

22. Swinging rings: long swing, turn 180 degrees in front long swing

1. Complete: To perform swinging in a sufficient range, it is necessary to have stretched

_____.

2. Draw at least 2 exercises done in pairs that can be used as physical preparation for swinging.

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3. From a mechanical point of view, swinging on rings is a forced oscillation. What does it mean?

4. By what movement is the swing completed in the highest position of the swing

forward _____ backward: _____

5. What are the common faults during a turn 180 degrees in front long swing on rings?

a) _____

b) _____

c) _____

d) _____

6. The turn in front long swing is initiated by the movement of

- a) arms
- b) hips
- c) tiptoes

7. The transition from the hip flexion to the arched position is during the turn in long swing

- a) undesirable
- b) desirable
- c) irrelevant, the execution of the turn is not affected