



Sactown Throwdown 2014 Gymnastics WODS

P-Bars

- 1. Support travel with hand hopping:** Start at the end of the p-bars in support position with both hands, hop forward with both hands to travel the entire length of the p-bars. Distance traveled must be from upright to upright (where the p-bars attach to the base).
- 2. 360° turn in support:** Start in support position (preferably in the middle of the p-bars), pirouette either left or right 90° to support on **one** rail, then continue in same direction another 90° to support on **two** rails, then continue in same direction another 90° to support on **one** rail, then continue in the same direction for the last 90° to finish in support on **two** rails. Must show control.
- 3. Travel using "straddle cut":** Start at the end of the p-bars in support position with both hands, swing forward with both legs together until they reach the height of the rails, straddle both legs so that they finish on top of the rails. Release both hands while leaning forward to position the hands on the rails in front of you. Release the legs from behind you and repeat the entire process until you have traveled the entire length of the p-bars. Distance traveled must be from upright to upright (where the p-bars attach to the base).
- 4. F. roll:** Start in forearm support (preferably in the middle of the p-bars). Perform a forward roll over the body. The arms will be used as support and can be bent or straight.
- 5. 'L' hold with feet above bar level for 10 seconds:** Start in support position (preferably in the middle of the p-bars), with arms straight, pike legs up forward so that the heels of the feet are approx. 1 inch above the bars. Hold position for 10 seconds. Hands cannot move.
- 6. B. Roll:** Start in forearm support (preferably in the middle of the p-bars). Perform a backward roll over the body. The arms will be used as support and can be bent or straight.
- 7. ***Dip support to handstand***:** Roll forward to shoulder stand, then push to handstand. The handstand must hit vertical position and show control. You may pike or tuck into handstand position.
- 8. Kip:** Start standing between the p-bars. Glide swing forward without feet touching the ground and perform a glide kip. Skill is complete when the person is on top of the bar in a controlled arm support.
- 9. *** Handstand Pirouette***:** you may start standing on the p-bars or on the floor, kick to handstand position, pirouette 360° using any hand placement and number of hand movements as you like. Suggestion, use 90° or 180° increments. Must show handstand control at the end to count.
- 10. *** Press handstand***:** This is a signature element in gymnastics. Start in either a straddle support or piked support, press to finish in a controlled handstand that must hit vertical, show control, and have straight arms and legs to count.

***** Means that this skill will be performed on floor parallels for safety*****



Floor

- 1. Backward roll:** Start in a standing position, perform a backward roll, landing back onto your feet. You must only use your hands (no forearms), and no knees – only feet.
- 2. One arm cartwheel:** Start in a standing position, perform a one arm cartwheel (body must pass through a vertical handstand). You can choose to use either hand (near arm or far arm). Body starts facing forwards and end facing forwards - a front cartwheel. No side cartwheels.
- 3. Handstand with 360° pirouette:** Start in a standing position, kick up to handstand and perform a 360° pirouette while maintaining a vertical handstand position. Your hand placement and the number of hand movements is completely up to you 😊.
- 4. Sideways handstand walking:** Start in a standing position, kick up to handstand OR cartwheel to handstand, sideways handstand walk for a designated distance (approximately the length of a panel mat – this will be marked for you). As long as you make it the distance, it will count. But, you can't come down out of the handstand at ANY time during the walking. If you do, you must start over.
- 5. Back extension roll to handstand:** Start in a standing position, perform a back extension roll (backward roll to handstand) – mark vertical in the handstand. You can perform it with arms starting bent then pushing them straight in handstand OR just keep them straight throughout. Handstand must show control to count.
- 6. 10 sec. handstand hold:** Perform a static handstand hold for 10 sec. HANDS CAN'T MOVE! Leg position optional 😊 and no walking to find balance.
- 7. No wall handstand push-up:** Start in a controlled handstand, bend arms while in handstand to a headstand position. Pike up/kip up/tuck up into a vertical handstand position. Show handstand and show control to count.
- 8. Piked forward roll:** Starting standing with feet together, pike forward (slight knee bend allowed if not flexible), perform a piked forward roll keeping your legs straight throughout. Arrive back into a standing position WITHOUT BENDING YOUR LEGS.
- 9. 5 sec, tucked planche hold:** Start in a squat position with arms straight and hands touching the ground, transition your weight onto your hands and hold your body in a tucked position for 5 seconds without moving. Shoulder transition approximately 45°.
- 10. Thomas Flair:** alternates balancing the torso between either arm while swinging the legs beneath the body in continuous circles using a straddle position. Please watch the video because describing it is very difficult. You can also Google it. It is a very common skill named after the famous gymnast, Kurt Thomas.

