

### 29. Pommel horse: one leg circle

1. The axis of the shoulders is during the one leg circle element
  - a) parallel to the longitudinal axis of the pommel horse
  - b) perpendicular to the longitudinal axis of the pommel horse
  - c) points to one diagonal and then to the other one
  
2. What are the 3 basic phases of the one leg circle?
  - a) \_\_\_\_\_
  - b) \_\_\_\_\_
  - c) \_\_\_\_\_
  
3. Hips flexion during one leg circle on the pommel horse is
  - a) necessary in the first phase of the element
  - b) necessary in the second phase of the element
  - c) always a fault
  
4. How can we provide the gymnast with assistance in learning the one leg circle?  
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5. Propose 3 drills that we can perform without using a pommel horse.
  - a) \_\_\_\_\_
  - b) \_\_\_\_\_
  - c) \_\_\_\_\_
  
6. Pommel horse can also be used to perform preparatory exercises for elements on other apparatus. For which ones?  
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