

**26. Parallel bars: swing backward to side dismount, swing forward to side dismount,
swing forward to dismount with half turn**

1. What simple support exercises on the bars would you recommend to a gymnast to physically prepare him for the backward swing to side dismount and swing forward to side dismount?

a) _____

b) _____

c) _____

2. What is the correct spotting for swing backward to side dismount and swing forward to side dismount?

3. What are the common faults in swing backward to side dismount?

a) _____

b) _____

c) _____

4. How can we facilitate the execution of swing backward to side dismount and swing forward to side dismount before we start practicing the final element execution?

5. When the gymnast performs a swing forward to dismount with half turn, he rotates around the vertical axis of the body

a) towards the bar

b) away from the bar

6. Mechanically, what determines the magnitude of the rotational effect of the force?

a) _____ b) _____