

**11. Horizontal bar: back hip circle, one leg circle forward**

1. What we do to gain mechanical energy to perform

back hip circle:

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one leg circle forward:

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2. Suggest what preparatory exercises we can use for both circles?

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3. What are the basic faults in the back hip circle and what are their consequences?

fault	consequence

4. When performing the one leg circle forward we hold the bar in

overgrip      undergrip

5. Try which leg you prefer to be in front, for one leg circle forward. Step forward with one foot and swing backward with the other leg as in the beginning of the element. I prefer

right leg      left leg

6. Where we stand and where we hold the **gymnast** when spotting

back hip circle \_\_\_\_\_

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one leg circle forward \_\_\_\_\_

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