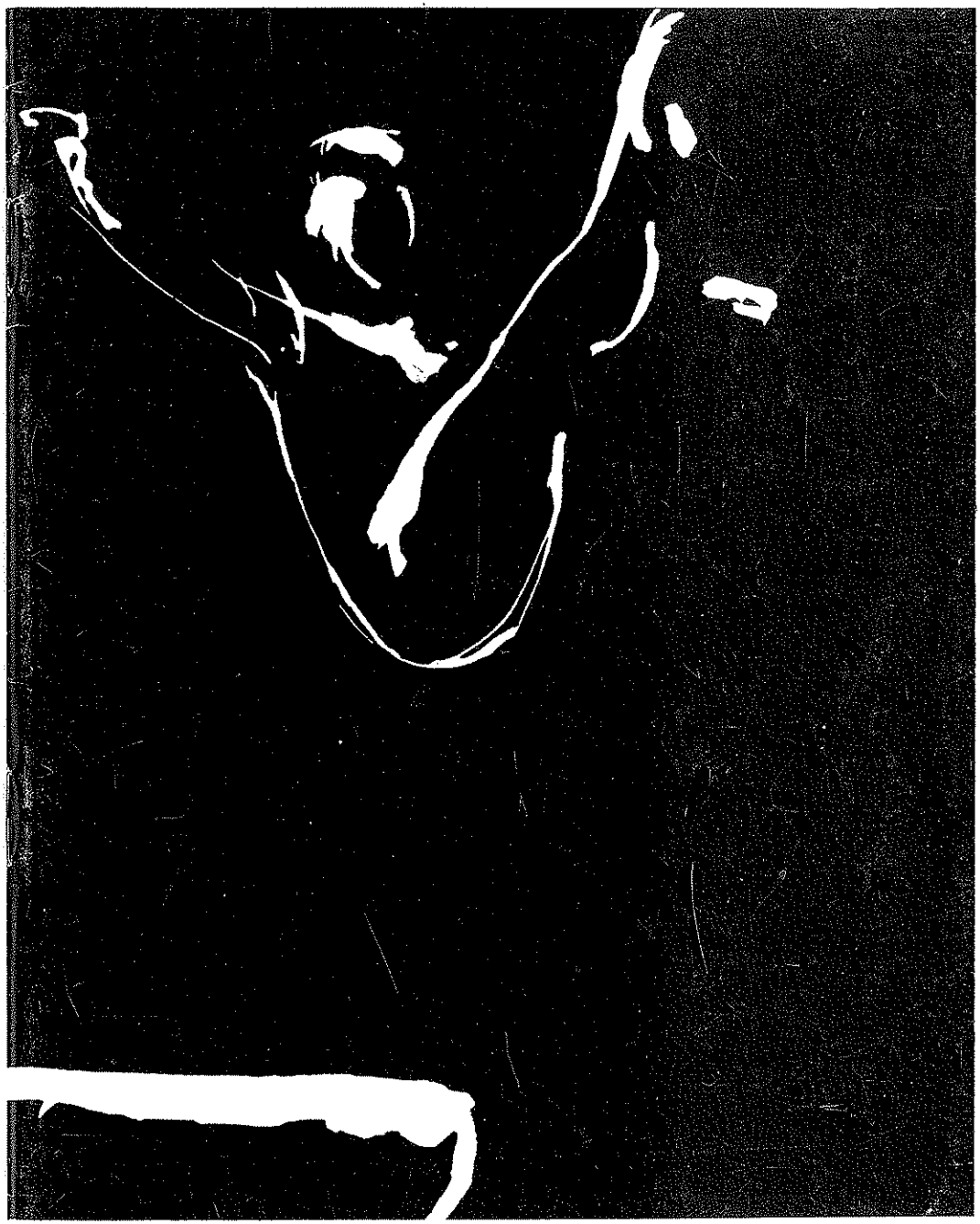
AUSTRALIAN GYMNAST



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EDITORIAL

Dear Reader,

This issue mainly features the 18th World Gymnastic Championships held in Varna, Bulgaria in October of this year. I would like to thank Barry Cheales for all his photographs taken at the championships and for his articles submitted.

I regret that Ray Graham has resigned as N.S.W. agent and thank him for his efforts over the last four years. This position as agent is now vacant and I would be pleased to hear from anyone interested in taking on this job.

In 1975 I plan to have a bigger and better magazine and I require your assistance in submitting articles to continue this project. Printing and postage costs have increased enormously and consequently subscriptions have now been increased to $4.00. I trust everyone has a Merry Christmas and I look forward to another exciting year in Australian gymnastics in 1975.

Rod Sinclair.

STOP PRESS

Following the recent A.O.F. Congress, the President of the A.A.G.U. reported to the *Australian Gymnast* on the current details of the Montreal Olympics in 1976.

★ The A.O.F. is budgeting on a team size of 250 which is greater than the team of 217 for Munich.

★ The A.O.F. understands gymnastics' problems of having individual representation and subject to international qualification 2 men, 2 women and 1 manager should be accredited in the team.

★ Partial accreditation may be possible for coaches such that the Union would finance these people and they would have access to training venues etc.

★ An allocation of $500 from the A.O.F. will be made for 1 delegate from the gymnastics to go to the appropriate international congress prior to the games.

Would you like a new interesting activity?

★ The N.S.W. agency, an honorary position, has now become vacant, and if you would like an interesting hobby, while becoming really involved in the gymnastic scene, please contact Ray Graham, or the editor, Rod Sinclair.

★ Ray is keen to give all required help introducing the new agent to the magazine.

★ Contact Ray or Rod now, and take part in this interesting and friendly challenge that is

The Australian Gymnast

VARNA 1974

WORLD CHAMPIONSHIPS

VARNA, BULGARIA – OCTOBER, 1974

These were held from October 21st - October 28th in the newly-built Bulgarian Gymnastics Federation Sports Centre (shown below).

Australia was represented by a full contingent of men and women of whom 6 girls and 3 boys competed.

The *Australian Gymnast* was fortunate to have four of its staff in attendance at these Championships and we trust that you enjoy this coverage.

THE VENUE

The venue was small in capacity (seating approximately 3,000) but excellent in design and well equipped.

Results – Women's Competition

Teams:

1.	U.S.S.R.	384.15
2.	East Germany	376.55
3.	Hungary	370.60
4.	Rumania	369.30
5.	Czechoslovakia	368.45
6.	Japan	362.90
7.	U.S.A.	362.50
8.	West Germany	361.00
9.	Bulgaria	354.90
10.	Poland	353.65
11.	Canada	351.25
12.	Holland	347.55

Individual:

1.	Turicheva	78.450	(U.S.S.R.)
2.	Korbut	77.650	(U.S.S.R.)
3.	Hellmann	76.875	(E. Germany)
4.	Saadi	76.425	(U.S.S.R.)
5.	Siharulidze	76.400	(U.S.S.R.)
6.	Zinke	76.325	(E. Germany)
7.	Drónova	76.125	(U.S.S.R.)
8.	Goreac	75.925	(Rumania)
9.	Schmeisser	75.525	(E. Germany)
10.	Medvedsky	75.475	(Hungary)
11.	Roehrich	75.450	(E. Germany)
12.	Grigoras	75.125	(Rumania)
13.	Gerisch	75.925	(E. Germany)
14.	Abel	74.175	(E. Germany)
15.	Knopova	74.175	(Czechoslovakia)
16.	Dobre	74.150	(Rumania)
17.	Nagy	74.150	(Hungary)
18.	Rice	74.125	(U.S.A.)
19.	Dornakova	74.075	(Czechoslovakia)
20.	Egervari	74.075	(Hungary)

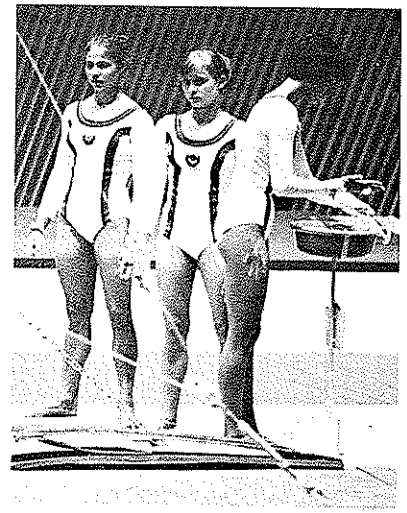
Results – Men's Competition

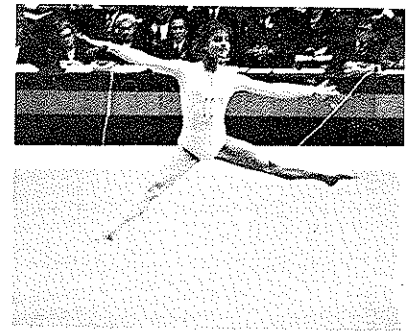
Teams:

1.	Japan	571.40
2.	U.S.S.R.	567.35
3.	E. Germany	562.40
4.	Hungary	552.80
5.	W. Germany	552.65
6.	Rumania	547.25
7.	Switzerland	547.20
8.	U.S.A.	547.10
9.	Czechoslovakia	546.65
10.	Poland	545.65
11.	France	540.25
12.	Bulgaria	535.55

Individual:

1.	Kasamatsu	115.50	(Japan)
2.	Andrianov	115.37	(U.S.S.R.)
3.	Kenmotsu	114.75	(Japan)
4.	Kajiyama	114.65	(Japan)
5.	Tsukahara	114.60	(Japan)
6.	Mikaelian	114.17	(U.S.S.R.)
7.	Thune	114.00	(E. Germany)
8.	Szajna	113.72	(Poland)
9.	Marchenko	113.70	(U.S.S.R.)
10.	Shamugia	113.37	(U.S.S.R.)
11.	Molnar	112.87	(Hungary)
12.	Honma	112.60	(Japan)
13.	Savronov	112.57	(U.S.S.R.)
14.	Gienger	111.97	(W. Germany)
15.	Magyar	111.75	(Hungary)
16.	Hanschke	111.75	(E. Germany)
17.	Moessinger	111.20	(W. Germany)
18.	Grecu	111.20	(Rumania)
19.	Rohner	111.15	(Switzerland)
20.	Netusil	111.12	(Czechoslovakia)



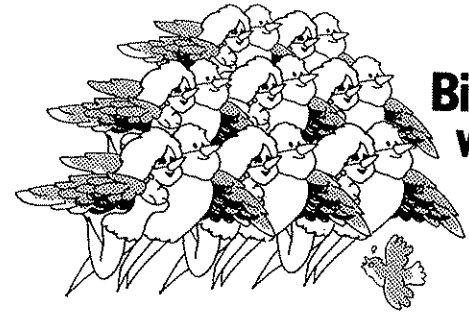


Olga Korbut

(Photograph by B. Cheales).

