

24. Swinging rings: back long swing dismount, backswing dismount in front long swing

1. An easier variation of the dismount on the rings, which is practiced first, is:
 - a) backswing dismount in front long swing
 - b) back long swing dismount

2. The gymnast releases the rings during the back long swing dismount
 - a) after passing the vertical
 - b) at the highest point of the front long swing
 - c) at the highest point of the back long swing
 - d) during the descent from the back long swing

3. What are the most common faults in a back long swing dismount?

4. What will be the focus of the physical preparation for the back long swing dismount?

5. The condition for the correct execution of the back long swing dismount is the quick high swing of the legs upwards. Draw at least 2 exercises that you can use to physically prepare yourself for this movement.

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6. How should we perform first attempts of these two dismounts?

7. From a mechanical point of view, what kind of movement is it when a gymnast releases the rings and drops to the ground?
