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## TECHNICAL AND METHODOLOGICAL ASPECTS REGARDING CERTAIN FLYAWAY MOVES ON PARALLEL BARS - WOMEN

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### Abstract

The purpose of this article is to briefly present the main technical and methodical aspects of these dismounts. The dismount has the role of being a nodal element and a balancing point of the symmetry of the exercise on parallel bars. The dismount must be accompanied by valuable elements directly linked, which will bring an added value.

Keywords: gymnastics, flip, preparation.

### Introduction

If you were to imagine that the gymnastics competition is a show, it would then be easy for you to understand that in the act of presenting the freely chosen exercise on parallel bars, the dismounts represent thrilling moments, of maximum emotional intensity and suspense, thus realizing the difficulty and complexity of that particular move performed by the gymnast (Dragnea, 2002, 1996). The search for originality, newness has led, in time, to new ways of performing the flyaway move, as well as to new forms of momentum. Therefore: - Back Handspring on the high bar (Tcakcev) with its variations (legs apart, together, legs in pike position, stretched legs) are executed from a backward flip or a rotation near the bar.

- Front Handspring (Jägar) executed from a moving forward position, with the body positioned in: pike, stretched, with a 360 turn, and with the legs apart, and front support (Comaneci).

- Markelov and Flanke flyaway moves, they belong to separate groups of dismounts in the Code of Points, executed from: - A. move forward and dismount. - B. backward flip and forward balance, 180 turn in flying support and dismount. But these moves are also rare occurrences in the big international competitions. That is why a technical, real, proven-in-practice, information is necessary for specialists activating in performance gymnastics (adapted Bompa, 2001).

Dismounts from forward move A-It must be acknowledged that a large part of the moves performed in women's gymnastics are borrowed from men's gymnastics on BARS. This is how I also did it, I borrowed from men on bars this technical procedure with flying moves and adapted it to women on uneven bars. And with gymnast Nedelcu Oana, from C.S.A. Steaua, I invented a new flying move, "dismount and flying over the bar with legs apart, 180 turn and re-grasping", move presented in the

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National Championship.

Dismounts from backward flip B. I initially presented these flying move from –crossed re-grasp - from hands placed on the ground, backward flip, crossed re-grasp, forward balance, 180 turn in flying support and dismount, with the flying variations. But F.I.G. no longer accepts this technical process. Benefiting from the experience gained, with the following generations of gymnasts, I chose dismounts from B moves, and with the gymnast Ionescu Carmen from C.S.A. "Steaua", I presented in the National Championship the variation "dismount and fly over the bar with the legs apart, 80 turn, and re-grasp".

#### **Technical aspects**

The preparation of a dismount is a classic one and will include:

- A clear and succinct technical description that the gymnast can understand.
- a preparation of the moves, 1 - Momentum; 2- Main actions;
- 3- Release; 4- Re-grasping. And the progressive union of the moves - with help and in mild conditions - and without, until the completion of the move.

Dismounts from A- Forward move- Technical description:

Hands placed on the ground, followed by a forward move and on backward balance, progressive bending of the body (square) with orientation towards balancing in flying support (tamos), followed by an energetic and firm tap of the legs TIME 1, completed with the body slightly stretched, move that will that will have an energetic effect on the upper body, and this will also impact the bar, followed by a short and firm tap, simultaneously pushing down and back the arms TIME 2. This moves are the prerequisites of performing a forward flying dismount over the bar

(with one of the three variations), followed by its re-grasping.

#### **Methodical aspects**

- Technical - methodical preparation on dismount phases.

-1 - MOMENTUM It is well understood that it is controlled (the gymnast executes forward giants very well).

-2 - MAIN ACTIONS Require special physical training. Front support on the upper body and arms, legs upright, -foot balancing with performing the moves in TIMES 1 and 2 with lifting of the entire body in support on the arms. The main methodical exercise: - from backward flip, flying support (tamos), body in horizontal position, with the execution of times 1 and 2. Actions that will represent the initial TEMPO of this type of dismount.

These moves can be made easier with a mixed grasp – grasp from top and bottom grabbed. The first option, - forward move from hands on grounds position in mixed grasp. Second option – change in mixed grasp will be synchronized with final effort in time 2

-3- FLYING- Preparatory exercises:

- starting from jumping over an obstacle (beam, vault) with the execution of one of the three flying moves options.

