

## Gymnastics/Tumbling Glossary

**Abduction:** In general, refers to movements moving outward from the center of the body. Hip abduction is moving the legs, knees and feet outward. Shoulder abduction is moving the arms and hands out to the side.

**Adduction:** Hip adduction is bringing the knees together. Shoulder adduction is pressing the arms downward while out to the side.

**Aerial:** A skill performed without the hands touching the floor or the apparatus. Most commonly used to refer to an aerial cartwheel or aerial (front) walkover.

**Airborne Tumbling Skill:** An aerial maneuver involving hip-over-head rotation in which a person uses their body and the performing surface to propel himself/herself away from the performing surface.

**Amplitude:** The height, or degree of execution of a movement.

**Arabian Mounter:** A tumbling somersaulting skill, which usually begins from a step or run tumbling skill like a round-off or cartwheel, and consists of a ½ front salto and ½ front walkover.

**Back:** A backward somersault. See Back Somersault.

**Back Flip:** One of a number of terms for a back somersault move that begins usually taking off two feet rotates hip over head, then lands again on the feet. Also called Back Somersault, Back Salto, Back Tuck, Back Pike, and Back Layout.

**Back Handspring:** A tumbling move where a athlete takes off from one or two feet, jumps backward onto the hands and lands on the feet. This skill can be as a step-out skill or landed on two feet. Round-off back handsprings are the basis for almost all back tumbling skills. Back handsprings are also called a Flip-Flop or Flic-Flac.

**Back Somersault:** One of the number of terms for a back salto move that begins usually taking off two feet rotates hip over head, then lands again on the feet. Also called Back Flip, Back Salto, Back Tuck, Back Pike, and Back Layout.

**Back Walkover:** A control skill athletic move starting and finishing on the feet and made by lifting one leg, arching back into and passing through a handstand position by bringing one foot, then the other over the top and stepping down from the handstand into a lunge.

**Backward Roll:** A non-aerial tumbling skill where one rotates backward into/or through an inverted position by lifting the hips over the head and shoulders while curving the spine to create a motion similar to a ball "rolling" across the floor.

**Backbend:** A body position with an high degree of bending with an arched back and stretched shoulders where the hands and feet are on the floor.

**Barani:** A forward somersault with a half-twist. The skill is most often done in the layout position and the twist is done with a ¼ in, ¼ out twist timing.

**Block:** The term "block" in gymnastics and cheerleading is typically used to describe a rapid rebounding off of the floor with the arms. The block comes from the shoulders exploding towards extension.

**Bounders:** Any tumbling skill where two Salto's (flips) are executed consecutively. For example: a front salto, immediate front salto meets that bounder skill. Salto direction changes are also allowed for the bounder skill. For example: back salto, punch front salto also meets the bounder skill. One bounder skill is required for a tumbling routine in a lower level high school routine.

**Cartwheel:** A gymnastic movement where the athlete moves sideways (in the motion the wheel of a cart would follow) in a straight line alternately placing the hands and feet on the ground and finishing with the body coming up to a lunge landing position. The name cartwheel is so named because when a athlete performs this, their arms and legs move like the spokes of a turning wheel.

**Connected Tumbling:** Physical contact between two or more individuals performing tumbling skills simultaneously

**Dive Roll:** An aerial forward roll where the hands and feet are off of the performing surface simultaneously

**Double Back:** A tumbling skill with two consecutive backwards somersaults done in the same skill movement. Double backs can be done in any body position – tuck, pike, open, or layout. This skill is prohibited in cheerleading.

**Double Front:** A forwards double flipping salto. This skill is prohibited in cheerleading.

**Double Full:** A gymnastic tumbling skill consisting of a single layout salto with two twists. Also called a Double Twist.

**Double Lay/Double Layout:** A double back salto performed in the layout position. This skill is prohibited.

**Double Twist:** A single layout somersault with two twists. See Double Full.

**Execution:** The performance of a routine. Form, style and the technique used to complete the skills constitute the level of execution of an exercise. Bent knees, poor toe point and an arched or loosely-held body position are all examples of poor execution

**Extension/Flexion:** Extension of a joint is moving toward straightness. Flexion is the opposite. E.g. total flexion of your knee is when your heels are in contact with your rear. In the case of the shoulders, extension is pushing your arm away from your torso rather than when doing a handstand and pushing your feet as high as possible.