The Russian girls were supreme!

Left to Right:
Turischeva, Dronova and Saadi during training.



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Apparatus Champions

MEN

Floor:

1. Kasamatsu	(Japan)	9.675	9.700	19.375
2. Kajiyama	(Japan)	9.525	9.800	19.325
3. Keranov	(Bulgaria)	9.525	9.700	19.225

Side Horse:

1. Magyar	(Hungary)	9.675	9.900	19.575
2. Andrianov	(U.S.S.R.)	9.575	9.800	19.375
3. Kenmotsu	(Japan)	9.575	9.650	19.225

Rings:

1. Andrianov	(U.S.S.R.)	9.725	9.800	19.525
Grecu	(Rumania)	9.725	9.800	19.525
3. Szajna	(Poland)	9.575	9.650	19.225

Vault:

1. Kasamatsu	(Japan)	9.700	9.625	19.325
2. Andrianov	(U.S.S.R.)	9.725	9.525	19.250
3. Kajiyama	(Japan)	9.600	9.625	19.225

Parallel Bars:

1. Kenmotsu	(Japan)	9.675	9.700	19.375
2. Andrianov	(U.S.S.R.)	9.725	9.600	19.325
3. Marchenko	(U.S.S.R.)	9.550	9.300	18.850

High Bar:

1. Gienger	(W. Germany)	9.650	9.850	19.500
2. Thune	(E. Germany)	9.700	9.750	19.450
3. Kenmotsu	(Japan)	9.575	9.700	19.275

Australian Competitors relax before training.

Left to Right:
Philip Cheetham,
Rudy Starosta,
Lambert Ariens.

WOMEN

Floor:

1. Turischeva	(U.S.S.R.)	9.875	9.900	19.775
2. Korbut	(U.S.S.R.)	9.800	9.800	19.600
3. Siharulidze	(U.S.S.R.)	9.750	9.800	19.550

Beam:

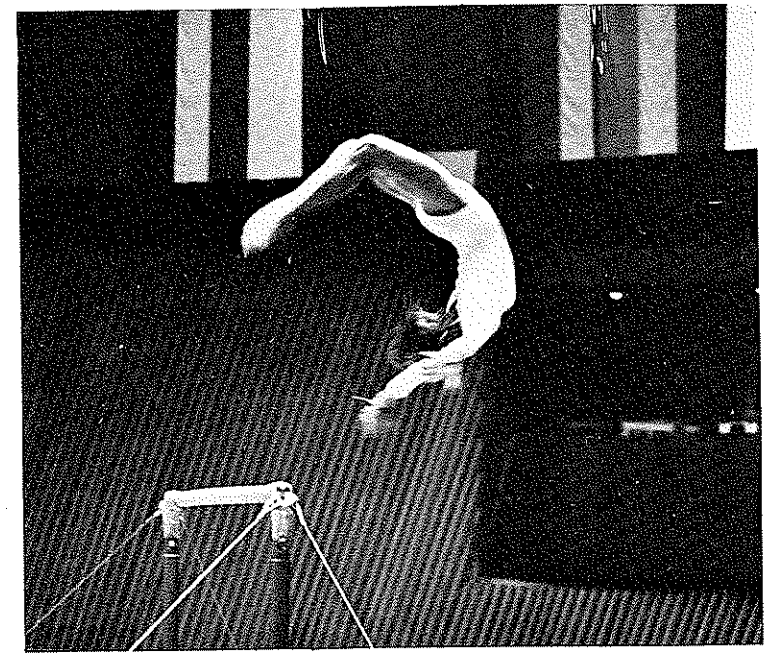
1. Turischeva	(U.S.S.R.)	9.875	9.850	19.725
2. Korbut	(U.S.S.R.)	9.725	9.800	19.525
3. Kim	(U.S.S.R.)	9.450	9.750	19.200

Bars:

1. Zinke	(E. Germany)	9.750	9.900	19.650
2. Korbut	(U.S.S.R.)	9.775	9.800	19.575
3. Turischeva	(U.S.S.R.)	9.700	9.800	19.500

Vault:

1. Korbut	(U.S.S.R.)	9.600	9.850	19.450
2. Turischeva	(U.S.S.R.)	9.700	9.500	19.200
3. Perdykulova	(Czechoslovakia)	9.475	9.600	19.075



Korbut (U.S.S.R.)

ACROMAT

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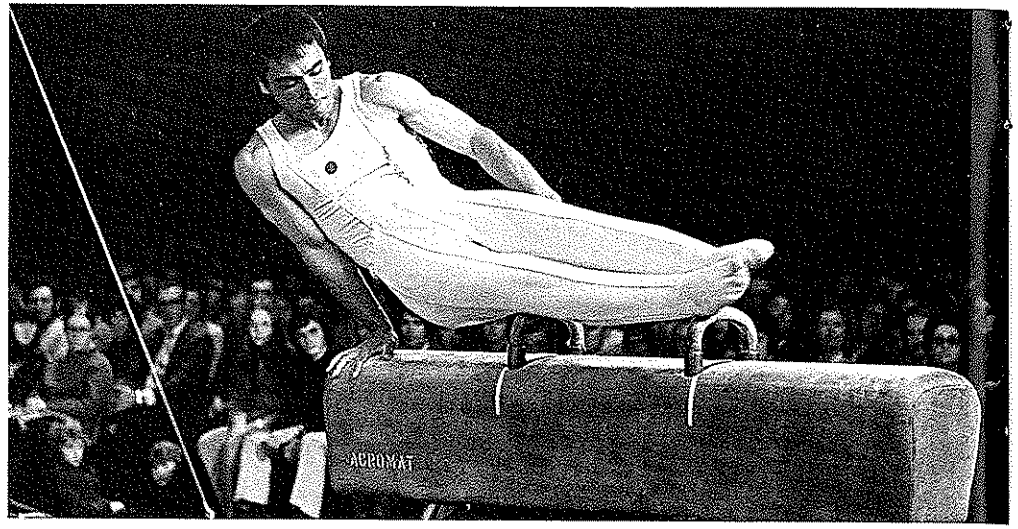

Mitsuo Tsukahara

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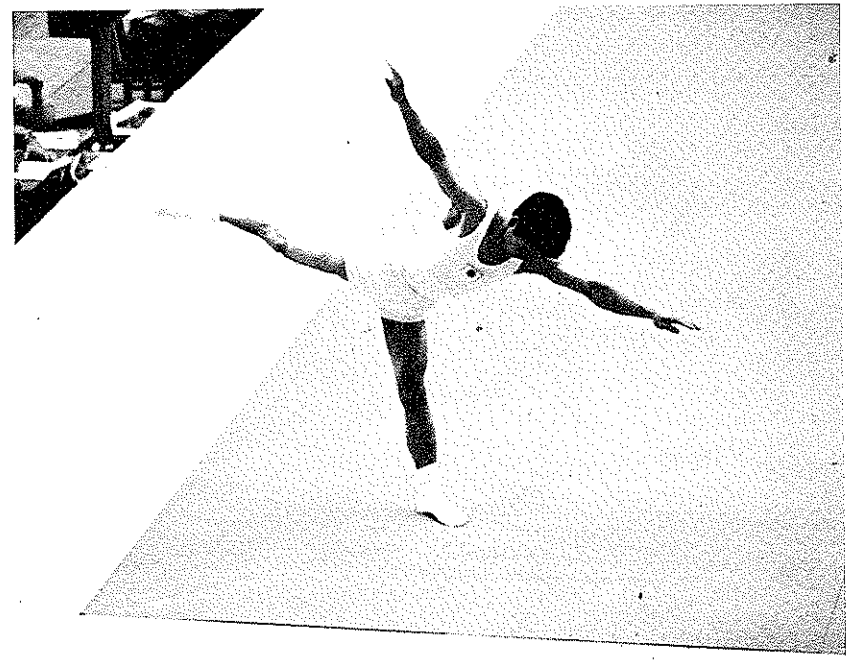
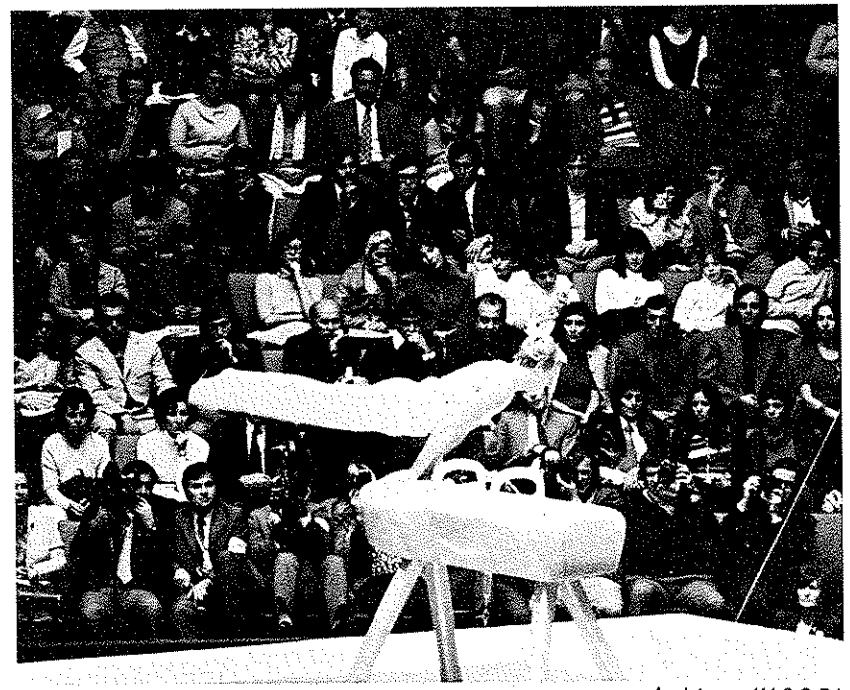
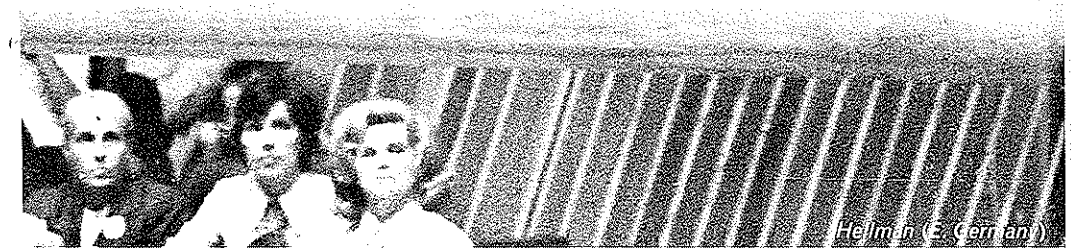


