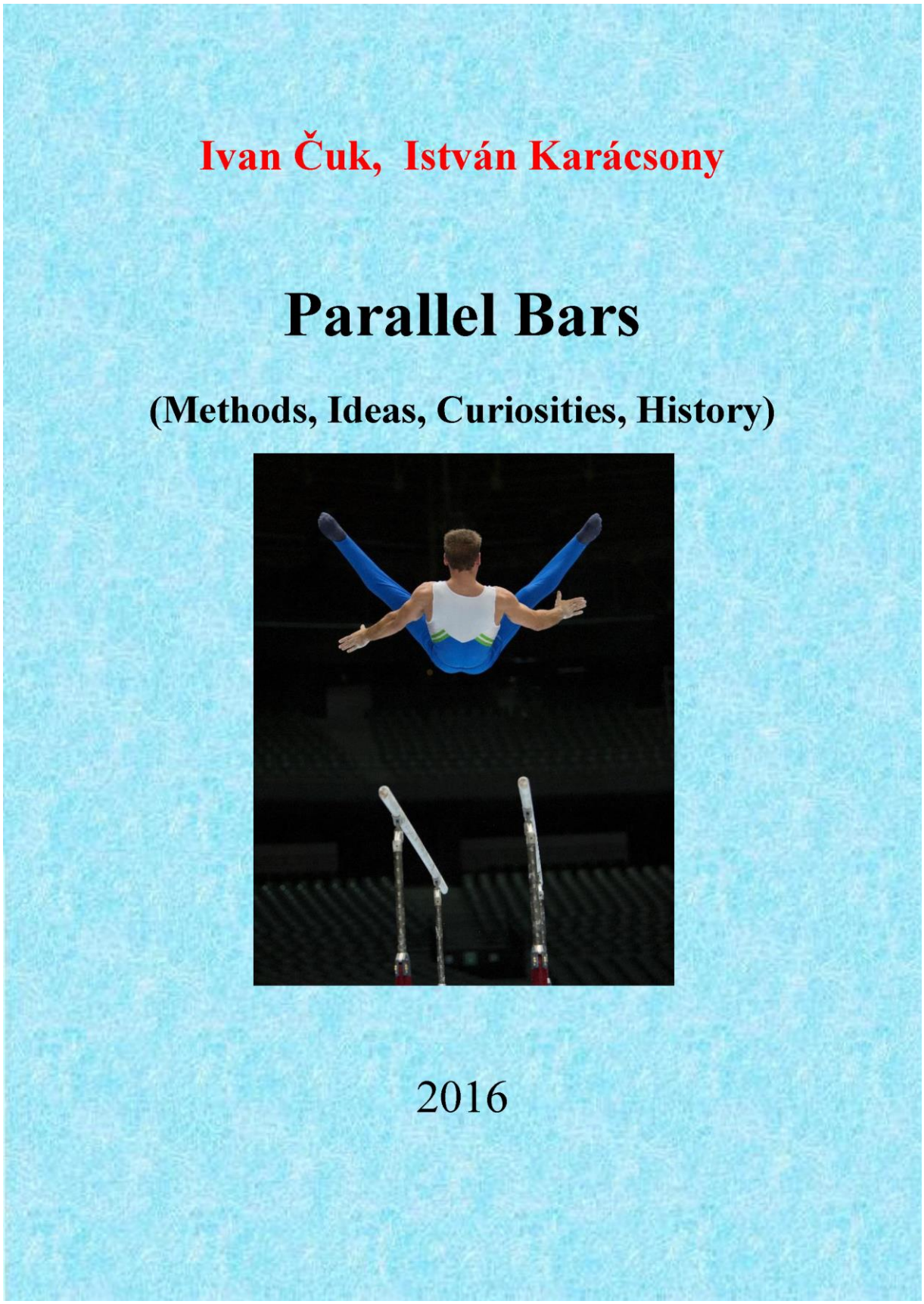

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Content

Preface by Huang Li Ping

Friedrich Ludwig Jahn inventor of parallel bars

- Why and how are changing the content of the parallel bar exercises?
- Historical development of parallel bars exercises
- Olympic Champions on Parallel Bars
- World Champions on Parallel Bars

Coach should not forget general didactic guidelines

- Basic statement: the execution of basic skills must be though perfectly!

Support… maybe "hang"?

- Basic swing in support, swing to handstand and swing from handstand
- Upper arm hang. Swings in upper arm hang
- Swings to and from support
- Cast to upper arm hang
- Glide kip to straddle cut backward to support position
- Basket to handstand
- Basket with ½ turn to handstand
- Salto backward to handstand
- Stützkehr forward to handstand
- Swing forward with 1/1 or 5/4 turn on one arm to handstand (Diamidov)
- Healy to support
- Salto forward from support to support
- Giant swing backward to handstand
- Giant swing backward with Diamidov to handstand
- From hang double salto backward to upper arm hang
- Tippelt
- Dismounts
  - Salto forward
  - Salto backward straight
  - Double salto backward piked

