

12. Horizontal bar: underswing dismount, glide kip

1. Which movement initiates the underswing dismount?

2. Complete the sentence: In the first phase of the underswing dismount, when the gymnast holds the bar, the axis of rotation passes through _____,

in the flight phase, the axis of rotation passes through _____ .

3. What exercises would you recommend to a gymnast who is unable to keep his hips close to the bar during an underswing dismount?

4. List at least 3 basic steps of practicing underswing dismount, from easier to more difficult:

5. How do we hold the gymnast when spotting underswing dismount?

6. How should the physical preparation be focused before practicing a glide kip?

a) _____

b) _____

7. Write the 3 basic phases of the glide kip element.

a) _____

b) _____

c) _____

8. What helps a gymnast maintain sufficient movement speed to complete the glide kip from a mechanical point of view?
