

Uneven Bars

Trick Photography and Understanding Turning Principles on Asymmetric Bars

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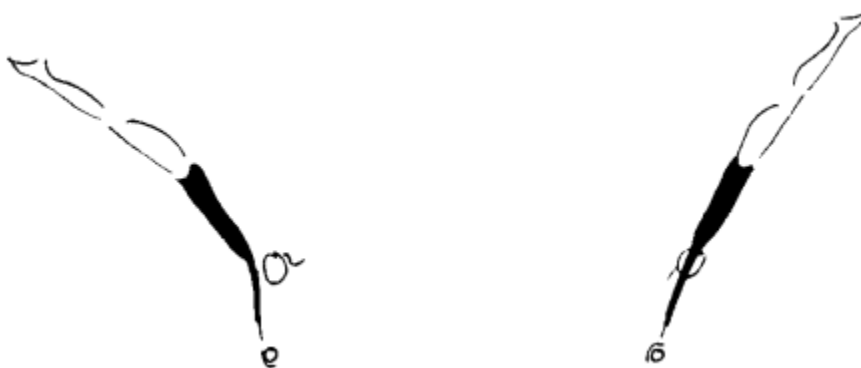
Apparatus required

- one video camera and operator
- one single bar (high bar)
- one person (not necessarily a gymnast)
- one little bit of thought and time
- one tape measure

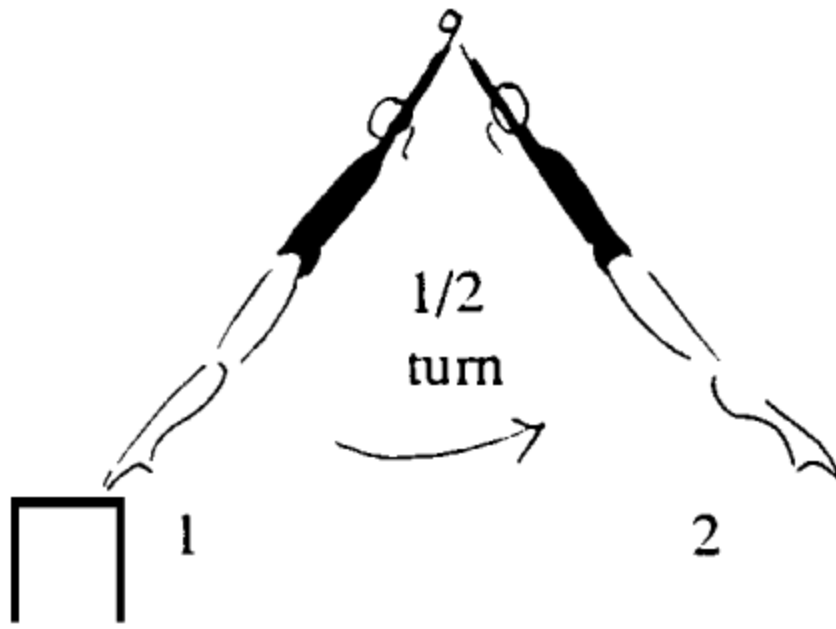
Skill A

Forward giant 1/2 turn to back giant (the handstand phase)

Method – Release bar with one hand, the 1/2 turn occurs without trying.



Now turn this page upside-down and see that figure above is in hang. So hang body in undergrasp, release on hand, body will turn naturally. regrasp in overgrasp.



1. Stand on tiptoes (plynth slightly in front of bar). Remove toes and release bar (normally with hand which would be placed second in a cartwheel).
2. Videotape the event with camera upside-down (in slow motion, if possible).
3. Play back and watch how good you could be.