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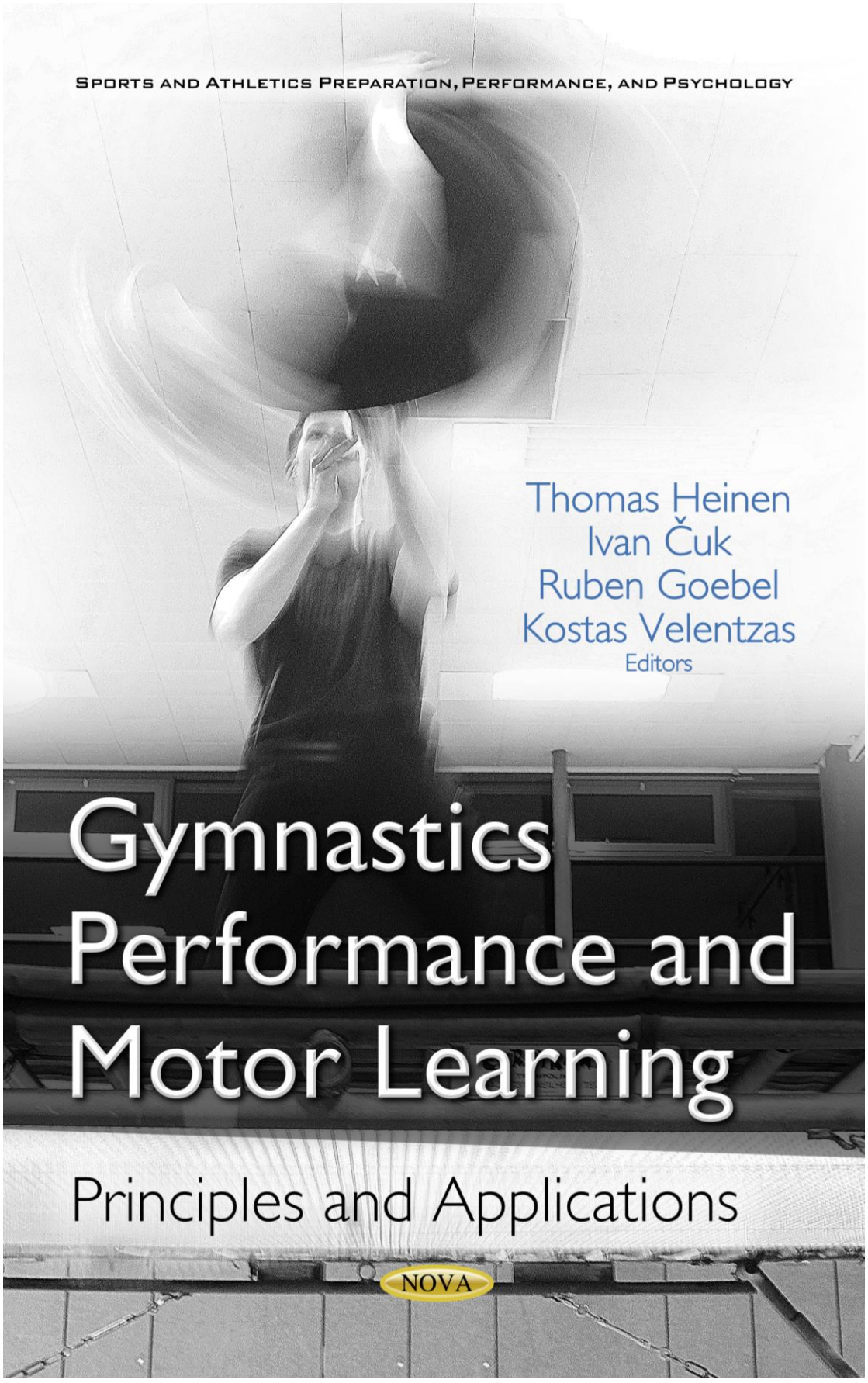
Sports and Athletics Preparation, Performance, and Psychology
Thomas Heinen
Ivan Čuk
Ruben Goebel
Kostas Velentzas
Editors
Gymnastics Performance and Motor Learning
Principles and Applications
NOVA

Gymnastics Performance and Motor Learning: Principles and Applications

Editors: Thomas Heinen (University of Hildesheim, Germany), Ivan Čuk (University of Ljubljana, Slovenia), Ruben Goebel (Qatar University, Qatar), Kostas Velentzas (Bielefeld University, Germany)

Book Description:

The book *Gymnastics Performance and Motor Learning: Principles and Applications* is a state-of-the-art discussion forum for topics that are of high interest in the field of gymnastics. Experts from different countries and with different scientific backgrounds such as psychology, pedagogy, training science, sports science, and movement science provide a number of significant contributions covering recent theoretical developments, current research evidence, as well as implications for practical applications concerning the different gymnastics disciplines. Topics discussed in the book include gymnasts gaze behavior in complex skills, spotting and guiding techniques, observational learning, augmented feedback, imagery, mental rotation, directional tendencies, interpersonal coordination, lost skill syndrome, performance indicators, as well as apparatus developments. Given the wide range of topics, *Gymnastics Performance and Motor Learning: Principles and Applications* may be an important source of information for graduate students, researchers, and practitioners (coaches and gymnasts) who work in the field of gymnastics. (Imprint: Nova)

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