercise may be revised only in its entirety.

BALANCE BEAM PENALTIES

I	
1. Mount heavy or off balance.....	0.20
2. Mount with pronounced stop.....	0.20
3. Half turn uncertain.....	0.20
4. Omission of the ronde de jambe (circle of the leg).....	0.20
5. Omission of the twist of the trunk.....	0.20
6. Omission of the turning of the head.....	0.10
7. Execution jerky and without elegance of paragraph I.....	0.20
II	
1. Heels on the beam.....	0.20
2. Incorrect body wave.....	0.30
III	
1. Pas chasses without liveliness.....	0.20
2. Jump too low.....	0.20
3. Insufficient thrust of right leg.....	0.10
4. Insufficient coordination of paragraph III.....	0.20
IV	
1. Insufficient elevation of stag leap.....	0.20
2. Back leg slightly bent.....	0.10
3. Insufficient bend of front leg.....	0.20
4. Heavy landing.....	0.20
V	
1. $\frac{1}{2}$ turn uncertain.....	0.20
2. $\frac{1}{2}$ turn on heel.....	0.20
3. Incorrect position of right leg.....	0.10
4. Arm movements stiff.....	0.20
5. Insufficient turn of the head.....	0.20
VI	
1. Steps without suppleness.....	0.20
2. Omission of bending the trunk, each time.....	0.20
3. Lack of straightening the body.....	0.10
4. Insufficient thrust of the right leg.....	0.10
5. Poor continuity of the exercise during paragraph VI.....	0.20

1970 WORLD'S GAMES — COMPULSORY BEAM



Official Drawings, as received, were missing parts No. 16 & 17, and therefore are not shown here. (Please note direction changes.)

VII

1. Accentuated step with placement of the heel and without energy 0.10
2. Omission of extension of the body 0.20

VIII

1. Jump without a changing of legs 0.30
2. Insufficient height of the jump 0.20
3. Foot not returned to beam 0.10
4. Insufficient bend of the body 0.20
5. Movement of the arms without amplitude 0.10
6. Omission of turning the palm upward, and omission of turning the head 0.20

VIX

1. Placement of heel on beam 0.20
2. Insufficient thrust of right leg 0.20
3. Movement of arms without coordination 0.10

X

1. ½ turn on heel 0.20
2. Scale incorrect 0.30
3. Circle of arms incorrect and without coordination 0.20

XI

1. Placement of heel 0.20
2. Omission of placement of the foot against the knee 0.10
3. Lack of body expression (staccato) 0.20
4. Position not held 0.20

XII

1. Lack of coordination and continuity of the movements 0.30
2. Incorrect plane of the cartwheel (body position) 0.30
3. Cartwheel with simultaneous placement of hands 0.30

XIII

1. Insufficient suppleness of arms and legs 0.30
2. Lack of coordination 0.20
3. Omission of bending trunk 0.20
4. Head not placed between the arms 0.20

XIV

1. Turn uncertain 0.30
2. Right heel on beam 0.20
3. Incorrect movement of arms and without amplitude 0.20
4. Omission of twisting the trunk 0.20
5. Palms under 0.10

XV

1. Omission of bending the body 0.20
2. Hop too low, knees apart 0.20

XVI

1. Second jump too low 0.10
2. Insufficient thrust of right leg 0.20
3. ½ turn on heel and without continuity 0.20

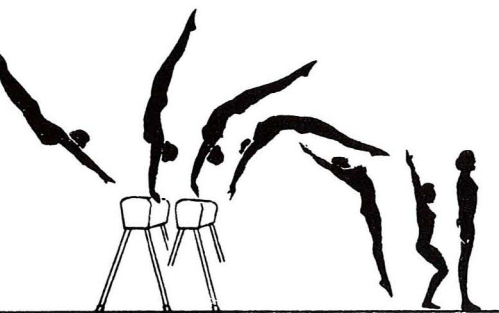
XVII

1. Omission of passing through vertical 0.40
2. Dismount on two arms 0.50
3. ½ turn too early or too late 0.30

HORSE VAULT — 1970

JUMP: Body and arms extended (stretched) to an inverted support, turn over forward in flight and descend to a rear stand. (Handspring vault).

VAULT NUMBER 16 IN THE CODE OF POINTS



16 (HANDSPRING)

Jump, body and arms stretched to an inverted support, turning forwards to fall (descend) free to a stand rearways.

