

## **Military Gymnastics Language: Terms, Phrases and Common Cues**

***Arch*** – a backward bending of the region of hips and lumbar spine (lower back)

***Balance*** - state of equilibrium; can be static balance as in standing on one foot or dynamic balance as in traversing a beam or log

***Center of gravity*** – the weight center of the body; the point at which the force of gravity is centered on the body

***Hanging*** – body weight is below the point of support

***Hurdle*** – a skip or gallop step at the end of a run to prepare for a single leg kicking action

***Jumping*** – springing from both feet

***Landing*** – the controlled stop of the body's descent

***Lunge*** – wide forward step of one leg; rear leg is straight

***Pike*** – body is bent at hips (knees straight)

***“Point your toes”*** – Extend the foot away from the body (plantar flex)

***Rolling*** – to turn the heels over the head in a tuck, pike, straddle position, forward and backwards

***“Stick your landing”*** – a controlled landing by bending ankles, knees and hips to absorb shock but with no stepping, hopping or moving of the feet. Feet remain approximately hip width apart for support

***Spotting*** – the proper position assumed by an individual assisting a performer in order to prevent injury

***Straddle*** – legs straight and separated sideways

***Support*** – body position with shoulders above the apparatus

***Swinging*** – a movement in which the body creates an arc about the point of support

***Tuck*** – body is bent at knees and hips

***Vaulting*** – springing onto or over an apparatus