

21. Still rings: swing, straddle back flip dismount, vertical pull up

1. During the swing the gymnast actively works with the rings. In the phase of the swing backward he pushes the rings:
 - a) back and out b) back and towards each other
 - a) forward and out d) forward and towards each other

2. Write in the table the order in which the individual parts of the body (hips, shoulders, legs) move during the swing.

	to a vertical position	from a vertical position
1.		
2.		
3.		

3. It is crucial to strengthen the upper limbs before practicing vertical pull ups. How would you focus the exercises important for the first phase and for the second phase of the element?

a) _____

b) _____

4. Try it out and write how many push-ups (overgrip) can you do? _____

5. What fault can be the cause of an incomplete body rotation during a straddle back flip dismount?

a) _____

b) _____

6. Describe how you will provide assistance during a straddle back flip dismount?

7. What phases would you divide the straddle back flip dismount into?

a) _____

b) _____

c) _____

d) _____

e) _____