COACH:

- 1) Between the board and the horse 1.00
- 2) Aid of coach during the vault Void
- 3) Aid of coach during landing 2.00

Special Penalties For Compulsory Vault:

- 1) Omission of passing through vertical Void
- 2) Vault executed with major changes Void

VAULTING PENALTIES

Vault No. 16

FIRST FLIGHT:

- 1) Insufficient flight between the board and the placement of the hands up to 2.00 points
- 2) During the flight body bent ... up to 0.50
- 3) Flight poorly directed ... up to 0.50
- 4) During the flight legs bent ... up to 0.50
- 5) During the flight legs apart ... up to 0.50
- 6) Coming to the inverted support with force ... up to 1.00
- 7) Body bent at the inverted support 1.00
- 8) Shoulders forward at the inverted support ... up to 1.00
- 9) Arms slightly bent at the support 0.30 - 0.50
- 10) Stop at the support — completely bent — 0.50

IMPULSION:

- 1) Lack of impulsion 2.00
- 2) Alternate repulsion of hands (push off) 0.30
- 3) Removing hands too late 0.50
- 4) Insufficient height of repulsion (push off) 1.00

SECOND FLIGHT

- 1) Insufficient flight ... up to 2.00
- 2) During the flight, body bent 0.50
- 3) Legs bent ... up to 0.50
- 4) Legs apart ... up to 0.50

DIRECTION:

- 1) Poor general direction of the vault 0.50

GENERAL BALANCE OF VAULT:

- 1) Poor general balance 1.00

LANDING:

- 1) Heavy, uncertain 0.20
- 2) Lack of balance 0.30
- 3) Touching of hands on floor 0.50
- 4) Support of hands on floor 1.00
- 5) Landing on knees 1.50
- 6) Landing on hips 2.00
- 7) Landing out of balance with support of body against the horse 1.50

UNEVEN PARALLEL BARS

(A Reuther Board may be used for the mount)

From a side stand frontways, a few steps from the center of the low bar:

1. Run two or three steps, take off from two feet with a manual support on the low bar in order to jump to a squat stand, immediately displacing the grasps to the high bar, spring from the legs, cast backwards in order to rise to a side straddled support on the high bar ...

(Squat mount—immediate jump to free straddle support on HB)

2. Fall (turn) backward in order to swing forward under the high bar, ½ turn left arm displacing the right hand, swing forward in mixed grip with legs together ...

(cast, ½ turn to mixed grip)

3. Turn in support backwards around the low bar without manual support, by impulse (push) from the thighs backwards to an eagle hang on the high bar.

(Free back hip circle—pop off to eagle catch on HB)

4. Immediately displace the hand grasps to the low bar, swing forward under the low bar passing the legs stretched between the grasps in order to arrive on the tow bar, dorsal (regular) grasp on high bar.

(Glide kip-double leg shoot thru-to rear lying support hang)

5. Swing (cast legs) and kip to a support on the high bar, turn in support forward around the high bar, without stopping in stretched support, pass the legs flexed between the grasps to a rear support on the high bar.