Skill B

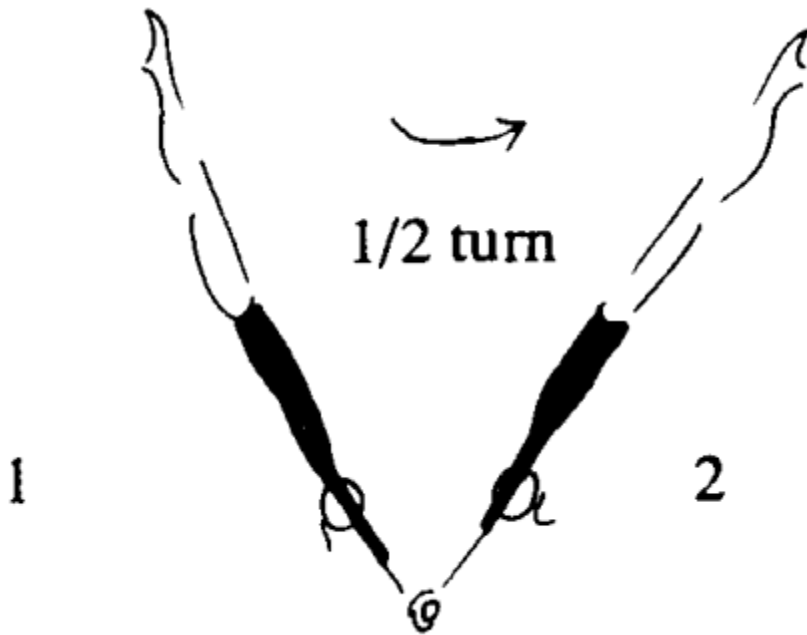
Forward giant swing with full turn (Healey, the handstand phase)

Method –

1. Hang body in undergrasp.
2. Release bar with same hand as skill A (body will turn naturally)
3. Regrasp in undergrasp or eagle.
4. Play back and watch how good you are now. (To videotape, use the same method and apparatus starting from the same position.)

Skill C

Back giant swing with 1/2 turn (blind change).



Look at picture upside-down, create the same experiment as you did in Skill A.

On this occasion the assistance of gravity will not automatically turn the body. You must initiate the turn releasing, preferably with the same hand as before and regressing in undergrasp. Turn directed forwards.

Skill D

1. Back giant with full turn.
2. Back giant with 1/2 turn and 1/2 turn.

Repeat Skill C experiment and having regripped in undergrasp, release other hand and regrip in overgrasp for giant full or release same hand and regrip in overgrasp for 1/2 turn 1/2 turn.

Skill E

Back giant with 1/2 turn to eagle hang or mixed eagle (undergrasp and eagle). Hang in overgrasp and turn backwards regripping in eagle or undergrasp.

Skill F

Back giant with 540 degree turn to eagle hang.

Repeat Skill C and continue with method for Skill B or repeat Skill D and follow with Skill E.

Skill G

Not yet in *Code*. Back giant with 720 degree turn in handstand phase to eagle or mixed

eagle (full turn on the way up and full turn on the way down). Complete giant not quite.

Repeat D completing turn on the upward swing prior to handstand. After second hand re-catches in overgrasp, change first hand to undergrasp and repeat Skill B.

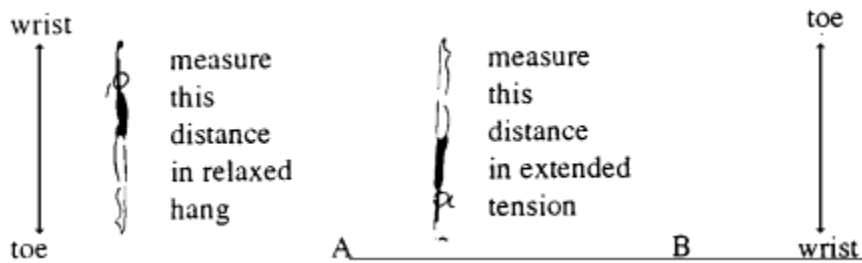
Summary

That's the easy bit, as gravity provides in these experiments the shoulder extension necessary to perform the skills for real. As coaches we are now able to familiarize the gymnast with all turns, all we have to do now is prepare them physiologically to create the same extension against gravity.

So we have proved that all changes are easy (because we can do them with the aid of a video camera). So what's the problem?

It's not the hand changes. So it must be gravity. If we can't change gravity, then we'll have to change (condition our gymnast. Is your gymnast as extended in handstand as she/he could be?

Final Experiment



Measure this distance in relaxed hand

Measure this distance in extended tension.

A = B We've cracked it! – Gravity defeated.

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