Kajiyama (Japan)



Andrianov (U.S.S.R.)

(Photographs by B. Cheales).



Comments by Australian Coaches

MISS VAL ROBERTS—Women's Coach:

I was very pleased with the work of our team in preparation for the Championships. Our girls worked very hard for the ten days they were in Czechoslovakia prior to the Championships. We benefited from advice from a number of Czech coaches and Anna Kraus was particularly helpful.

In the competition our team performance was good in four events, acceptable in two events and poor in two events—these being set beam and set vault.

It was disappointing to lose Jill Fraser from the team prior to the competition through injury, but her replacement, Wanita Lynch, did very well with her score counting on five occasions. In the end our team finished 21st out of 22 teams beating Sweden.

The standard of the competition was very high with many teams improving their score and still not improving their relative positions. The Russian team was better than ever and they increased the gap over the other teams, with East Germany the only other team approaching them in technique.

Australia needs a large-scale programme with far more financial assistance in order to stay in touch with world standards. Our gymnasts have potential which is not fully realised due to lack of International Competitive experience.

MR. BARRY CHEALES—Men's Coach:

Our training in Switzerland prior to the Championships was well worthwhile as we were with the Swiss National team and Jack Gunthard, their National coach, at the famous Macolin training facility.

We were impressed by the strength programme and competition preparation of the Swiss team and were able to observe this at firsthand. The facilities were excellent with a landing pit under the rings and high bar and the equipment permanently set up. The Swiss team trained strength for two hours in the morning with a full three hour session of normal training in the afternoon, five days a week. Our gymnasts trained in the morning so as to fit in with the Swiss team and also to get accustomed to morning workouts for the competition in Varna.

Our three competitors—Philip Cheetham, Rudy Starosta and Lambert Ariens worked in one group and the rest of the boys in another following a joint thirty minute warm-up. The lack of good condition of both gymnasts and hands limited somewhat the extent of these workouts. Our gymnasts are not used to three hour training sessions daily. After the first six days of training a rest day was welcomed by all.

We trained in Varna in morning sessions and owing to the non-arrival of some teams we were able to continue training in two groups which was beneficial to our programme. Our three competitors worked quite well in training although both Rudy and Phil lacked strength in some areas and Lambert lacked consistency. These boys trained up until the day prior to the competition at which stage they had this day off to watch our girls compete and rest in preparation.

We were fortunate our three individual competitors were able to work together although the 8.30 a.m. start provided some problems. Our first event was side horse and Phil was the first competitor up in the entire World Championships. After two breaks and a 5.9, Rudy and Lambert also had breaks

and low scores. We were off to a poor start. Rings was a little better with all scoring mid sevens and vault our best event, with high eights. Parallels and high bar were quite reasonable although Rudy had a break on parallel bars. The judging on floor was quite strict and Lambert managed only a 7.85 despite a good exercise. The judging overall was quite fair although hard by comparison with equal quality routines in later sessions.

Set totals were: Lambert 48.35, Phil 45.00 and Rudy 44.45.

The voluntary routines were much better, having settled into the competition and overcoming earlier nerves. Again side horse proved to be our downfall with Rudy and Phil scoring mid sixes. Rings was one of our best events with all scoring mid eights and on vault, Lambert gained our only nine of the competition.

Final totals were:

Lambert 98.75 for 107th place,
Phil 93.80 for 116th place,
Rudy 91.90 for 118th place.

These scores were comparable with New Zealand. The other Commonwealth countries, Great Britain and Canada, had full teams and although impressive in training did not perform as well as expected and were not far in advance of our performance.

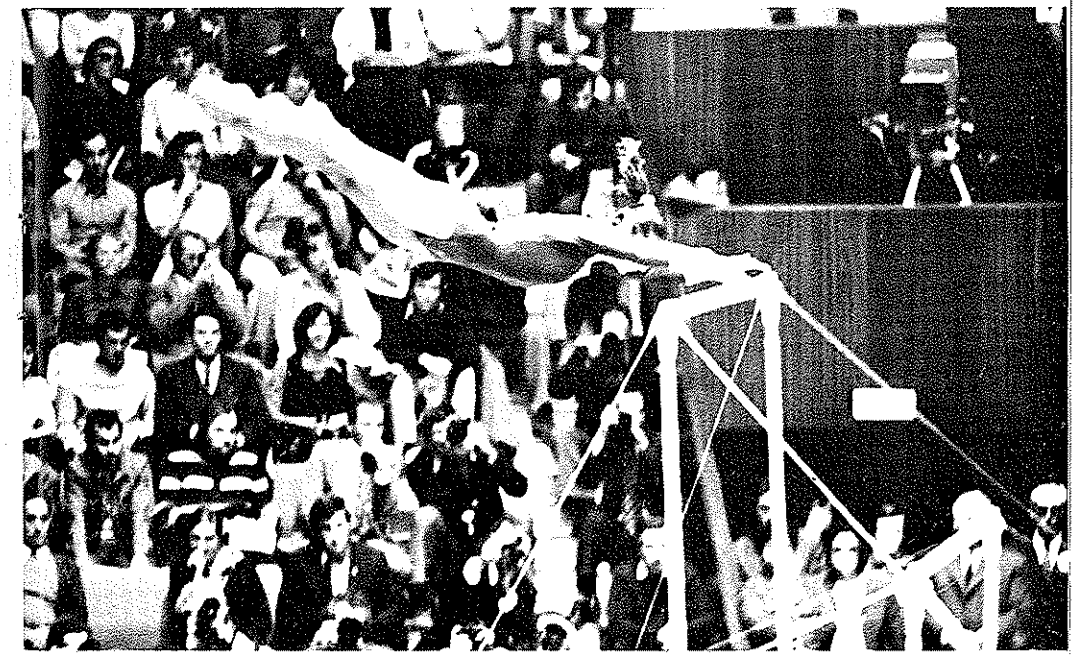
During the Championship the remainder of our team were preparing for the competition with Sailauf in West Germany. This competition proved to be a very successful venture as our hosts were most friendly allowing us to win by 1.7 points and also providing a great deal of hospitality. In Frankfurt we managed to have two training sessions, one at the famous German Turnschule and the other at the new Sailauf gymnasium overlooking the town. All eight members of our team were to compete with the best five on each apparatus. It was arranged so that Lambert and Phil did six events, Rudy—four, John Dorrington, Peter Dowdell, John Houwen, Lyndsay Nylund—three events and Peter Sharpe—two events.

A crowd of five hundred attended the competition and both Australia and Sailauf competed alternatively on the same event. This allowed for instant comparison of scores and an interesting show for the public. There were no prizes at the end of the competition but an exchange of gifts and the promise of a return match challenge in Australia.

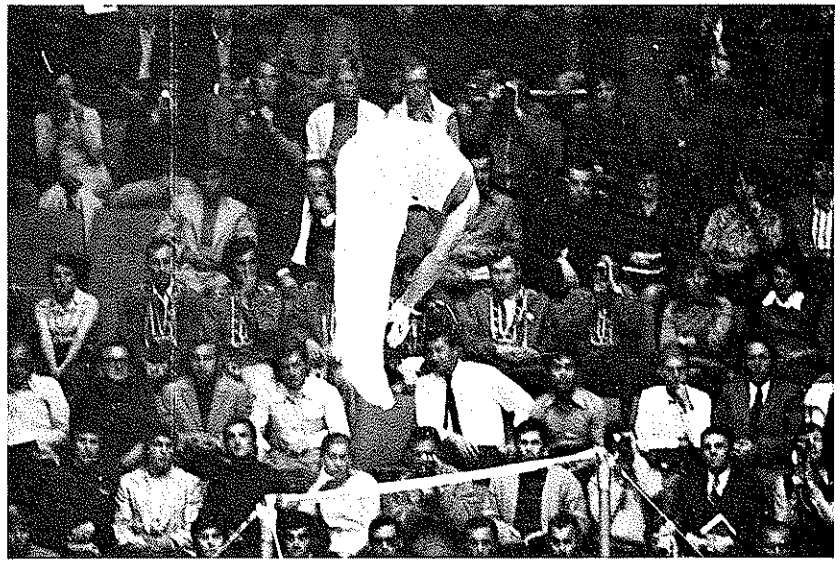
In conclusion, I would like to thank Helmut Geiblinger who acted as assistant coach and did most of the work with the non-competitors in Varna. To Rod Sinclair who was of great assistance judging the boys in training and to Lance Otto for itinerary arrangements, training schedules and programming for the tour.