**Flexibility:** The ability to move a body joint through its full range of motion, the range of motion through which a joint can move without feeling pain. To have a wide range of motion in a joint. An example of the types of flexibility required of athletes is to be able to do all three splits.

**Flic-Flac:** Also known as a Flip-Flop or Back Handspring. This tumbling element is used in a majority of back tumbling passes on the floor exercise.

**Flip:** Tumbling element that rotates hip over head about the transverse (horizontal) axis. Also called somersault, a salto or somie.

**Flip-Flop:** Also known as a Flic-Flac or Back Handspring.

**Forward Roll:** A non-aerial tumbling skill where one rotates forward through an inverted position by lifting the hips over the head and shoulders while curving the spine to create a motion similar to a ball "rolling" across the floor.

**Front Handspring:** A front tumbling skill that begins with a hurdle step and rotates 360 degrees from feet to hands to feet again. Correct execution includes a strong shoulder block and straight arms and legs. Front handsprings can be stepped out or landed on two feet.

**Front Limber:** A non-aerial tumbling skill where one rotates forward through an inverted position to a non-inverted position by arching the legs and hips over the head and down to the performing surface landing on both feet/legs at the same time.

**Front Tuck:** A tumbling skill in which the tumbler generates momentum upward to perform a forward flip. (Also known as "punch front".)

**Front Walkover:** A control skill where an athlete lunges into a split handstand and continues to walk over and step out onto the feet. This move requires both shoulder and back flexibility.

**Full:** A back somersault with one full twist in the longitudinal axis, done in the layout position.

**Handspring:** A front or back tumbling skill that takes off the feet onto the hands and back onto the feet. It is commonly a set-up for a front or back tuck. See also Flip-Flop, Front Handspring, and Back Handspring.

**Handstand:** An inverted gymnastic control skill performed by supporting the body on both hands, with the arms straight and the body vertical.

**Hollow:** A term referring to an athlete's body position, where hips are turned under, the butt is tucked in and the chest is rounded forward. This is a very important body position in the sport of gymnastics/cheerleading and must be memorized and strengthened. It is often subtly used in connection with a slight arch position to initiate or control an athlete's movements.

**Hurdle:** This term refers to an athlete's transition from a run to a tumbling skill, most commonly a round-off or a front handspring. A hurdle resembles a skip. In actual athletics competition, the hurdle is done from a full-speed run. For training purposes, a power hurdle is often done where the hurdle is done from a two-foot stand.

**Layout:** In a layout an athlete is not bent at the hips nor the legs. A layout is the term used for a rotating skill in which the athlete's body is essentially straight. A layout can be performed either hollow or arched.

**Layout Step-Out:** A tumbling skill used on beam and sometimes on floor. During a back layout salto the legs are split and the landing is on one foot and then the other.

**Onodi:** Starting from a back hand-spring position after pushing off, the tumbler performs a 1/2 twist to the hands, ending the skill as a front handspring step out.

**Pike:** An athlete's body position used in jumps and saltos with the body bent forward at the waist with the legs kept straight.

**Pointed Toes:** Toe point is an important factor in athletics. When the toes and foot are pulled downward so that the line from the knee to the tip of the toes is essentially straight and there is no angle in the ankle. This emphasizes a long straight leg and body line.

**Prone:** Body position with the front of the body facing the floor, body straight.

**Punch:** A athletics term that refers to bouncing off of the floor as opposed to jumping. "Punching" refers to an almost perfectly straight leg quick plyometric movement. Punching movements allow athletes to more fully utilize the inherent springing the floor. Jumping involves bending the legs and pushing.

**Punch Brani:** A athletic movement like a punch front except add a 1/2 twist. Can also be done in tuck, pike, and a straight position.

**Punch Front:** A front flip with take-off from two feet. Usually done out of other tumbling elements Forward moving flip punching off both feet

**Rebound:** A gymnastics term referring to an airborne position not involving hip-over-head rotation created by using one's own feet and lower body power to bounce off the performance surface from a tumbling skill. Also known as "Punch."

**Rotation:** This is the name for the circular motion around an axis of the body. In gymnastics there are salto rotations and twisting rotations.

**Round-off:** A skill similar to a cartwheel, but with both feet landing at the same time. It is almost always the beginning skill for all back tumbling passes.

