

Without taking away the importance of other skills, I've found that the overall development of these skills have increased the success of the gymnast developing higher complex skills safer and at an increased rate. These seven skills include:



1. Glide Kip
2. Free Hip Circle to Handstand
3. Cast to Handstand
4. Tap Swings to Candle Position
5. 3/4 Giant to Support/Back Hip Circle
6. Giant
7. Flyaway

7

Core Elements to

Successful Bars

By Jesus Vazquez, Camp Director at Lake Owen Gymnastics Camp in Cable, Wisconsin

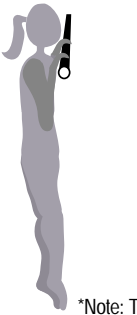
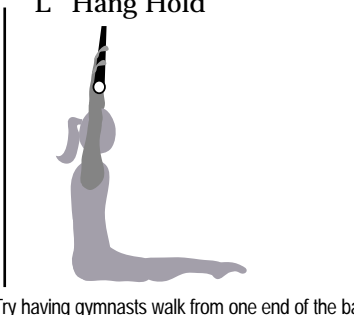
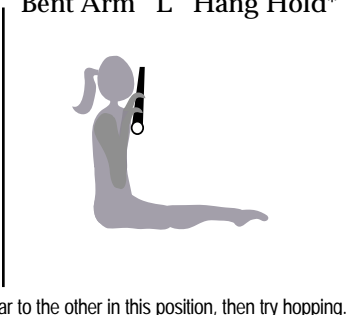
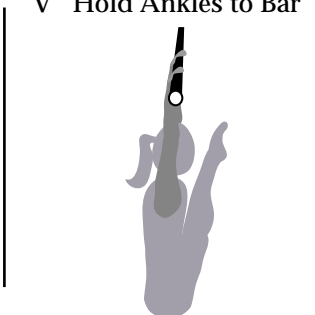
Jesus is available for clinics. Contact him at (713) 798-3785.

This does not include one very important factor and that is the overall condition and strength of your gymnast. We all need to remember at times we ask a child to attempt a skill that her strength and conditioning can not safely handle. It is best to develop her strength and conditioning first and, through progressions, learn skills one step at a time. You will find, in the long run, your gymnast will learn quicker and safer.

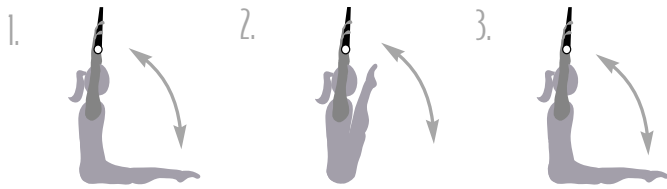
We as coaches should be physically tired after a bar training session. At the early stages of bar development the hands on approach is the quick way to learning bars. Let's go over the 7 core elements. Remember all drills are to be executed with perfect form!

1) GLIDE KIP

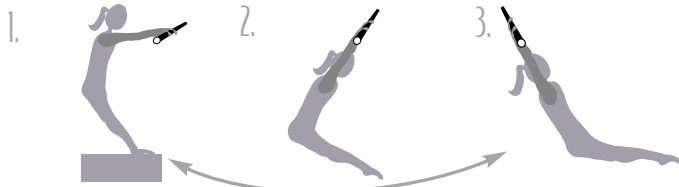
Bent Arm Hold*

	<p>"L" Hang Hold</p> 	<p>Bent Arm "L" Hang Hold*</p> 	<p>"V" Hold Ankles to Bar</p> 
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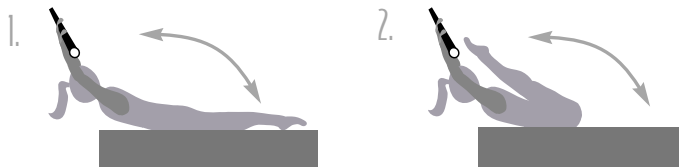
*Note: Try having gymnasts walk from one end of the bar to the other in this position, then try hopping.



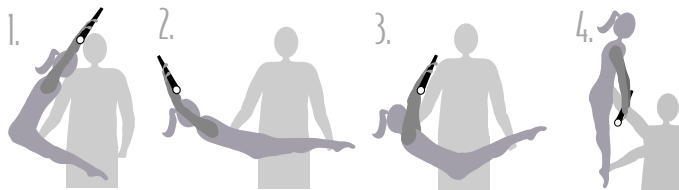
1. 2. 3.
 "L" Hang Hold Pull Up to "V" Hold (repeat with Stoop in and out)



1. 2. 3.
 Glide Swing to Extension then Back to Box



1. 2.
 From extended body position on box do pike ups. Repeat doing spotted kips off box. (Head should be in neutral position at all times shoulder angle should not break.)

