

Beginning Symbols for Gymnastics

General Guide Lines

Practice writing blind without looking down.

Watch routines and just script symbols.

Memorize compulsory routines using basic symbols found in the Compulsory penalty chart.

BASIC SYMBOLS

Body Positions

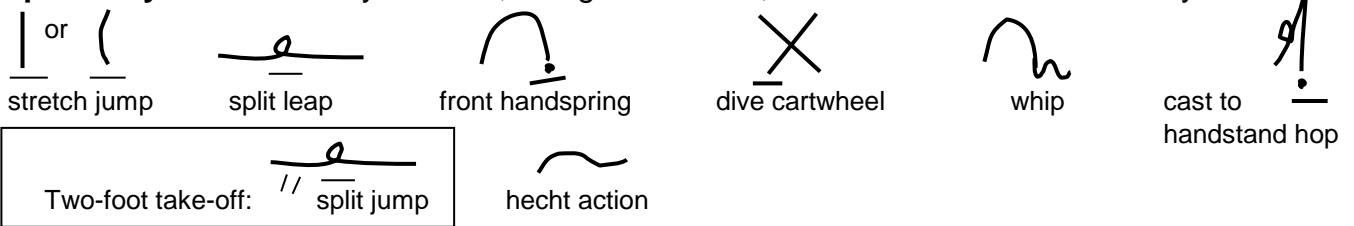


Support symbol is two lines under the skill symbol:

(Used when gymnast stands, sits, or has contact with the apparatus)



Flight phase symbol is usually one line, straight or waved, under or attached to a skill symbol:



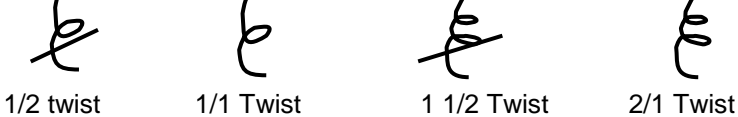
Free or clear skill symbol (without the use of hands):



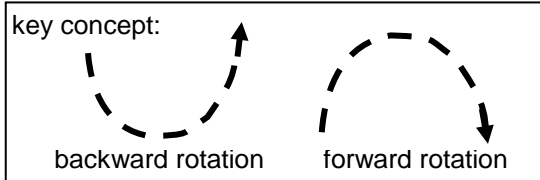
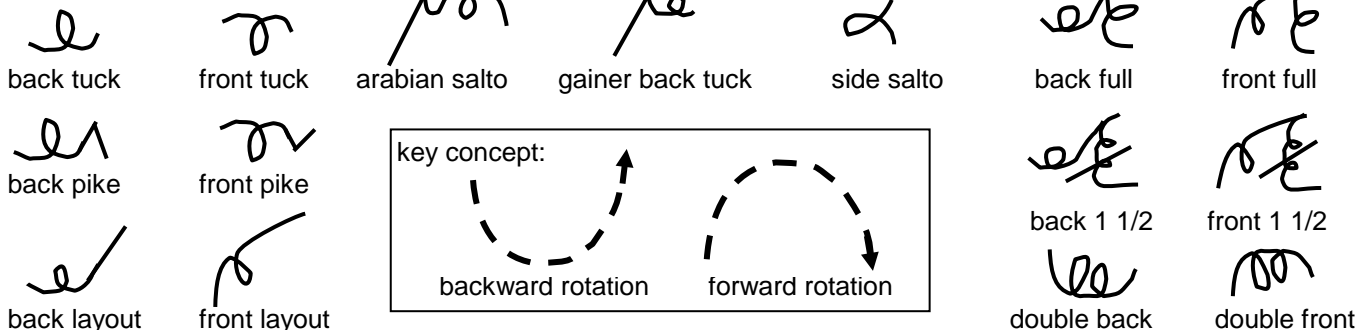
Basic Turns:



