

**23. Swinging rings: bent arms hang in front long swing, inverted pike hang in long swing,
inverted hang in long swing**

1. Propose 3 exercises suitable as physical preparation for bent arms hang in front long swing.

a) _____

b) _____

c) _____

2. On what apparatus and from what movement can we do the first drill before we move on to the bent arms hang in front long swing on rings?

3. A quick upward swing of the lower limbs is important for inverted pike hang on rings. What 3 exercises can be used as physical preparation?

a) _____

b) _____

c) _____

4. Decide if this is a fault in the execution of the inverted pike hang in long swing:

	YES	NO
flexed head		
hip flexion without raising the hips upwards		
inclination of the body in an inverted pike hang perpendicular to the floor		

5. In the basic variation we move to inverted hang in long swing from

a) inverted pike hang in back long swing

b) inverted pike hang in front long swing

c) hang position

6. What first drills for inverted hang in long swing can we do on the floor?

a) _____

b) _____

7. When swinging, there is a force applied to the gymnast, which depends on the weight of the gymnast, the length of the cables and the speed of the movement. Which force is this?