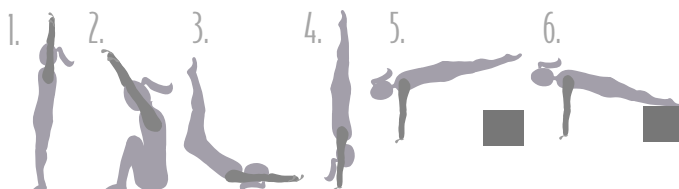


1. 2. 3. 4.
 Spotted glide swings through to support. Glide kips with and without a spot.

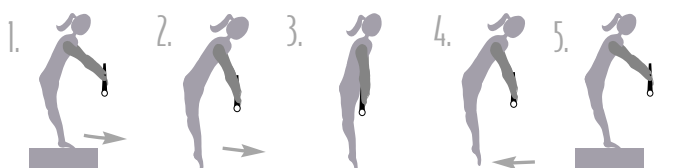
2) FREE HIP CIRCLE TO HANDSTAND



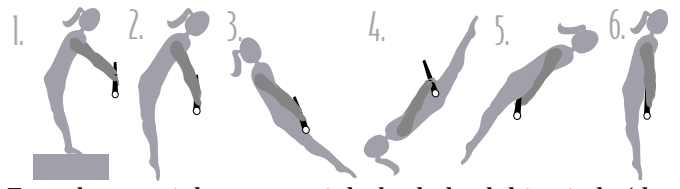
1. 2. 3. 4. 5. 6.
 On floor back extension straight arm to hollow body push up position.



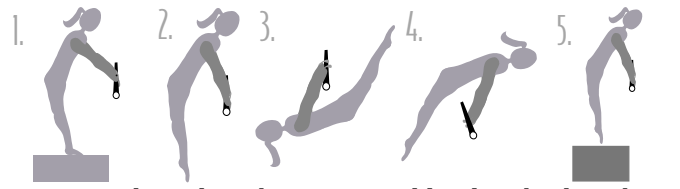
1. 2. 3. 4. 5. 6.
 Repeat to stacked mat on floor.



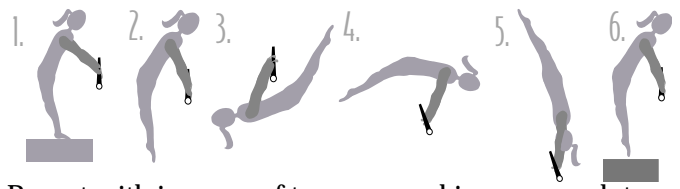
1. 2. 3. 4. 5.
 From hollow body position lean forward and pull body towards bar hitting upper thigh and bouncing back to hollow body on box. (do not jump)



1. 2. 3. 4. 5. 6.
 From box straight arm straight body back hip circle (do not jump but lead with your toes). Repeat with increased speed in turnover.

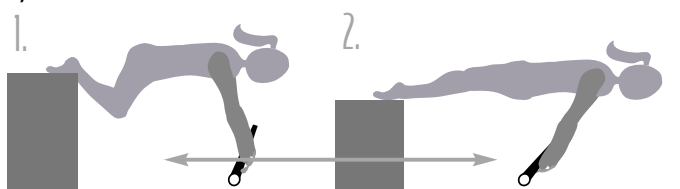


1. 2. 3. 4. 5.
 Repeat with pushing bar away and landing back on box.



1. 2. 3. 4. 5. 6.
 Repeat with increase of turnover and increase push to support before landing on box. Continue to free hip to handstand.

3) CAST TO SUPPORT/HANDSTAND



1. 2.
 Lean over to support then back to squat on floor bar.



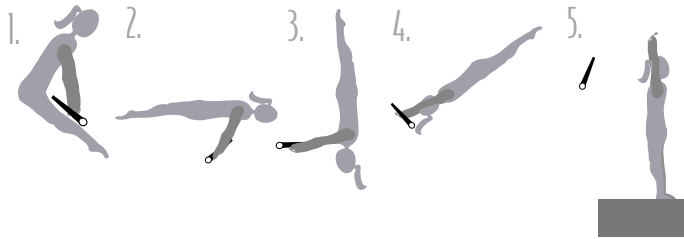
1. 2. 3.
 Support straight arm straight body rock to handstand with spot.



1. 2. 3.
 Press to handstand off box.

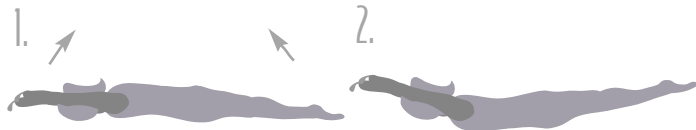


1. 2. 3. 4.
 Cast to support with spot. Cast to handstand with spot.