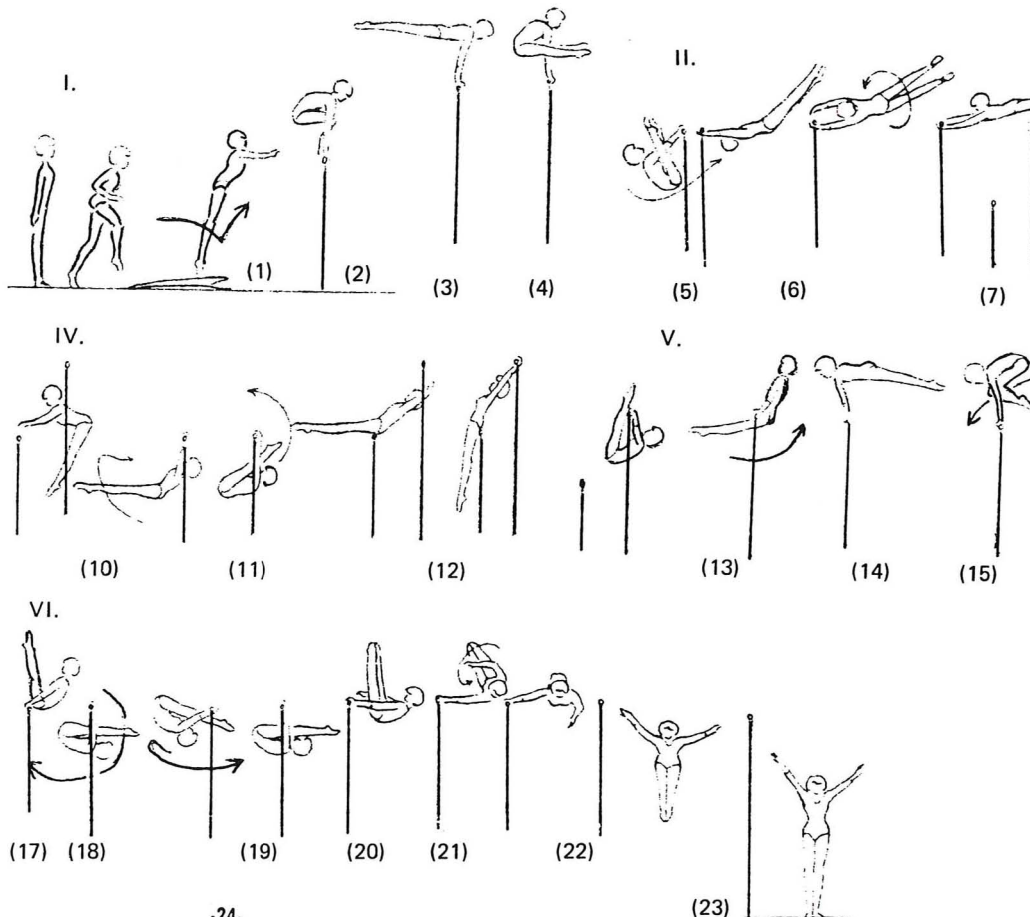
(Stationary kip-front hip circle-double leg squat through).

6. Fall (turn) backward to a semi-inverted hang, swing forward, and on return swing, release the right hand with ¼ turn to the right passing the legs to the right and replace the right hand on the high bar with a ½ turn to the left in order to descend to a side stand right.

(Flank cut right-regrasp-½ turn left)

IT IS POSSIBLE TO REVERSE PARAGRAPHS 2 AND 6.

1970 WORLD'S GAMES — COMPULSORY



BARS — PENALTIES

I	
1. Placement of the feet alternately on low bar.....	0.20
2. Lack of balance in squat position.....	0.10
3. Displacement of hands alternately on high bar.....	0.10
4. Mounting with force.....	0.10
5. Insufficient elevation of the extended leg backward.....	0.30
6. Movement with rebound (spring).....	0.30
7. Insufficient elevation in straddle support.....	0.10
8. Straddling legs too early.....	0.10
9. Touching the bar with the feet.....	0.20

II

1. Fall backward too early.....	0.10
2. Touching the bar.....	0.20
3. Insufficient amplitude of the swing forward and the ½ turn.....	0.30
4. Hand support incorrect.....	0.10

III

1. Lack of continuity in the back hip circle.....	0.20
2. Suspension in the eagle of 1 hand.....	0.50
3. Insufficient extension of the body.....	0.10

IV

1. Lack of continuity in the displacement of hands.....	0.20
2. Insufficient extension of the body forward in the passing of legs between the arms.....	0.20
3. Dorsal (rear) support on low bar.....	0.30
4. Hand support on high bar too early or too late.....	0.10
5. Stop on the low bar.....	0.20

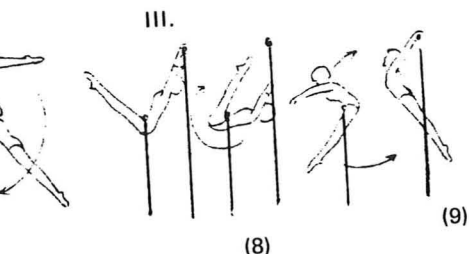
V

1. Kip with bent arms.....	0.30
2. Coming into the high bar with force.....	0.30
3. Lack of continuity.....	0.20
4. Front hip circle incomplete.....	0.30
5. Slight bend of the arms.....	0.20
6. Passing the legs extended.....	0.30
7. Supplementary swing in order to pass the legs between the arms.....	0.50

VI

1. Insufficient amplitude on the semi-inverted swing.....	0.20
2. Hips too low when releasing the right hand.....	0.40
3. ¼ turn incomplete.....	0.20
4. ½ turn too early or too late.....	0.20
5. Omission of the hand support on the high bar.....	0.20
6. Insufficient straightening of the body before the landing on the dismount.....	0.20

UNEVEN BARS



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