**Running Tumbling:** Tumbling that is performed with a running start and/or involves a punch, cartwheel, round-off, round-off handspring, etc, used to gain momentum as an entry to another skill. Any type of forward momentum/movement prior to execution of the tumbling skill(s) is defined as "running tumbling."

**Salto:** Another term for flip or roll. A rotation about the transverse axis. A flip rotating about the waist.

**Sequence:** Two or more skills which are performed together creating a different combination skill.

**Set:** A set is the initiation of most aerial skills. E.g. A set for a back tuck is when the athlete leaves the floor stretching their arms towards the ceiling, lifting their chest, and spotting the wall in front of them. A set is often counterintuitive and therefore takes focus and determination to maximize its effectiveness.

**Shushunova:** When a athlete jumps up in straddle position, and rotates her body forward to become parallel to the mat or beam. She then falls to lie face down. Also may done with 1/2, 1/1 or 1 1/2 twists. On floor, this element is often combined with other leaps such as Popas, Johnsons or wolf jumps. On beam, the Shushunova usually takes place facing perpendicular to the beam.

**Side Somi:** A tuck in the sideways position. Can be performed , running, or from a cartwheel or round-off entry.

**Somersault/Salto:** An acrobatic movement where the body makes a complete aerial turn (360 degrees) in the transversal axis. Can be done forward, backward and sideward. Also called a flip or a somie.

**Split:** Any front or sideward body position in which the legs are extended apart as far as possible in opposite directions with the ideal angle of the legs being 180 degrees or more apart. Splits are designated as side splits or straddle splits.

**Standing Tumbling:** A tumbling skill (series of skills) performed from a standing position without any previous forward or backward momentum.

**Step Out:** On tumbling skills, this means that a athlete lands on one foot and then the other as opposed to landing on both feet simultaneously. The action is done in a straight line and resemble walking steps. Also called a walk-out.

**Stick:** A slang term. To stick a landing is to land, and remain standing without requiring a step. A proper stick position is with legs bent, shoulders above hips, and arms forward. Sticking consistently takes regular practice.

**Straddle:** In a straddle a athletes legs are separated with neither leg being forward or backward of the other. A straddled pike is a straddle in which the hips are closed or "piked" to some degree.

**Tight:** This term is used by coaches A LOT, but what does it really mean? A tight body position is not simply straight, or extended, but taught. The muscles involved in the extension are squeezed. Positions are held rigid so that different parts of the body can move together. Any flexing in the joints can reduce the effectiveness of certain motions. Much of a athlete's strength training is to enable "tightness".

**Triple Full or Triple Twist:** A backward flip with three twists.

**T-shirt:** Used as a projectile in-between rotations at each competition meet

**Tuck Position:** A athletes body position where the knees and hips are bent and drawn into the chest with the hands holding the knees. This body position is used in somersaults to rotate faster. Variation on the tuck position includes the open tuck and cowboy tuck positions.

**Tumbling:** Any gymnastic or acrobatic skill executed on the performing surface.

**Tumbling Pass:** This term is used to indicate a series of connected tumbling elements.

**Twist:** A movement in acrobatic skills where the rotation is about the longitudinal, or vertical, axis. This is the axis that runs from head to toes. Twisting is usually defined in terms of which shoulder moves backwards first. A right twist is defined as the right shoulder going backwards; the opposite is true for a left twist. Twisting usually refers to an action that occurs simultaneously with a somersault so the body is both twisting and flipping.

**Valdez:** Initiated from sit on floor with back walkover movement to a stand (individual element).

**Walkover:** where a athlete moves from a standing position through a handstand position to a standing position while "walking" through the air with the feet. Starting from standing on one foot, go through inverted split and one footed bridge positions to return to stand. Can be done forward and backward.

**Whip Back:** A backwards somersaulting tumbling movement similar to a back handspring, except that the hands don't touch the floor. Whips are used as both direct and indirect connections into other tumbling skills.

**X-Out:** Flip or somersault skill performed that involves spreading the arms and legs into an "x" fashion during the rotation of the flip.

**Important Note:**

MP3/Video files are available to demonstrate some of the more non-traditional cheerleading tumbling skills.

Example: side somi, onadi, arabian mounter (combinations), full twisting lay-out step out, and gainer lay-outs.