Cast over drill. Repeat until you can cast to handstand and over. Can be done with or without spot.

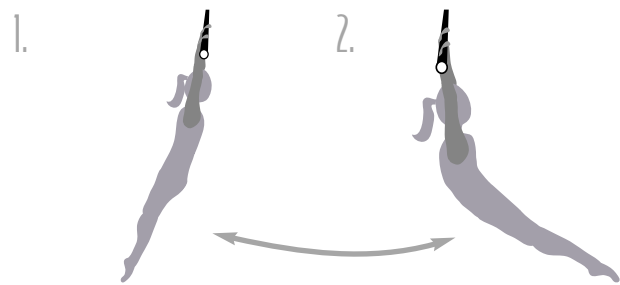
4) TAP SWINGS TO CANDLE POSITION



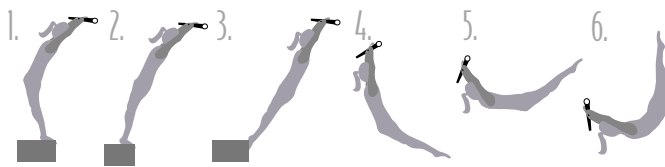
On floor learn body positions – tight arch.



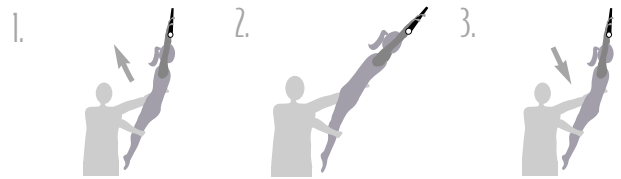
Hollow using just upper 1/4 of body. Hollow comes from just the rib cage up. No piking.



Arch and hollow holds from a hang. Repeat snapping through each position. Note: Do not allow any piking in hips to create hollow.

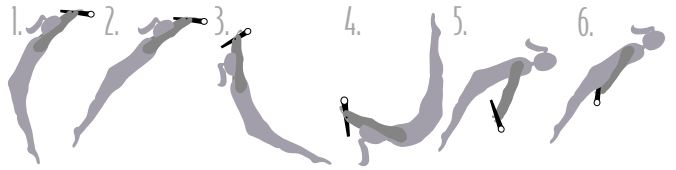


From edge of box start in hollow body position, slide feet off dropping down then tight arch position keeping contact with feet on box during arch position. Snap to candle position then swing back to hollow body stand. Note: If you have an over head spotting rig, hang a foam block just within kicking range during candle position.

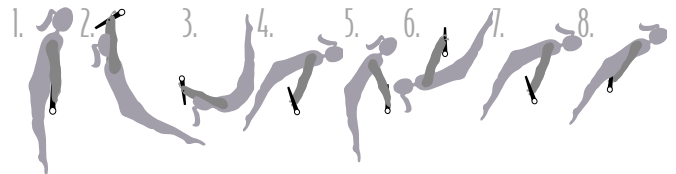


From arch hang slowly press to hollow body position.

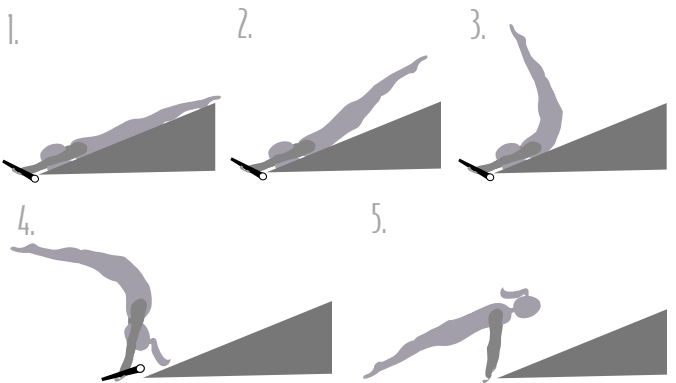
5) 3/4 GIANT TO BACK HIP CIRCLE



Tap Swing to pull over. Concentrate on head position/straight arm/hollow body.

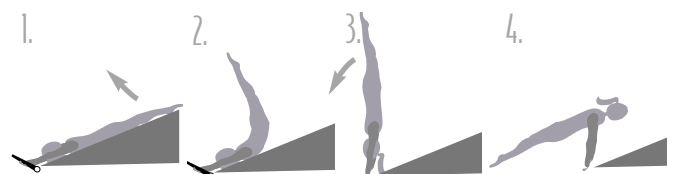


Repeat from small cast concentrating on hollow arch candle position over the bar and flicking wrists to top of bar quick enough to push to support so a back hip circle can be accomplished.