Rings

- 1. Skin the cat to drop down dismount:** Start from a stationary – hanging position, swing or chin-up into a backward roll/flip, land on the ground and show control on the landing. You must land on your feet to count.
- 2. Skin the cat:** Start from a stationary – hanging position, lift both legs up, through the hands and without letting go (backward roll type of movement), reach feet to the ground, extend the body and the arms so that hips are below the head. Then, lift hips back up and through the hands and finish in your starting position. You CAN NOT use the straps!
- 3. Muscle up:** Start from a stationary – hanging position, swing forward until your hips lift approximately ring height. At the height of the swing, lean forward quickly while keeping the rings by your ribs and arrive in a “ring dip” type of position. Extend the arms to arrive in a full body support on the rings. This can also be performed as a “strict” muscle up. You must show control in the support position in order for it to count.
- 4. Two Tick-Tocks:** Start from a stationary – hanging position, perform a chin-up and then lean backward while straitening the arms to a straight body front lever position. Then control yourself back into your chin-up position, repeat. Chin-up position must have chin at the level of the lower part of the ring, and the body must be completely straight in the horizontal position with elbows fully extended.
- 5. Ring Kip:** Start from an inverted stationary – hanging position, drop into a compressed piked position that immediately shoots the body vertically while turning body over arriving in a position similar to a ring dip. Extend the arms to arrive in full body support on the rings. Suggestion – look at the video. Do not confuse this element with a swinging muscle-up!
- 6. Shoulder stand without use of straps – hold 3 sec.:** Start from a stationary – hanging position, chin-up and turn-over forward and extend the legs and balancing yourself with between the straps but not touching them. You will be in a shoulder stand position. Show control to count.
- 7. Backward Roll:** Start in support position. Lean backward (you will lower down some), and perform a backward roll while holding onto the rings. Finish back in support position. You may use a ring dip to complete the roll.
- 8. Back lever:** Start from an inverted stationary – hanging position. Lever your body forward (stomach faces down) to a horizontal holding position with arms and legs straight. Body must be horizontally straight and preferably in a “hollow body” position. It will count as soon as you show control.
- 9. Front lever:** Start from an inverted stationary – hanging position. Lever your body backwards to a horizontal holding position with arms and legs straight (Stomach faces up). Body must be horizontally straight and preferably in a “hollow body” position. It will count as soon as you show control.
- 10. Iron Cross:** Start from a full body support on the rings. Lower your body between the rings by pushing the rings out sideways and keeping your arms straight. It will count as soon as you show control when the hands reach approximately arm-pit/upper rib level. It is an iconic element of men’s gymnastics.

Balance Beam

- 1. Inch worm walking:** Start standing at the end of the beam, bend forward to place both hands on the beam just in front of your feet. Walk your hands, out while keeping your feet stationary, as far as you can. Then walk your feet as close to your hands as possible. You must travel the entire length of the beam without falling to count.
- 2. 2 burpees:** These are performed just like the floor. Start in standing position, squat down to place your hands onto the beam, jump out your feet to a push-up position. Do 1 push-up then squat in towards your hands, and do a stretch jump and touch/clap hands above your head. Repeat. You must perform 2 burpees IN A ROW to count.
- 3. Split jump:** Standing on the beam (preferably in the middle), do a split jump with a minimum of 120° split. Both legs must be equally split, and straight. You must land back on the beam and “stick” it to count. Back leg cannot bend into a “ring” position.
- 4. 360° turn on one foot:** start standing on the beam, chose one foot to turn on, perform a 360° turn going either direction. You MUST do the entire turn “on toe”/“in relevē” and step forward out of the turn in order for it to count.
- 5. One leg lower down, candlestick, one leg pistol stand.** Standing on the beam (preferably in the middle), lower down to sitting on the beam on one leg – free leg must have the heel above the beam the entire time during the lower down. Once sitting on the beam, lean back and roll into a candlestick position by holding onto the beam above your head, then, roll forward and perform a pistol squat back up to a standing position – heel of the free leg must stay above the beam. You can’t fall off of the beam at any time during the sequence to count.
- 6. Forward roll:** Stand on the beam, squat down and place your hands on the beam, perform a forward roll landing with your feet back onto the beam, stand up. You can’t touch the ground at anytime during the roll to count. Hands may grab the beam as you see fit 😊
- 7. Cartwheel:** Start standing on the beam, perform a cartwheel, both feet must land back on the beam.
- 8. Cartwheel to handstand, straddle press down:** Start standing on the beam, cartwheel to handstand (which means a ½ of a cartwheel), straddle press down to place feet on the outside of your hands, stand up. Note: when going to handstand, you may keep legs straddled OR go into a regular handstand and then straddle down – your choice.
- 9. Straddle support walk:** Start at the end of the beam in a straddle sitting position, straddle press up and support walk across the beam (there will be a designated length similar to approximately 75% of the length of the beam). The heels MUST stay above the level of the beam the entire time in order for it to count.
- 10. Press handstand:** a traditional mounting element in the sport of gymnastics....start in a straddle press position facing either direction (cross ways or long ways), straddle press to handstand, hold handstand for 1 sec in vertical position with straight arms and straight legs.