

## Gymnastics : Basic Gymnastics

Aerial cartwheel
Aided neck spring
All-round
Angle headstand
Approach run
Arm hang
Assurance
Astride vault
Attempt
Back arch (bridge)
Back handspring (back flip)
Back hang
Back hip circle
Back knee circle
Back leaning rest
Back over (back walkover)
Back rest
Back somersault (backward somersault)
Back upraise
Backward circle mount
Backward roll
Backward roll astride
Backward roll to handstand
Backward roll, piked
Backward somersault (body straight)
Balance beam
Balance on the chest
Balance stand (front scale)
Balance stand sideways (side scale)
Bar
Beam
Beat board

Belly pith (handspring)
Bench
Bent inverted hang
Bent leg squat vault
Body drop
Body turn
Cartwheel
Cartwheel + 1/2 twist outwards (round-off)
Catcher (spotter)
Chest roll
Chest stand
Chinning
Circle
Circle in support
Close grasp
Close leg
Combination
Combined grip
Compulsory routine
Cross front support
Cross position
Cross stand
Cross upper arm hang
Crotch support
Crouch
Cut
Cutaway
Difficulty
Dismount
Dive forward roll
Dive into handspring
Double knee back circle dismount
Double knee hang
Double leg cut from side
Drop kip
Elbow support

End of bars
Error
Even double knee hang
Even front support
Execution
Exercise (routine)
Face vault
First flight
Flank
Flank over
Flank vault
Flank vault dismount
Flight part
Flip (somersault)
Floor exercises
Flying rings
Forward handspring
Forward rise
Forward roll
Forward roll astride
Forward walkover
Frog balance
Frog jump
Front dismount
Front grasp
Front half lever
Front hip circle
Front leaning rest
Front mill circle
Front scale
Font somersault
Front split
Front support
Front upraise
Full-turn (full twist)
Grasp (grip)
Handstand

Hang
Hold
Hop
Horizontal bar
Kip
Knee circle dismount
"L" hold
Landing
Lay out
Lay out inverted hang
Leg astride
Leg circle
Lever position
Long horse vaulting
Longitudinal axis
Low bar
Low horizontal bar
Low straddle stand
Mixed grip
Optional routine
Originality
Parallel bars
Pendulum
Pike
Pike jump
Piked backward roll
Piked forward roll
Piked front dismount
Piked inverted hang
Piked straddle jump
Pirouette
Podium
Pommel horse
Press to handstand
Rear dismount
Rear rise
Rear support

Rear vault
Regular grip
Reuther board (spring board)
Reverse grip
Reverse hang
Reverse travel
Rings
Risk
Rocker
Roll
Round off
Scale
Scissor mount
Sheep vault/ swan vault
Shoulder stand
Side horse vaulting
Side position
Side scale
Side sit
Side split
Single knee circle
Single knee hang
Single knee swing up
Single leg circle
Single leg cut off at far end
Single leg swing
Skin the cat
Skip
Slow lifting into handstand
Splits
Spotting
Spring
Squat
Squat in
Squat jump
Squat vault
Stand on tip toe

Static position
Stoop through
Stoop vault
Straddle
Straddle handstand
Straddle mount backward
Straddle seat
Straddle seat travel
Straddle vault
Stretched body
Support
Swing (cast)
Swing to layout inverted hang
Swinging + 1/2 twist/ turn
Swinging dips
Take-off
Thief vault
Top kip
Trampoline
Travel
Tuck
Tuck jump
Turn (twist)
Underswing
Uneven parallel bars (asymmetric bars)
Upper arm support
Upraise
Upstart with one leg
Vaulting
Vaulting box
Vaulting buck
Virtuosity