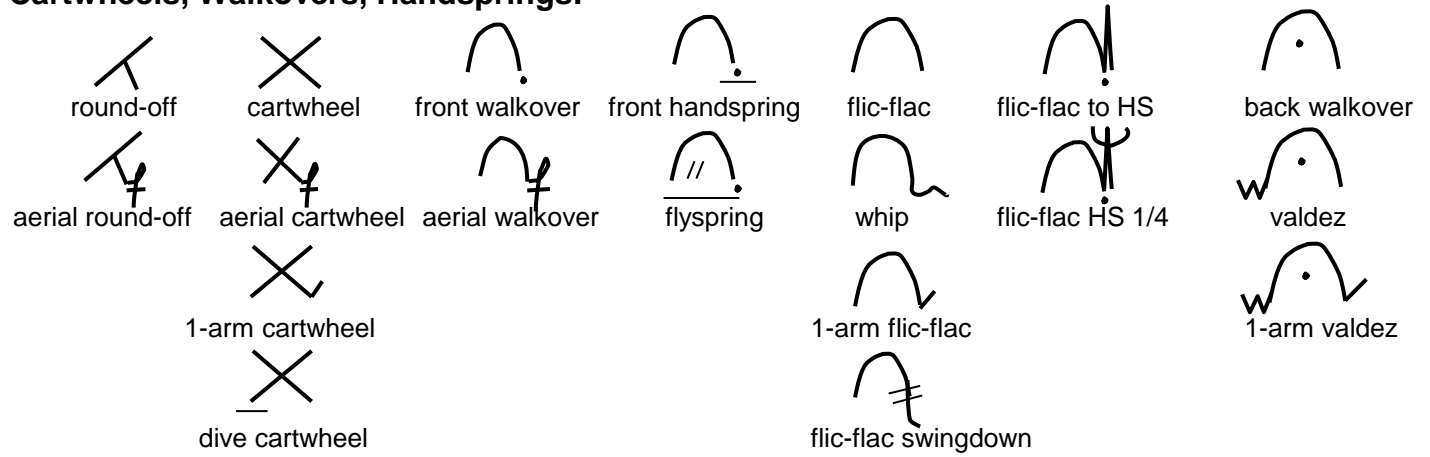
Twists:



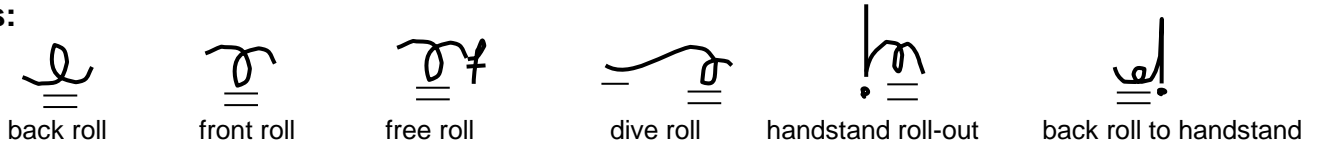
Saltos:



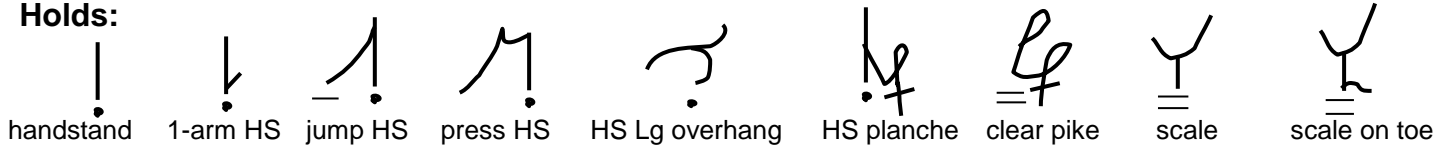
Cartwheels, Walkovers, Handsprings:



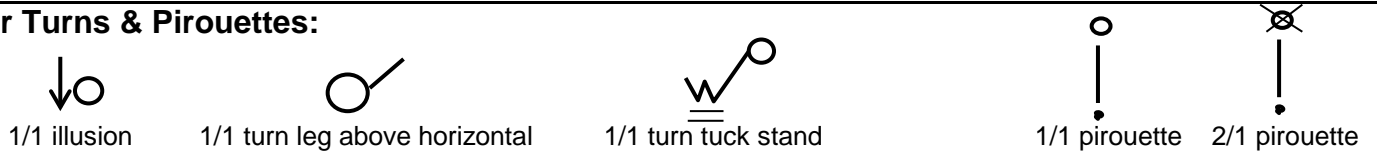
Rolls:



