

**28. Parallel bars: from upper arm hang front uprise to support,
from upper arm hang back uprise to support, kip uprise**

1. List the individual steps of learning the element from upper arm hang front/back uprise to support.

a) _____

b) _____

c) _____

d) _____

2. What muscle groups need to be strengthened before training from upper arm hang front/back uprise to support?

3. What are common faults when performing from upper arm hang back uprise to support?

a) _____

b) _____

c) _____

4. What is the correct way of spotting the kip uprise?

5. During which phase of the kip uprise can we benefit from the law of conservation of momentum?

6. For uprisers on the bars, it is necessary to strengthen the upper limbs. How many push-ups can you do (elbows close to the body)?