Barry Cheales,
National Coach, Men.

Australia v. Sailauf



Joan Rice (U.S.A.)



All around individual Champion—*Kasamatsu (Japan)*

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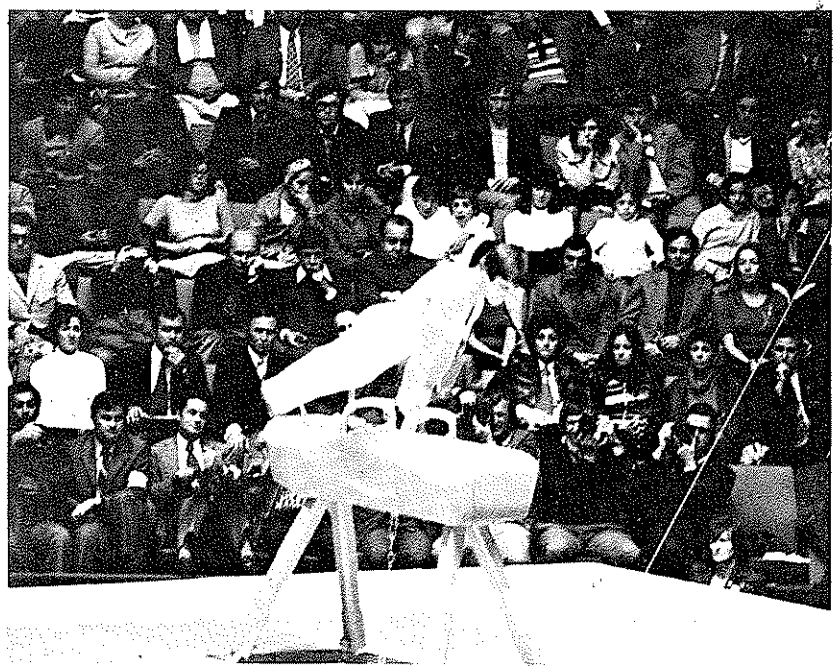
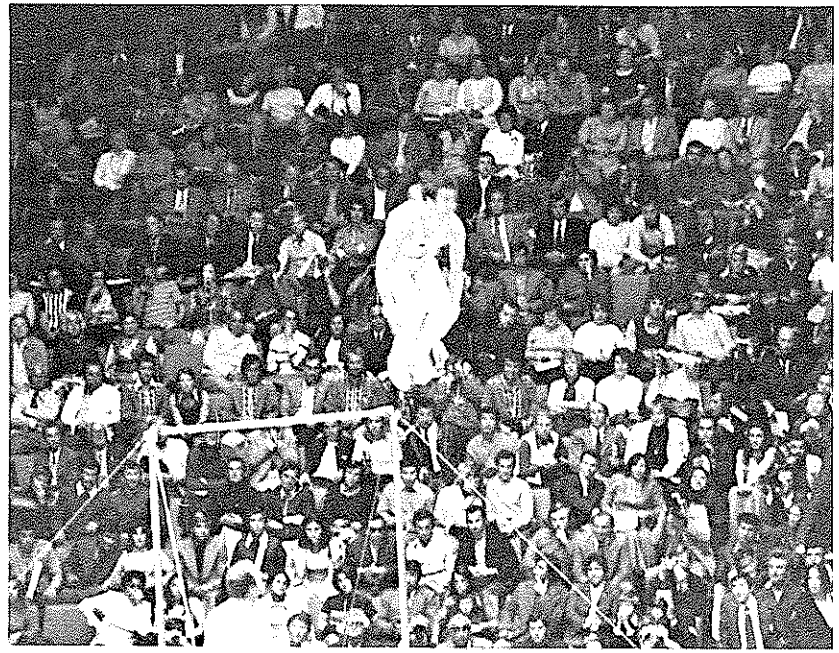
LEOTARDS — Mens and Womens.
WHITES — Tailor made men's competition long whites.



Side Horse Champion—*Magyar (Hungary)*



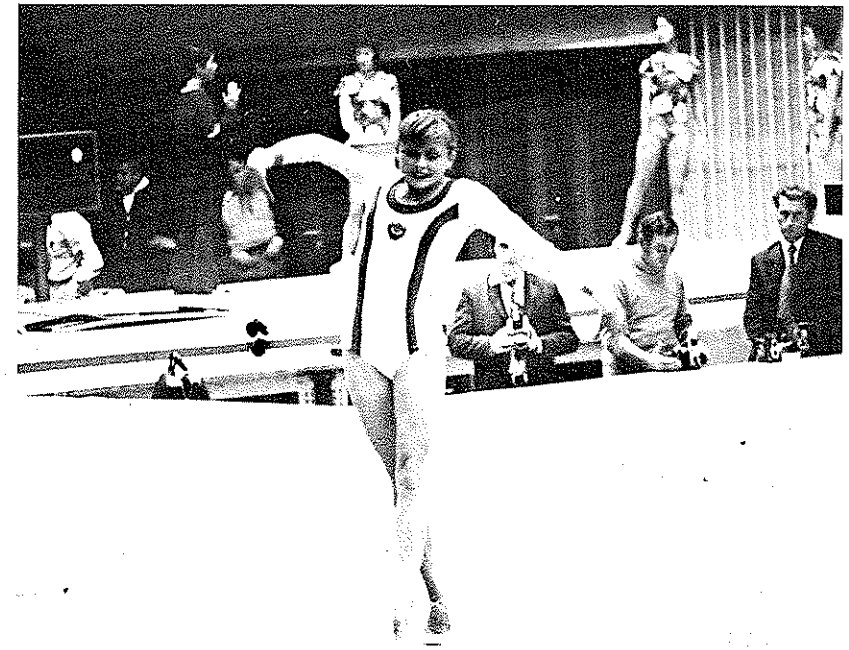
High Bar Champion—*Gienger (W. Germany)*
(Photographs by B. Cheales).

HIGHLIGHTS FROM VARNA

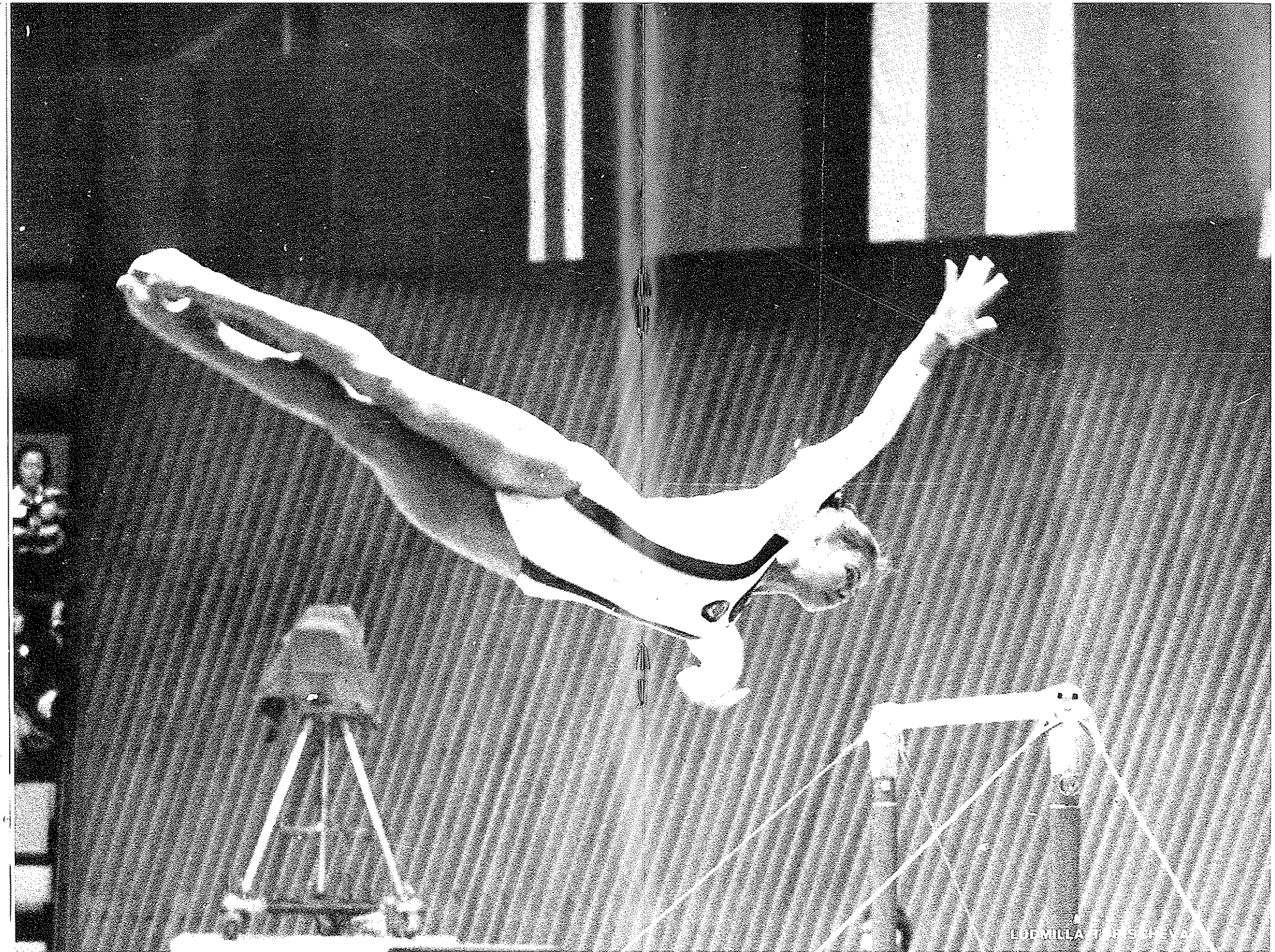
- The Russian girls warm-up routine for compulsory floor.—This was a very simple but a logical method of utilising time and space fully.
- Olympic champions Kato (Japan) and Klimenko (U.S.S.R.) were forced to withdraw during Competition I due to severe shoulder-injuries.
- Andrianov performed a triple somersault dismount off high bar during Competition I.
- Variations of full twisting double saults occurred on high bar, rings, floor and vault (men only).
- Korbut performed a magnificent full twist on to handstand full twist off vault to win the gold medal on this event.
- The women's competition was interrupted for nearly half an hour after an American girl was given a 9.40 for a very good Tsukahara vault.
- The judging appeared to be even more erratic and biased in the women's competition than the men's competition.
- Kasamatsu performed a faultless compulsory floor routine which included a flying cartwheel of outstanding amplitude. The mark given was only 9.60.
- Kajiyama (Japan) proved to be the exciting new gymnast of the competition. His triple twisting back sault on floor landed straight for a solid dismount.
- Zinke (East Germany) performed exceedingly well on bars including a very high front sault to catch in the middle of her exercise as well as the Korbut back sault to catch.
- It was good to see the gold medals spread around in the men's competition with Grecu (Rumania) equal first on rings, Magyar (Hungary) winning side horse and Gienger (West Germany) winning high bar.
- Gunther Spies (West Germany) performed endoshoot in elgrip as well as straddle out to support immediate top stalder.—Possibly his was the most difficult exercise on the high bar.
- The Russian girls used a very modern style for the choreography of their floor exercises during Competition I and in the finals.
  In Competition II they all wore different leotards and some chose different music for this competition.
- The new "Hori-Bar" technique for giant swings on rings was used by most of the top gymnasts with the Rumanians and Japanese very strong.
- Kasamatsu nearly blew the individual competition with a mistake on parallel bars. However the crowd roared approval as he managed to narrowly hold off Andrianov after this exercise and win the Individual Gold Medal.
- In conclusion, the Russian girls are probably even better than before and the Japanese men are still supreme despite being challenged for individual honours on some apparatus.