- the (competitive) elastic mesh with full body tap, horizontal, front, dismount with flying move, with variations and return to the horizontal position in the elastic mesh.

-4-RE-GRASPING - Methodical exercises:

- all preparatory exercises for the flying move will be resumed, mimicking the re-grasping.

- from hanging position, dismount while on back balance, re-grasping and front balance.

- from front support, balance to flying support and back, detachment, dismount, re-grasping towards the horizontal of the bar and front balance. These 2 methodical exercises will be resumed and completed at a later stage, in order to prepare the future combinations in direct connection with:

- backward jump

-giant with ...

-re-grasping in mixed grasp and backward balance ...

Dismounts B -From backward flip -Technical description

From backward flip and front balance, tap with twisted legs, followed by a 180 turn in flying support TIME 1, completed, towards the horizontal line of the gymnast's shoulders in support, with the body slightly stretched, energetically moving the upper body on the bar, followed by a short and firm leg tap, simultaneously with pushing the arms down and back TIME 2. Actions that will create the premises of performing a flying dismount move above the bar with one of the three variations, finalized with re-grasping.

#### **preparation methodology.**

This technical procedure is for the gymnasts with great skills as regards this device, capable of multiple backwards flips and forward balance, direct 180 turns, in support, and in support to the horizontal of the shoulders. Actions covering PHASES 1 and 2. For some cases I recommend: - either a passive backward flip, even in extension (to reduce momentum)

- either a backward flip with a burst towards the horizontal of the bar (very early) and ... And

- From backward flip and forward balance a 180 turn in flying support with the execution of times

1 and 2. Actions that represent the initial TEMPO of this type of dismount

3-FLYING MOVE and 4-RE-GRASPING-Requires a similar preparation to the one from -A-

#### **CONCLUSIONS**

The execution of a dismount implies technical knowledge thoroughly mastered by the gymnast as well as a good mental condition. In an ideal situation, a freely chosen valuable exercise regarding the spatial movement of the gymnast (forward, front and back backward, top to bottom, bottom to bottom), must be balanced in content and composition. The dismount has the role of being a nodal element and a balancing point of the symmetry of the exercise on parallel bars. The dismount must be accompanied by valuable elements directly linked, which will bring an added value.

- The actions of 1-MOMENTUM and 2-MAIN actually form the TEMPO of the move for A.B. and it will be executed before the dismounts and whenever it is needed, being as a firing regulation, to increase the safety and accuracy of the move.

- On the tempo of each flying move, during time 2, the beginning of the respective flying move will overlap.

- Important for FLYING MOVE 3, is that at the moment of dismount the arms will go towards the pelvis, thighs, to balance the gymnast, creating volume, spatializing the movement, thus giving amplitude to the move, followed by their rebalancing towards the bar and re-grasping. Technical aspect valid for all exercises methodically preparing for dismounts.

- The flying move must have a trajectory parallel to the horizontal bar.

- RE-GRASPING 4, must be done in a way that creates an energy-shock with the bar, so that the gymnast has sufficient momentum, indirect combination with an element of value example: - moving to low bar (front, back) variation.

- giant with ...

- The methodical preparation for the re-grasping and the combination with another element must be started from a young age onwards. And during these preparatory exercises for re-grasping, the arms will go to the abdomen and back.

-It must be reconsidered by the coaches and F.I.G. the move - PIROUETTE- due to technical similarities of execution, of the momentum and main actions, with those of group A, of the opportunities for development (increasing the difficulty) and combination.

-From a backward flip before and backward balance with the execution of the main actions (as in A) time1 -..., simultaneously with the energetic push from the arms down during time 2, a dismount can be executed upwards and vertically, in front of the bar, with a 360 turn flyaway move (pirouette), body stretched out, horizontal, followed by re-grasping the bar. Why not a pirouette completed in: - flying support

-with a 720 turn

And obviously that: - From backward flip and forward balance, a 180 turn in flying support as at -B- with performing time1 ... simultaneously with

energetic pushing the arms down for time 2, followed by a dismount upwards and on the vertical, in front of the bar, with a flyaway move and a 360turn, followed by re-grasping. The technical preparation for these dismounts will follow the same methodical route as in A and B, with the adaptation of the moves for TWIST TURNS.

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