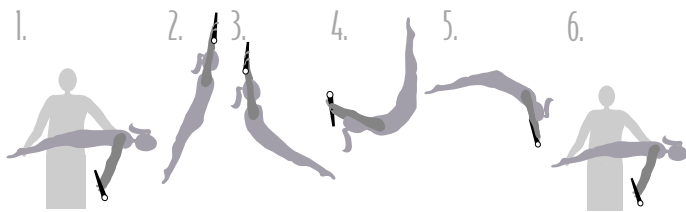


Using floor bar and wedge mat. Lying flat on mat roll through candle position to hollow body push up position. (Do not open up through to handstand).

6) GIANTS



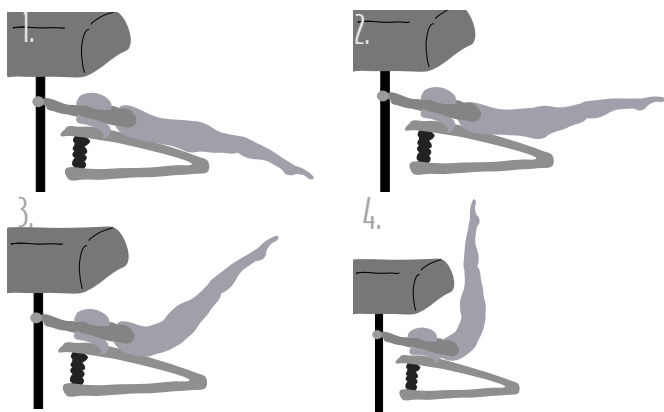
Continue floor bar drill going through handstand then dropping to hollow body push up position.



With spot hold gymnast in hollow body support release allowing body to perform correct tap swing to $3/4$ giant finishing in hollow body support.

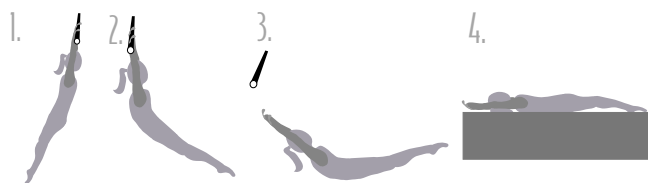
Increase angle of support in the beginning phase and end phase. This can be done with or without a spot.

Continue until complete giant is done.

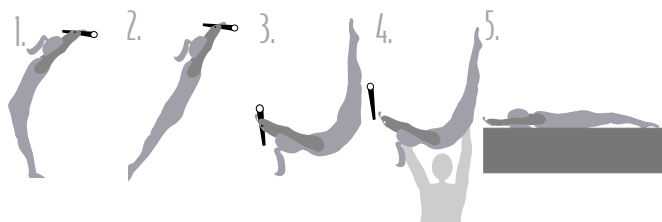


Hollow body raises using vaulting horse and board.

7) FLYAWAY

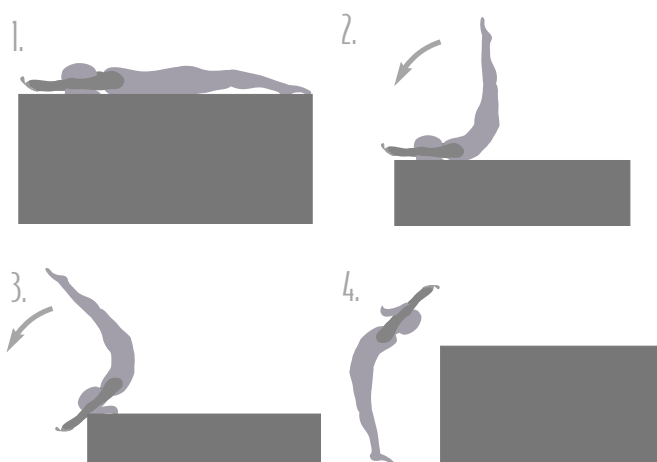


3 arch hollows to snap to candle and drop to skill cushion. Body needs to stay tight throughout the whole drill, toes pointed legs and feet together. Do not allow this skill to be executed incorrectly. This is a foundation drill.



With a spot, perform 2-3 tap swings to quick snap to candle (feet above bar height). Release bar holding candle position drop to skill cushion. (You can use a hanging foam block to kick, and as a visual cue.)

Repeat from cast building to cast handstand with spot.
Repeat from giant build to two giants with spot.



Lying flat on resi pit of stacked boxes slowly pull to candle position and roll off mat holding candle position to stand.



With spot – From 2-3 tap swing snap to candle position then perform the rolling off stacked boxes position in air. Keeping arms over head. (You can use a hanging foam block as a visual cue, showing where to kick and when to release the bar.)

Repeat with cast working up to handstand. Repeat with giant building up to 2 giants.