

20. Balance beam: dismount straddle jump, dismount roundoff

1. Propose 2 exercises that will physically prepare the gymnast for the dismount straddle jump.

a) _____

b) _____

2. What is the trajectory of the body's center of gravity during a dismount straddle jump?

3. How many times can you lift your lower limbs up without putting them on the floor in a straddle sitting position, hands between your legs. Try and write.



4. What skills should the gymnast be able to do before practicing the dismount roundoff from the balance beam?

a) _____

b) _____

5. Describe how you would provide assistance to a gymnast during a dismount roundoff from the balance beam?

6. What forces give the body rotation during a dismount roundoff?

7. What are common faults when performing a dismount roundoff?

a) _____

b) _____

c) _____