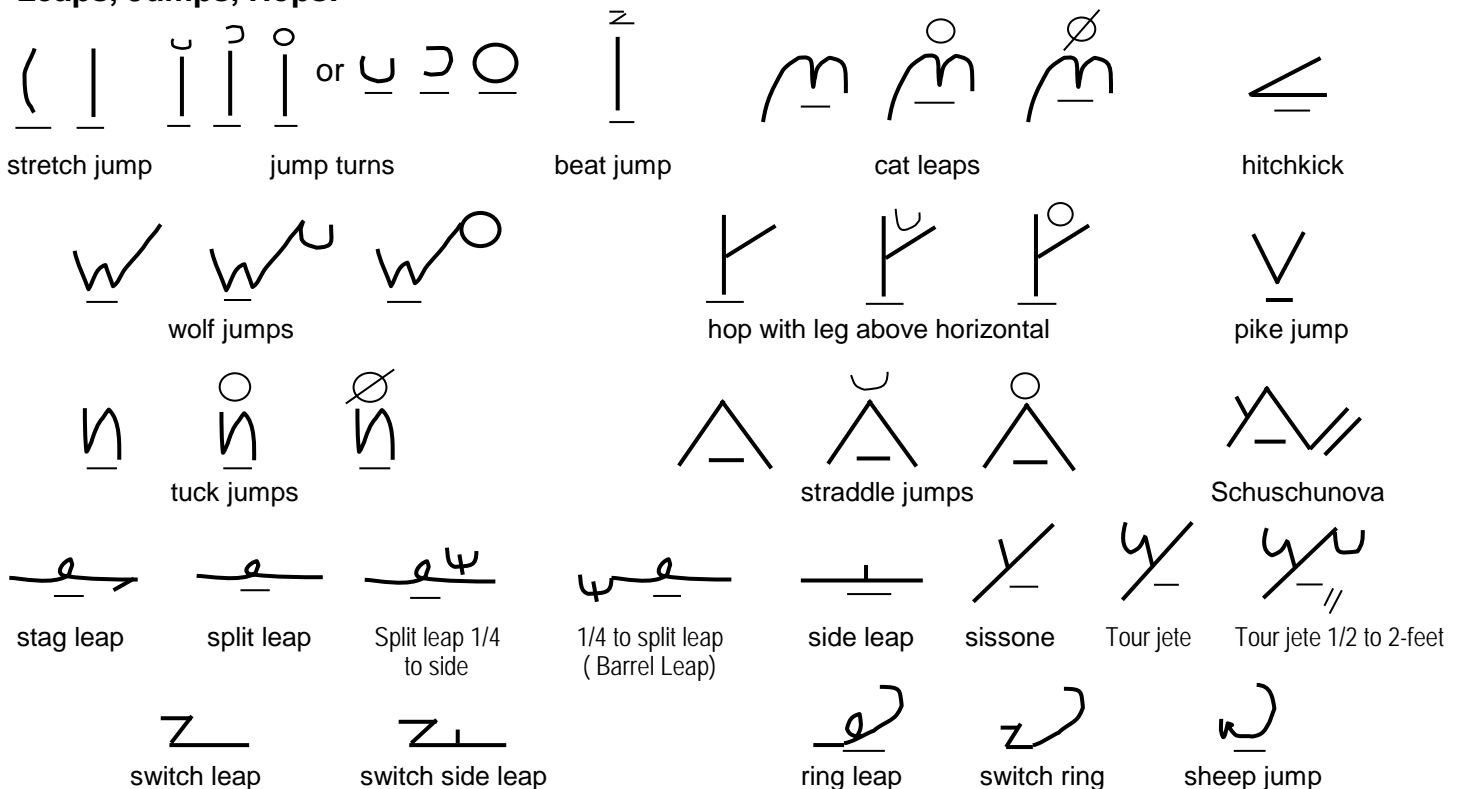
Holds:



Other Turns & Pirouettes:








Leaps, Jumps, Hops:

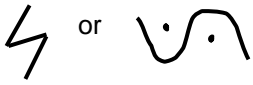




Leaps: Take off 1 foot and land on the other foot. **Hops:** Take off 1 foot and land on the same foot.
Jumps: Take off of both feet and land on 1 or 2 feet. // indicates 2 feet / indicates 1 foot






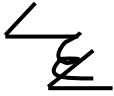

Uneven Bars

"Add-ons" for bars:









 Small flight
  Large flight LB to HB
  Flight over LB
  Flight over same bar
  Flight to HS onto LB











 Counter Movement
  Ending in HS
  Ending in hang



Kips:

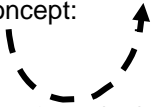

 Kip
  Back Kip (double leg jam)
  Reverse Kip
  Straddle Cut (flight)
  Jump 1/2 turn Kip
  Glide 1/2 turn kip (switch kip)
  Long hang kip



Casts, Swings, and Circles:





 Cast
  Cast to HS
  w/ straddle
  Cast HS 1/2
  Cast HS hop (flight)
  Cast Squat on
  Back Uprise: to support / clear / to HS
  Uprise to Clear Hip HS

 Underswing
  w/ ft support
  Long hang Pullover
  Back Giant Swing
  / to HS
  w/ 1/2
  Front Giant Swing
  / to HS
  w/ 1/2
  Swing 1/2 turn above HB






 Back Hip Circle
  Front Hip Circle







key concept:
 Same motion as back salto (front side leading)
 Same motion as front salto (back side leading)


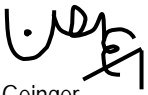


 Sole circles: tuck / pike / straddle
  Back Seat Circle

 Clear Hip Circle / to HS
  Back Stalder / to HS
  Front Stalder
  Pike Toe-on to HS

Flight Elements:

 Tap, counterswing straddle back
  / to HS
  Swing 1/2 turn over LB
  / to HS
  Toe on underswing to HB

 HS on HB straddle back
  / to HS
  Underswing 1/2 over LB
  / to HS
  Peach drop
  Drop Kip

 Tkatchev
  Geinger
  Jaeger
  Pak Salto

Dismounts:

 Flyaway Tuck
  Flyaway Piked
  Flyaway Layout
  Flyaway Full
  Double Back
  Toe on Underswing Front Tuck