

### 27. Parallel bars: shoulderstand, roll forward

1. What element should a gymnast be able to do before learning shoulderstand on the bars?

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2. What is the correct way of spotting a shoulderstand on the bars?

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3. What are the basic faults when performing a shoulderstand on the bars?

a) \_\_\_\_\_

b) \_\_\_\_\_

4. From a mechanical point of view, what must be valid so that the gymnast does not fall forward or backward in the shoulderstand on the bars? Write it in an equation.

5. In the shoulderstand on the bars, the body should be

a) in a position perpendicular to the bars

b) inclined slightly backwards

c) inclined slightly forwards

6. Correct regrasp is important in the roll forward on the bars. Write down when the gymnast must perform it.

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7. How can we facilitate the training of the roll forward on the bars so that the gymnast is not afraid of falling down between the bars?

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