

## Tumbling/Vault

### Vocabulary:

1. **Gymnastic positions:** the specific way the body is placed during the skill
  - a. **Tuck** – the body is curled: knees into chest, hands on knees and chin toward the chest
  - b. **Layout** - straight body position
  - c. **Pike** - legs are straight and there is a bend at the waist (90 degrees)
  - d. **Inverted** - body is in a layout position and the head is closer to the floor than the feet
2. **Skill categories: how the skills are broken down**
  - a. **Balance** – moving the body from one position to another slowly, a stationary base and a center of gravity must be found
  - b. **Leap** – a traveling skill where the performer takes off with one foot and lands on one foot
  - c. **Jump** – a skill where the performer leaves the ground with two feet and goes upward
  - d. **Tumbling:** acrobatic movements such as rolls, somersaults, handsprings
  - e. **Turns:** skills used to change direction, can be a jump, pivot or leap
  - f. **Locomotor movements:** skills used to move from one place to another (run, hop, skip, jump, leap, dance steps) aka: traveling skill
3. **Mount:** a skill used to get up onto the equipment
4. **Center of gravity:** it is a point where all of the body weight is concentrated or equally distributed
5. **Spotters:** a person who assists the performer through a skill

### Safety rules:

1. All jewelry must be taken off
2. All shirts must be tucked in
3. Always look around prior to performing a skill
4. Ask a teacher for help in performing a new skill
5. Always execute the skill from start to finish, don't stop in the middle
6. Use a spotter when appropriate
7. Check to make sure the equipment is safe before using (vaulting mats pushed in)
8. Never attempt a move without learning the proper progression
9. Spotters primary responsibility is to prevent injury to the performer, especially head injuries
10. Performers safety comes before the spotters safety
11. Spotter needs to be knowledgeable about the skill in order to spot it.

**Springboard: for vault**

1. A performer should take off to the board with one foot and land on the board with two feet
2. Performer should land on the curve of the board for the most spring.
3. Arms should be out in front toward the vault

**Practice test:**

1. The correct way to perform a cartwheel is hand, hand, foot, foot.
2. The curve of the board is where your feet should be placed to get the best lift off the board.
3. An arabesque, v-sit, and headstands are examples of leaps.
4. The difference between a leap and a jump is that a leap travels.
5. Straddle, wolf and flanks are examples of \_\_\_\_\_.
6. A tripod is a lead-up skill to a forward roll.

1.T 2. T 3. F 4. T 5. vaults 6. F