Editor.

Siharulidze (U.S.S.R.)



Dronova (U.S.S.R.)
(Photographs by B. Cheales).



Kim (U.S.S.R.)

(Photographs by B. Cheales).

Russian Tour of Australia & New Zealand

By arrangement with Michael Edgley International Pty. Ltd. and Russia's Ministry of Sport, Edgley & Dawe Attractions Pty. Ltd. in Association with The Australian Amateur Gymnastic Union present
THE RUSSIAN OLYMPIC GYMNASTIC TEAM

ITINERARY

Perth:			
Stadium	Mon. Dec. 2	–Sat. Dec. 7	6 displays.
Adelaide:			
Apollo Stadium	Mon. Dec. 9	–Tues. Dec. 10	2 displays.
Sydney:			
Hordern Pavilion	Thurs. Dec. 12	–Sat. Dec. 14	3 displays.
Brisbane:			
Festival Hall	Mon. Dec. 16	–Tues. Dec. 17	2 displays.
Melbourne:			
Festival Hall	Thurs. Dec. 19	–Fri. Dec. 20	2 displays.
Auckland:			
Stanley Street	Sun. Dec. 22		1 display.
Wellington:			
Winter Showgrounds	Tues. Dec. 24		1 display.
Christchurch:			
Wilding Park	Thurs. Dec. 26		1 display.

The world's greatest team of gymnasts will visit Australia and New Zealand in December. Acclaimed wherever they appear the exploits of **Olga Korbut** and **Ludmilla Turischeva** are followed with overwhelming interest around the globe. Australians can expect a rare treat of artistic brilliance and beauty during the forthcoming tour.

Resumes of the Team

LUDMILLA TURISHTSHEVA Honoured Master of Sport (Born 1952)
Post graduate student of the Pedagogical Institute (Teachers College) at Rostov on Don, has all the sporting titles, is an absolute champion of the U.S.S.R., Europe, the World and Olympic Games. Member of the Society "Dynamo".

VLADISLAV ROSTOROZKI
Trainer—honoured trainer of the U.S.S.R.

OLGA KORBUT Honoured Master of Sport (Born 1955)
A student of the Pedagogical Institute (Teachers College) at Grodno. Champion of the U.S.S.R., the World and Olympic Games.

RENALD KNISH
Trainer—honoured trainer of the U.S.S.R.

NINA DRONOVA Master of Sport (Born 1958)
Student of the Teachers College at the city of Tbilisi. Youth champion of the U.S.S.R.

SERGEI BURDZHANADZE
Trainer—honoured trainer of the U.S.S.R. Member of the Society "Gantiadi".

NELLIA KIM Master of Sport (Born 1957)
Student of the Teachers College in Alma—A.T.A. Champion of the U.S.S.R. Member of the Club "Spartak".

VLADIMIR BAIDIN
Trainer—honoured trainer of the Kazack S.S.R.

SVETLANA GROZDOVA Master of Sport (Born 1959)
Student of the 9th form of the School at Rostov on Don. Champion of the U.S.S.R.

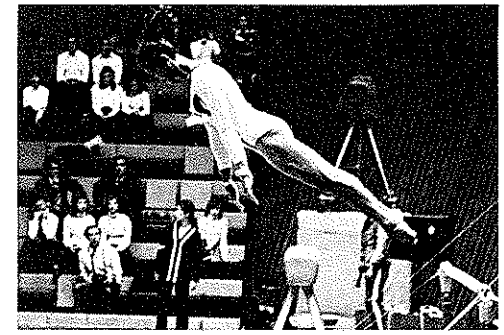
RUSLAN LAVROV
Trainer—honoured trainer of the R.S.P.S.R.

LARISA LATYNINA Honoured Master of Sport (Born 1943)
Head Trainer of the combined team of the U.S.S.R. Former Champion of the U.S.S.R., Europe, the World and the Olympic Games.

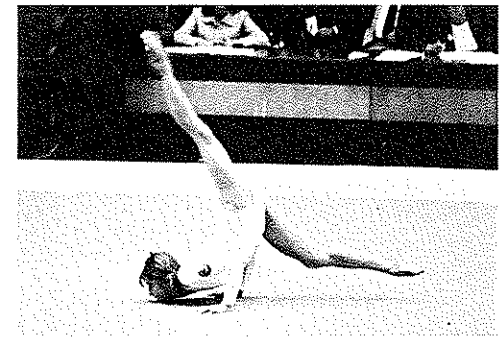
GALINA SHUGUROVA Honoured Master of Sport (Born 1953)
Student of the Teachers College in the city of Omsk. Absolute champion of the U.S.S.R. and the World.

ZHANETTA VASURA Master of Sport (Born 1954)
Student of the Kiev Physical Culture Institute. Champion of the World in 1973.

IRINA DERIUGINA Master of Sport (Born 1958)
Student of the 9th form at the Kiev School. Bronze medal holder of the U.S.S.R. and silver medal holder of the School of Spartakiad Competition.



Turischeva



Korbut (Photographs by B. Cheales).

NIKOLAI ANDRIANOV Honoured Master of Sport (Born 1952)
Student of the Teachers College at the city of Vladimir. Many times champion of the U.S.S.R. Champion of Europe and of the Olympic Games. Married. His wife **Lubiov Burda** is a champion of the world and Olympic Games.

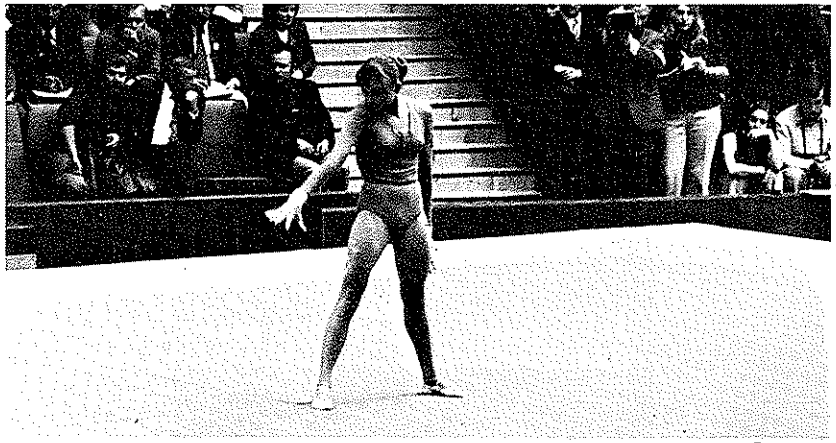
VICTOR KLIMENKO Honoured Master of Sport (Born 1949)
Post graduate student of the Teachers College. Absolute champion of the world and Olympic Games. Many times champion of the U.S.S.R. Married. His wife **L. Petrik** is Olympic Games champion.

PATTA SHAMULIA Master of Sport (Born 1952)
Student of the Politechnical Institute (Institute of Technology). Champion of the U.S.S.R. on the Horizontal Bars. Holder of the cup of the U.S.S.R. in 1973. Champion of the U.S.S.R. in 1974.

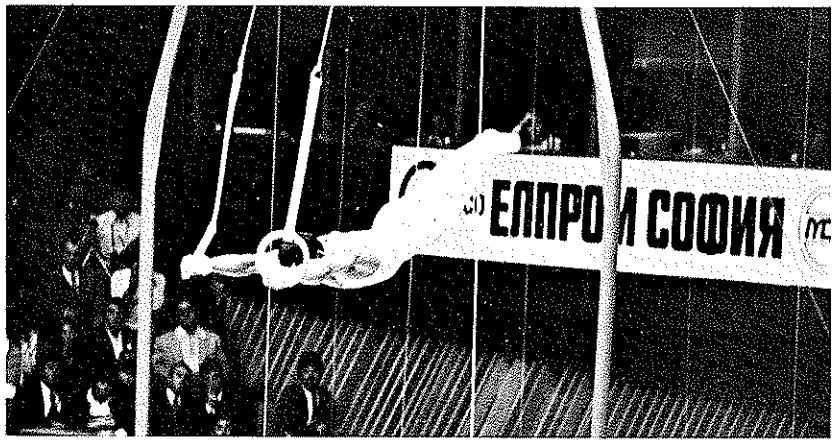
VIATCHESLAV BOIKO Master of Sport (Born 1948)
District of Moscow. Many times a champion of the U.S.S.R.—exercise on the rings. Winner of the international competitions.

