

### 13. Horizontal bar: swing, glide kip

1. Number the individual movements of the swing on the bar as they follow each other:

1. \_\_\_\_\_ movement forward in a slightly piked position

\_\_\_\_\_ swing backward

\_\_\_\_\_ correction of the grip

\_\_\_\_\_ gymnast eyes are on toes

\_\_\_\_\_ the gymnast slightly bends in his hips

\_\_\_\_\_ feet overtake other body parts

\_\_\_\_\_ the body arching starts

2. It is necessary to have a strengthened core for proper trunk work during the swing. Draw 3 exercises that you can do to prepare yourself physically outside the gym.

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3. What does the single swing drill look like?

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

a) \_\_\_\_\_

b) \_\_\_\_\_

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

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

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

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