

18. Balance beam: cat leap, split leap, standing scale, roll forward

1. What is the trajectory of the body's centre of gravity during a split leap?

2. For the split leap you need to strengthen both hip flexors and extensors, suggest two exercises focused on this.

a) _____

b) _____

3. What are the common faults when performing a cat leap?

a) _____

b) _____

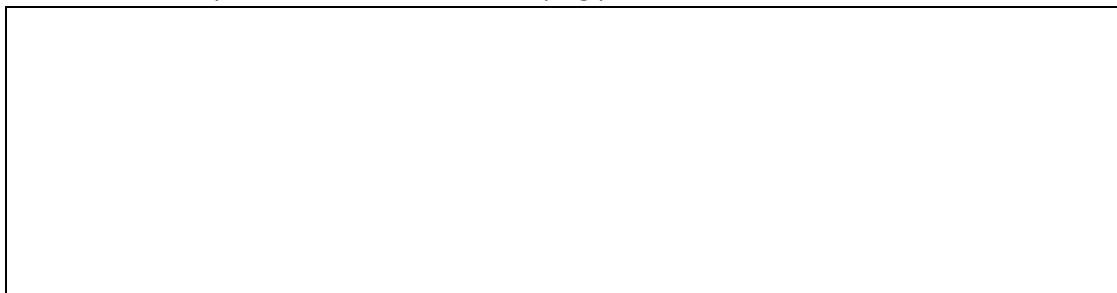
c) _____

4. Describe how you would provide assistance during a roll forward on the balance beam.

5. What type of energy does the gymnast's body have while rolling forward on the balance beam: _____

after completing the roll forward in a standing position on the balance beam:

6. Draw the correct position of the arms in the lying phase of the roll on the balance beam.



7. What exercises would you recommend to a gymnast who will have problems with standing up in the last phase of the roll forward on the balance beam?