VLADIMIR MARTCHENKO Master of Sport (Born 1952)
City of Grozniy. Prized champion of the U.S.S.R. on rings and horizontal bar. Student in his 4th year of the Teachers College.

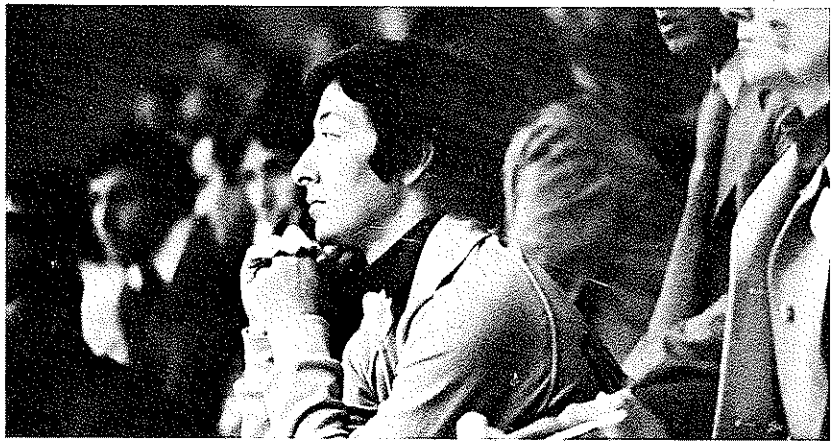
EDVARD MIKAELIAN Master of Sport (Born 1950)
City of Erivan. Club "Burevestnik". Student of the Teachers College. Silver medal winner of the XX Olympic Games. Prize winner at the championships of the U.S.S.R. Married.



Dronova



Tsukahara—"Hori-bar" technique.



Elaine Martin—Pensive!
(Photographs by B. Cheales).

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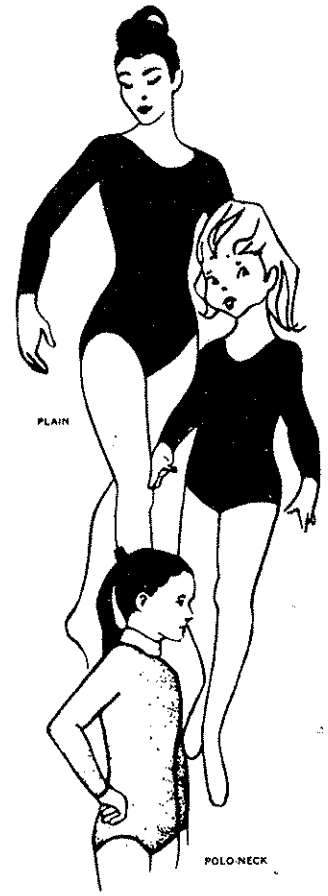

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Australian News

FROM QUEENSLAND

Queensland's four representatives at the recent World Championships (Barry Cheales, Elaine Martin, Jill Fraser and Peter Dowdell) returned jubilant if not tired from their four week European tour. It was unfortunate to hear of Jill's ankle injury which prevented her from competing. We wish her better luck next time. National coach, Barry Cheales, immediately found application of his new overseas training methods by rearranging the Y.M.C.A. men's club program to come into line with European standards. The boys are working harder and enjoying it more.

The Q.A.G.A. annual general meeting was held on the 15th November with the 1974 executive re-elected with the exception of vice-presidents and men's (Jim Whipps) and women's (Mrs. Pat Coombes) technical advisers.—Congratulations to all office bearers.

The second levels competitions (levels 5–10) for 1974 were held on October 25th with 127 girls from 7 clubs as far north as Townsville competing. It proved a very long day for the judges, but a great success for the new levels system.

We are alleagerly awaiting the arrival of the Russian gymnasts (in Brisbane, 16th and 17th December).—If the recent U.S.A. tour by these gymnasts is any indication of their performances, we can all expect to be treated to an exciting experience by these great exponents of the sport.

Coming events:

7th December —Y.M.C.A. men's intra-club competition.
14th December —Woollongabba girls intra-club competition.
16th, 17th December—Russian gymnasts.

Jeff Cheales.

IN VICTORIA

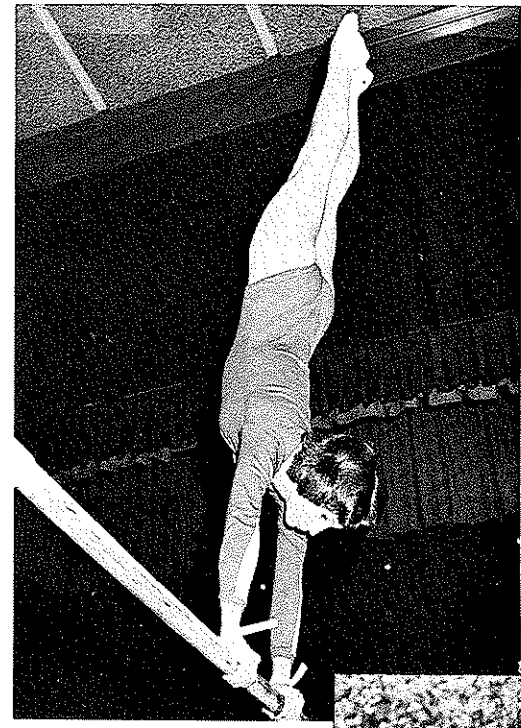
Peter Lloyd provided Victorian gymnastics with a great stimulus by co-ordinating a most successful weekend clinic for our junior gymnasts. Video tape equipment and non-stop training were the order of the day at Haileybury College for the weekend. The boys slept in at the school and enjoyed themselves immensely. More of these are planned for 1975.

At the annual general meeting Alastair Low was elected President, Graeme Heath as Treasurer and Coralie Davies as Secretary and all office bearers were congratulated upon their appointment.

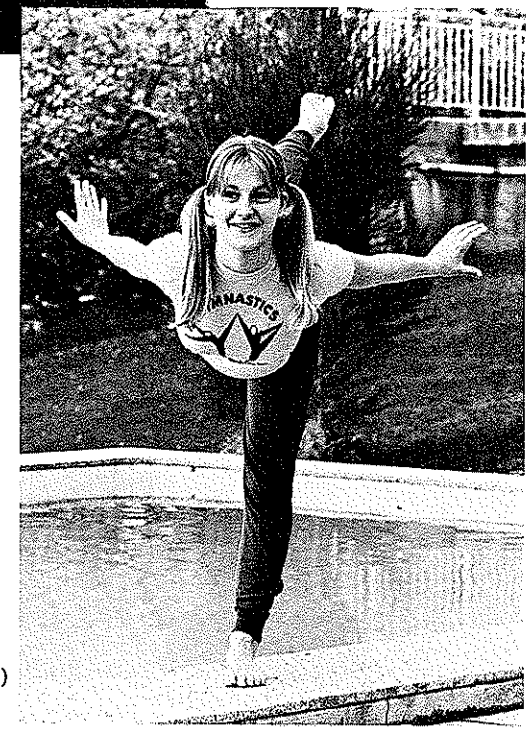
Coming events:

19th, 20th December —Russian gymnasts.
25th, 26th, 27th January—Men's Coaching Clinic.

Rod Sinclair.



Jenny Sweeney (S.A.)



Sarah Gibbs (S.A.)

Photographs courtesy of *The News & Sunday Mail* (S.A.)

Coaches' Corner

Following my appointment as National Coach and experiences gained overseas at the World Championships a number of ideas and projects are in mind for implementation in Australia.

NATIONAL SQUADS

The National Senior squad of 11 gymnasts and Junior squad of 10 were selected from the Championships in Brisbane and are the top gymnasts in this country. There is representation from almost all States and it is hoped our program will extend to other gymnasts within each of these States. All squad members will be receiving a minimum training program including strength and flexibility exercises as well as including compulsory elements and basic optional skills. Each member will be required to document his workouts and forward these monthly to me for assessment, comment and alteration if and where necessary. This scheme is intended to increase the level of performance of our gymnasts and to ensure that the time spent in the gymnasium is of a constructive nature.

It is not my intention to overrule the club coach who is the most important person for each squad member, i.e. those gymnasts who are fortunate enough to have a coach. I will be seeking his co-operation in implementing the scheme, signing the monthly progress sheet of the gymnasts, making comments on the gymnast's performance as well as suggesting improvements to the scheme.

It is intended that future selection will be based on performance at trials and competitions as well as progress shown in the monthly reports.

CHEN CLINIC

At present this will be held from May 18th–25th either in Sydney or in Melbourne. This clinic will have more emphasis on coaching and participation will be for the State Senior and Junior coach plus all National squad members. I am keen to receive applications from other coaches who would also like to attend.

NATIONAL AWARD SCHEME

I am convinced that a National Award Scheme is necessary for our country for the sake of standardisation. A gymnasts' handbook available to all who asked for it would be essential. This project must be finalised soon. I hope to come up with a draft scheme incorporating many good ideas from each of the States, to circulate for comments, and then go to print.

Broadly the scheme would be as follows: At each of the levels there will be a set number of skills to be learned on each apparatus (reference will be made to the F.I.G. code at all times). At each level on each apparatus there will be a compulsory exercise as follows . . .

Level	*Number of Apparatus*	*Routine*
10	6	Olympic Compulsory.
9	6	Previous B-grade routines.
8	6	U/19 Compulsory.
7	6	Previous C-grade routines.
6	6	U/16 Compulsory.
5	4	Omitting Rings and Pommel Horse.

Gymnasts from levels 1 to 5 will be administered by individual clubs with award badges available from State technical committees. Levels 6 to 10 will be the competition grades and these must be registered gymnasts. Progress from one level to the next in levels 1 to 5 would be done by the club coach. For levels 6 to 10 these can only be graded by an approved coach who has taken an examination on the F.I.G. code of points and depending on his level of pass, he would be allowed to grade gymnasts to a given level of competition.

