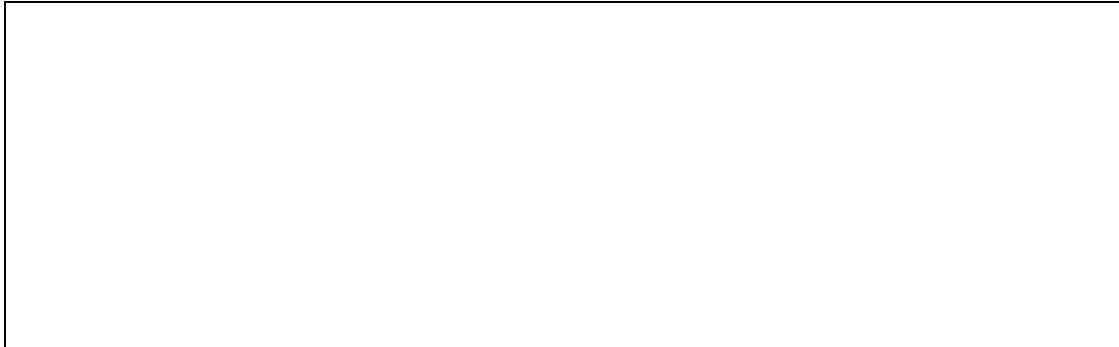


16. Vault: handspring forward

1. How does a gymnast perform a springboard take-off?
a) single leg take-off b) alternate leg take-off c) two feet take-off
2. Draw the vectors of the horizontal velocity from the run-up, the take-off velocity from the springboard and their resultant.



3. How would you develop upper limb strength for a dynamic rebound off the vaulting table?

4. List 3 of the most common faults we can find in handspring forwards.

a) _____

b) _____

c) _____

5. Draw where the spotters stand and how they hold the gymnast during handspring forward, if there are two spotters assisting?



6. Write two drills that you would include in the beginning of the handspring forward training. (We expect that the gymnast already can do a handstand.)

a) _____

b) _____