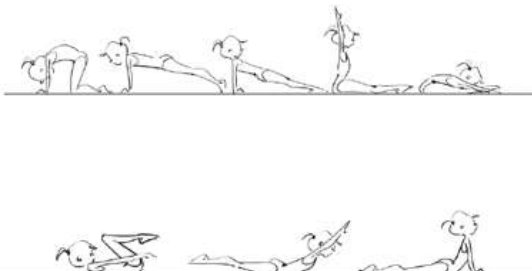


SS 亞洲體操俱樂部邀請賽
SS Asian Gymnastics Club Tournament
女子幼稚園組 WAG Pre-Level 1
動作內容Routine

自由體操 Floor Exercise(規定套路 compulsory routine)

Element	Images	Technical Description
1. Tuck forward roll		Squat and place hands flat on floor approximately shoulder-width apart. Tuck head and roll forward with control. Straight legs move through a pike position to a compact tuck position during the roll. On completion of roll, stand without the aid of hands pushing off the floor. Arms continue forward and up to vertical and present in straight standing position at the completion of the roll.
2. Tuck jump		Stand with feet together and arms forward horizontal. Swing arms down and backward behind hips while bending knees. Dynamically lift arms to vertical at same time as knee, hip and ankle joints extend and straighten to lift to jump. At height of the jump, knees lift to tuck position with body upright. After peak of jump legs extend and return to floor with flexion at ankle, knee and hip, to land with control. Arms finish at forward horizontal.
3. Step into straight jump, immediate rebound into straight jump		Step forward to join feet together with hands on hips. Bend knees and then dynamically extend legs through hips, knees and ankles and jump upward. Upper body remains vertical throughout. Tight body in the air. On landing, strong rebound on the floor with the legs. The contact on the floor is a plyometric contraction with a rebound jump. Hands remain on hips throughout. The landing needs to be with control, the emphasis is on the take-off and the jump.
4. Angry cat, jump to front support, turn to rear support, sit in L, touch toes and return to L, lie down, bent knee dish hold, roll over and push up to arch position		From a position on hands and knees, contract to angry cat position. Jump feet backward to show front support. Arms straight and hands under shoulders. Head neutral. In one movement, turn 180° to show rear support. Hips remain in line with shoulders and toes. Sit with straight legs and trunk and arms vertical (L sit). Reach forward to compressed pike position. Return to L sit. Lower to floor, rolling lower back before shoulders. Slightly raise feet from floor, bend knees and contract body to dish position. Hold momentarily with arms forward along sides. Return to floor with arms above head. Roll over. Bend arms and place hands flat on floor close to shoulders. Push on hands and lift upper body into arch position.
5. 2 x passé steps on each leg		Passé steps are performed with hip and knee flexed forwards and free pointed toe placed on medial condyle of support leg. Step, lift free leg to forward passé. Repeat on the other leg. Arms optional.

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動作內容Routine

平衡木 Beam

Element	Images	Technical Description
1. 4 x walk forwards (point step weight transfer)		Walk with upright posture, eyes looking forward along beam. Point one foot forward to touch the beam surface. Then place this foot on the beam to step forward. Arms should show a co-ordinated action in time with the steps or remain in side horizontal position. Repeat x 3.
2. Straight jump drill	 	Stand with feet along beam, one foot slightly in front and arms forward horizontal. Swing arms down and backward behind hips while bending knees. Dynamically lift arms to vertical at same time as knee, hip and ankle joints extend and straighten to lift to releve. Tight upper body that remains vertical throughout. Return arms to forward horizontal as knee, hip and ankle joints flex.
3. Walk full turn	 	Rise strongly on both feet and hold in releve. Pivot 360° on two feet in releve with all body parts turning together. Hold releve position.
4. Straight jump dismount from end of beam (landing surface must be no greater than 30cm below the height of beam)	  	Stand with feet along beam, one foot slightly in front and arms forward horizontal. Swing arms down and backward behind hips while bending knees. Dynamically lift arms to vertical at same time as knee, hip and ankle joints extend and straighten to jump upward and slightly forward. Tight upper body that remains vertical throughout. Arms return to forward horizontal as knee, hip and ankle joints flex on landing. The landing needs to be with control, the emphasis is on the take-off and the jump.

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動作內容 Routine

跳箱 Vault

Element	Images	Technical Description
Skill 1 From standing on 30cm box step down to a board, immediate straight jump to land on 30cm mat, arms start down and behind hips and lift to vertical at peak of jump. Arms forward horizontal on landing.		Step down to the board should be fast and flat joining the feet together at approximately 20cm from the front of the board. At take-off the feet, hips and shoulders are aligned straight. Strong rebound on the board with the legs. Upper body remains vertical throughout. Tight body in the air. The landing needs to be with control, the emphasis is on the take-off and the jump.
Skill 2 Accelerating sprint 15–20m (this distance is a guide and can be adjusted to suit the space in the gym). This can be on a vault strip, carpeted area or outside on a suitable surface.		Run should accelerate and only decelerate after passing the end line. Run should be smooth with quick cadence and fast reaction off floor. Arm movement should be co-ordinated with the legs. Arms should move in a forward and backward direction. Knees should lift high on each step. 'Right angle' posture – lift the elbows and knees.

槓 Bar

1. 跳上正握懸垂 2. 團身收腿 3 次 3. 停 3 秒跳下	1. Jump and hang on the bar 2. tuck hang 3 times 3. hold 3 seconds and land
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