I look forward to your comments following publication of this draft through State associations in the near future.

NATIONAL PROGRAMME

As a guideline for gymnasts I have prepared the following to assist you with your training in 1975 up to the Australian Championships.

Preparation Season:

January/February—New set elements and volunary elements.
Fix optional routines.

March/April—Combinations of 2 and 3 parts.
Continue work on problem set elements.

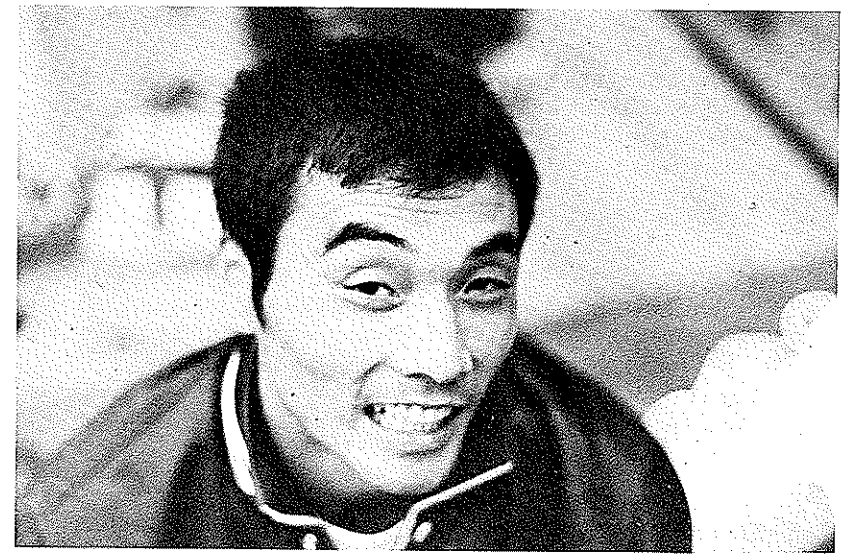
Competition Pre-season:

May/June—½ sets and voluntaries.
Chen Clinic May 18th - 25th.

Competition Season:

July/August—Strictly full routines.
State Championships.
Australian Championships—August 24th - 31st.

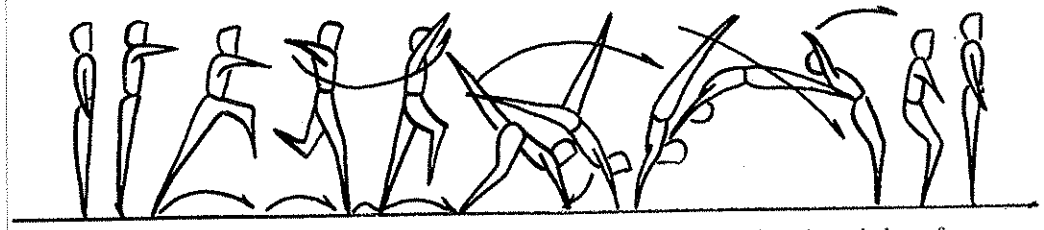
Barry Cheales,
National Coach (Men).



Mitsuo Tsukahara

Technique Topics

The Forward Handspring



In this article I will attempt to seek out basic body training, knowledge of movement and training progressions that contribute to a successful front handspring. Before beginning I would stress that to fulfil the conditions of amplitude, the handspring should rotate at least at the gymnast's shoulder level and thus have a considerable sensation of "floating" and height.

1. BODY TRAINING

A. Flexibility in the shoulder joint: The flexibility that is required here is the extension of the arm when it has been brought to a position in line with the vertical plane of the body (i.e. after the arm has been flexed to its greatest degree). This shoulder flexibility at the same time requires a straight back, when achieving the desired position.

B. Reasonable flexibility in the hips and hamstrings such that there can be considerable flexion of the vertebral column (with straight legs).

C. A correct handstand: A straight handstand will have tight muscles in the abdominals, buttocks, lower back and thighs and of course the above shoulder flexibility is an essential part of this.

D. Power to extend the arm from a flexed position. This vigorous action comes from an initial position of slightly pulled in chest and slightly "relaxed" shoulder girdle as regards the extended position described in **A** above.

If the above factors are developed many of the common problems will be completely eliminated.

2. BASIC MECHANICS

A. The hurdle: This is an essential part of all forward tumbling moves and is used to ensure maximum conservation of forward speed while preparing for the particular element of tumbling. Points to note:

(i) A relaxed rhythmic hurdle—ensure that the hurdle begins "low", lifts "high" in the skip and finishes "low" as the hands are placed on the ground. Thus the hurdle will have a low–high–low definition and will ensure that the gymnast's centre of mass is low in preparation for the "block".

(ii) The arms are raised to an extended position above the head during the hurdle.

(iii) The back is not arched: The arms are lifted up and forward creating a slight chest pike (pulled in chest).

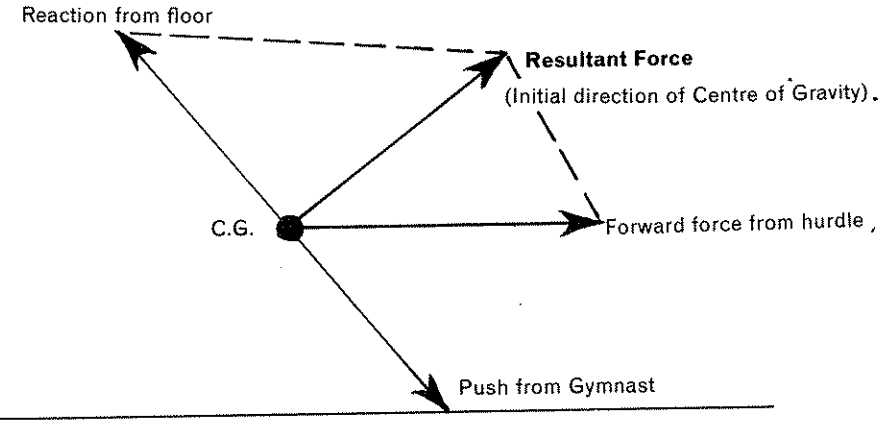
(iv) Reach well forward of the hurdle when entering the handspring. This will produce the necessary "blocking" effect described below.

B. Forces involved: The two forces considered to attain the height and flight requirement are:

(i) The horizontal force produced by the forward speed of the hurdle.

(ii) The reaction of the floor to the explosive forward push of the gymnast as the relaxed shoulder is extended (acting through the centre of mass of the gymnast).

The resultant of these two forces will be high as described by *R* in the vector parallelogram drawn below.



To achieve this desired direction the gymnast must be low to the floor, reach well forward with a bent pushing leg and must open the relaxed shoulder by pushing hard against the floor in a forward direction.

C. Actions of Body Parts:

(i) The arms must forcefully extend after contacting the ground as the chest opens.

(ii) The "pushing" and "swinging" legs co-ordinate in the action and act together with the arm extension.

(iii) The head is always in an extended position (looking back) throughout the handspring. The arms also remain extended and above the shoulders. (*N.B.* The last two figures in the diagram above are incorrect.) If the head and arms are dropped forward to or at landing this will cause forward rotation of the body.

(iv) The whole body remains firm and tight through the flight phase of the handspring.

3. TRAINING PROGRESSIONS

A. Kick to a correct handstand reaching well forward (arm–chest angle extended).

B. Hurdle, kick to handstand with the body low and reaching forward.

C. Hurdle, kick to handstand with two spotters lifting gymnast to feet or rebounding on hands.

D. Complete handspring with one spotter.

There are other progressions or teaching methods that can be used to hasten the learning process or correct basic faults. It is always helpful if the teaching methods allow the gymnast to "feel" the movement or desired action.

Trevor Dowdell,
P.E. Student, University of Queensland.

Japanese girls in training

Richards (Cuba)

New Vault Tariff

Women's Gymnastics

1.	Hecht–swan–arch vault	10.0
2.	Hecht–swan–arch vault with full twist	10.0
3.	With ¼ turn giant cartwheel	9.7
4.	With ¼ turn giant cartwheel and ¼ turn out	10.0
5.	Handstand ¼ pivot and cartwheel out	10.0
6.	With ¼ turn into giant cartwheel—½ turn out	10.0
7.	With ¼ turn into giant cartwheel—full turn out	10.0
8.	Handspring	9.7
9.	½ turn into handstand—½ turn out	10.0
10.	Handspring—full turn out	10.0
11.	½ turn to handstand—full turn out	10.0
12.	Yamashita	9.7
13.	Yamashita—½ turn out	10.0
14.	Yamashita—full twist out	10.0
15.	Giant cartwheel or ¼ turn on—¾ turn off	10.0
16.	Handspring—forward 1½ tuck sault	10.0
17.	Handspring—forward 1½ pike sault	10.0
18.	½ turn to handstand—1½ tuck back sault off	10.0
19.	½ turn to handstand—1½ pike back sault off	10.0
20.	½ turn to handstand—1½ stretched back sault off	10.0
21.	¼ turn to cartwheel—1½ tuck back sault with ¼ turn	10.0
22.	¼ turn to cartwheel—1½ pike back sault with ¼ turn	10.0
23.	¼ turn to cartwheel—1½ tuck side sault out	10.0
24.	¼ turn to cartwheel—1½ pike side sault out	10.0
25.	Full turn to handstand—optional second flight	10.0
26.	1½ tuck sault on—optional second flight	10.0

Frances Thompson,
A.A.G.U. Women's Technical Adviser.

Judging the Short Routine

Men's Gymnastics

It is a common experience that a short routine is quite difficult to judge and, therefore, it is believed that the Code of Points is inadequate for dealing with such routines. I propose to show that the Code of Points, is in fact, adequate for judging short and very short exercises but that the slight extension of a definition of a term is necessary.

