

8. Floor: somersault

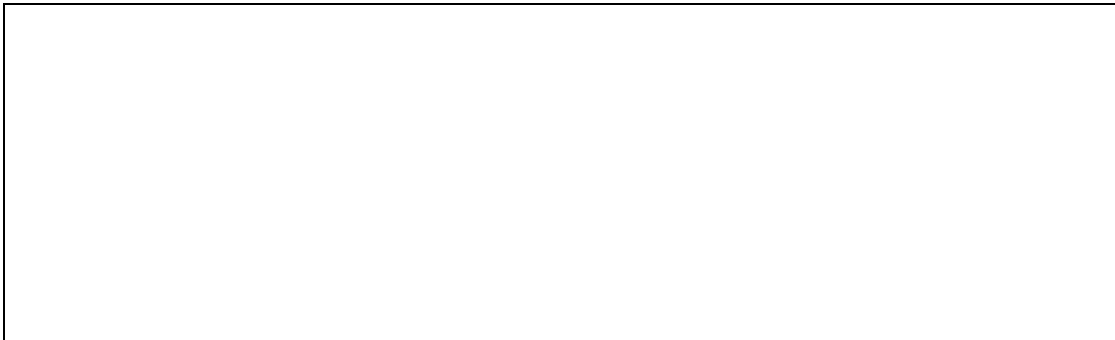
1. Is the somersault an acrobatic element?

YES NO

2. For somersault forward, we jump off

both feet one foot

3. Draw the position of the gymnast at the beginning of the take-off phase (at the first contact with the mat).



4. How can we change the velocity of body rotation during the flight phase of a somersault?

5. List at least 3 basic faults we usually find in a forward somersault:

6. What muscle groups need to be strengthened before practicing somersault?

7. Suggest two preparatory exercises for a forward somersault (describe or sketch).