Several reasons for short routines being difficult to evaluate can be found. These include the occasional vagueness of the Code of Points, the problem of a subtractive system of judging as opposed to an addative system and, in low level routines, giving A part credit for parts without value. The biggest problem,

though, is a combination of lack of familiarity with the rules so that the many that are appropriate under such circumstances do not immediately come to mind and the use of an inaccurate and inadequate notation or recording system so that the routine cannot be reconstructed. These difficulties can only be overcome with practice and study. Nevertheless, the judging of such routines does present some difficulties yet, somehow, we must be able to judge them within the framework of the rules.

Let us see, then, what can be done; restricting the discussion to Competition 1. If the eleventh movement—the movement required in addition to the ten needed for difficulty—is missing, the Code of Points calls for a deduction of 0.2 points. The Code of Points also specifies a deduction of up to 0.3 points for the absence of any specific combination requirement. If this deduction can be applied to missing movements is doubtful since the eleven move rule also mentions the location of the appropriate deduction—Art. 33, par. 13. In any case, either of these deductions or even both of them are not sufficient to judge a routine of; say 5B parts, which would have a maximum value of 8.6 prior to deductions. The Code of Points does not make specific provision for any further deductions, possibly, since, in essence, the deduction has already been applied to the difficulty score by its being, necessarily, lower than 3.4. Also, there are likely to be some extensive deductions for failure to meet combination requirements.

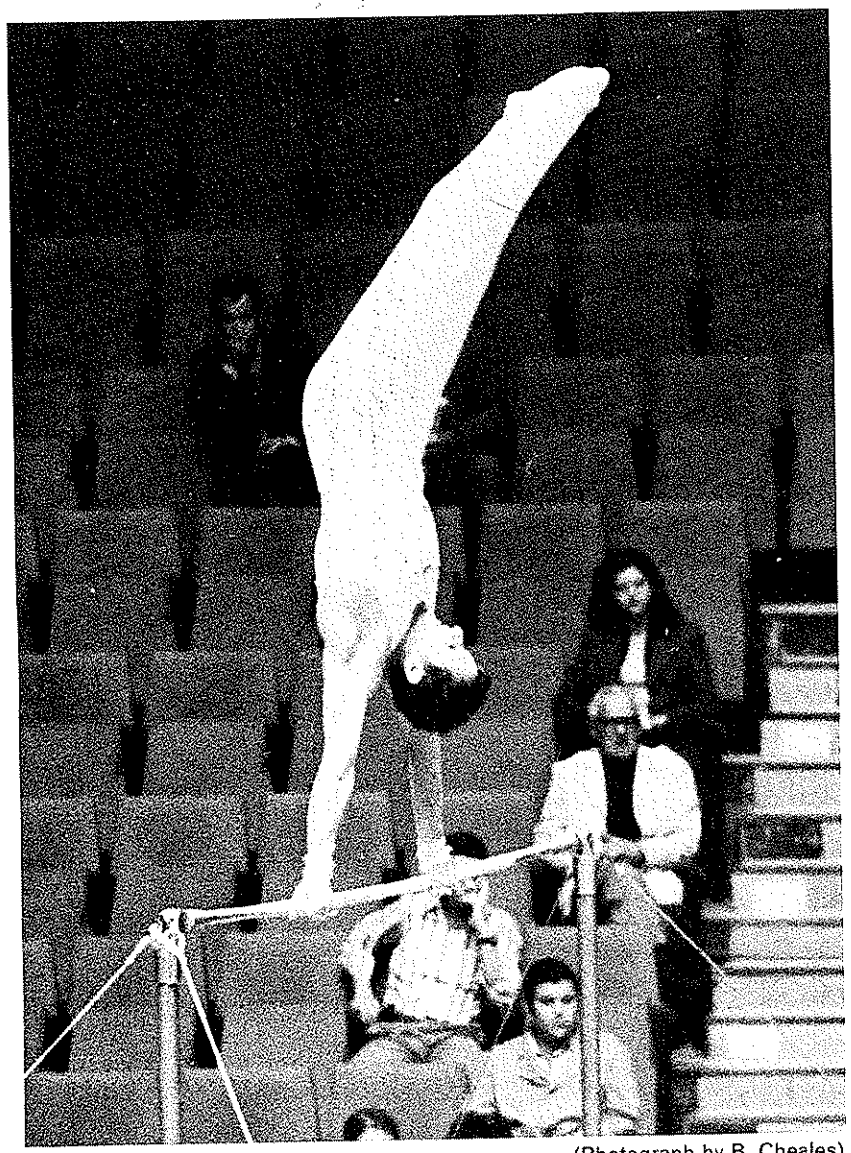
A possible solution is to be exceptionally severe with the spiritual combination deduction but, without proper guidelines, one should be careful with the application of this rule. The question can also be raised if a spiritual combination deduction can apply to an unintentionally short routine. The spiritual combination deduction should never be very high and should not be used, in cases such as this, to get the score down to where a judge thinks it should be. In fact, at FIG courses a maximum deduction of 0.4 points is recommended for insufficiency in performance under this factor.

I therefore, propose a solution that, I think, is satisfactory although, I admit, it may not be entirely justified. For the missing eleventh move (or the number required to make eleven moves beyond the difficulty requirements in finals competition) deduct as required by the Code of Points. The other missing movements, essentially, have no value and, in the extended definition that I propose, should be treated as parts without value—this, by virtue of their absence. The Code of Points specifies a deduction of up to 0.2 points for every part without value. Since a missing part is the worst form of a part without value a 0.2 point deduction from combination for every such part is, I think, appropriate. The reader is encouraged to think up several examples to see that this deduction will result in an appropriate level maximum score and be equally fair to difficult and easy routines. Remember, however, that the total combination deduction may not exceed 2.6 points.

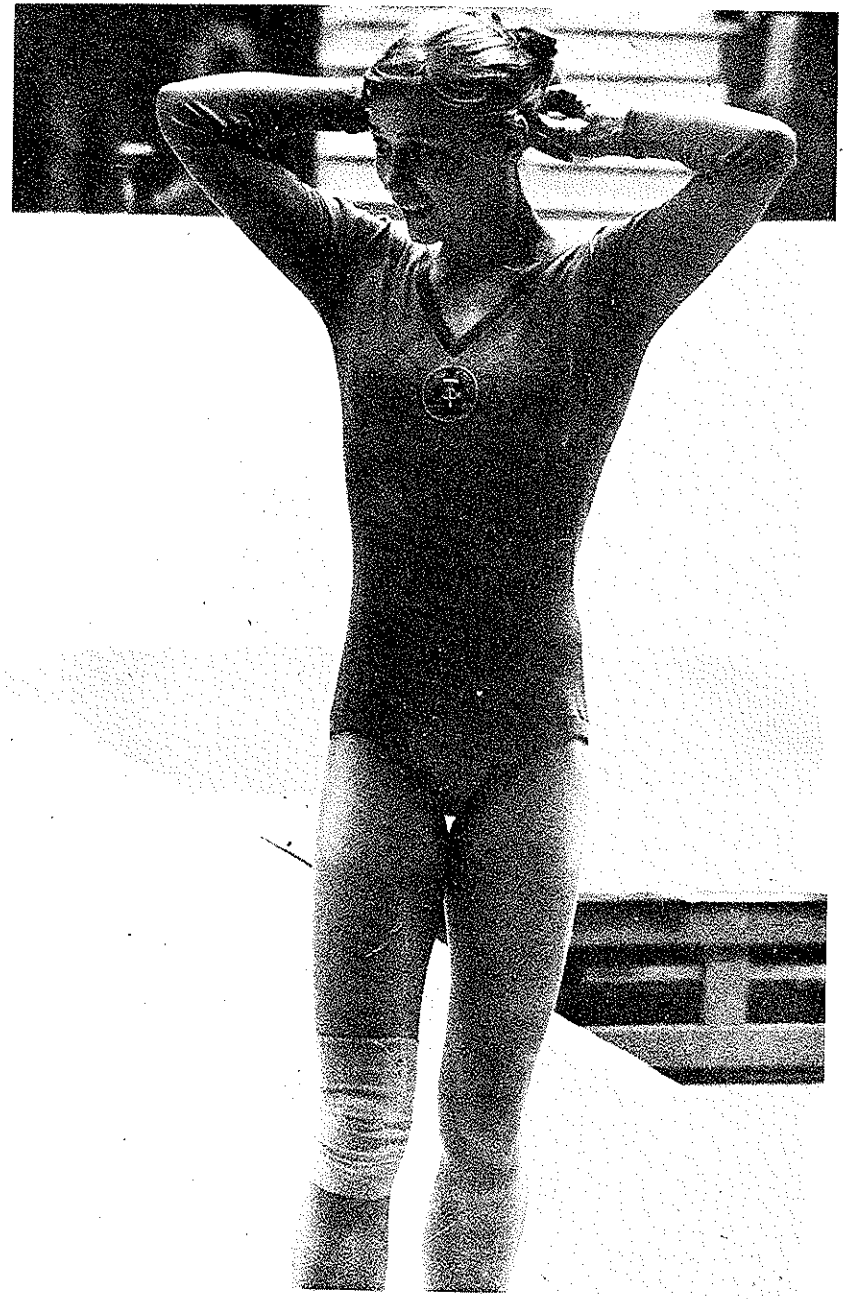
Some criticism may still be possible for extremely short routines (say, less than 4 moves). Even though it is extremely difficult to retain any credit for combination under such conditions, the routine is still marked from 4.0 points for execution plus whatever difficulty has been shown. Is it fair that someone with such a short routine should be able to score as well as a very poorly performed full routine? I think it is. At such a low level we should rather encourage a well performed short routine than a poorly performed long routine. If the short routine was due to a fall, then the score will be lowered even more and credit should be given for what was done.

In summary, although the Code of Points can be considered to be inadequate for the judging of short routines an extension of the definition of a part without value along with a knowledge of the remaining applicable rules and an accurate recording system on the part of the judge shows the rules to be adequate and fair over a full range of routines.

Hardy Fink,
Men's Technical Chairman (Canada).



Rudy Starosta (Photograph by B. Cheales)



Hellman (E. Germany) (Photograph by B. Cheales).

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