

74 Fundamental Gymnastics Positions



1. Hands on Hip

1. **Hands on hip** – The hands are placed firmly just above the hips, palms on the crest of the hip bone, the four fingers forward and together and the thumbs behind. The wrist must sink a little too good position for ease. Shoulders must be even, elbows straight out at the sides.

2. **Hands on waist** – Hands are placed firmly at the smallest part of the trunk (waist). The position of the hands is the same as hands on hips.

3. **Hands on neck** – Place the hands at the back at the lower part of the head, tips of the 3rd fingers of the left and the right hands touching each other. Elbows apart in line with the shoulders.

4. **Hands on shoulders** – Place the hands on shoulders, with the fingers straight. Elbows in line with the shoulders. Head erect.

5. **Shoulders firm** – The forearms are raised upward, elbows flexed and kept close to the sides as much as possible. Hands are placed in the shoulders. Elbows carried as far to the rear as possible.



6. Hands on Forehead

7. Hands on Head

8. Arms Forward

9. Arms Sideward

10. Arms Upward

6. **Hands on forehead** – Place the hands on forehead, palms facing inward, each other. Elbows pulled backward and upward as much as possible.

7. **Hands on head** – Place the hands on the head with the palms facing downward, fingers close together, third fingers touching each other. Elbows in line with the shoulders.

8. **Arms forward** – Raise both arms horizontally forward and keep them in a straight line from shoulder to tips of fingers parallel with each other palms of hands facing each other.

9. **Arms sideward** – Raise both arms sideways, with arms in line with shoulders. Fingers closed together, palms turned downward, and elbows and wrists extended.

10. **Arms upward** – Raise the arms upward to a perpendicular position above the head in a straight line from shoulders to tips of fingers. The palms of the hands are turned towards each other. Arms close to the ears.



11. Arms Obliquely Upward

12. Arms Obliquely Downward

13. Arms Bending Upward

14. Arms Bending Forward or Hands on Chest

15. Arms Bending Half-Forward

11. **Arms obliquely upward** – Raise arms halfway between sideward and upward positions. Fingers closed together, palms of the hands facing front or facing in.

12. **Arms obliquely downward** – Raise arms halfway between sideward and downward positions. Fingers closed together, palms facing front or down.

13. **Arms bending upward** – With closed fists or open palms, the forearms are raised upward to bend at the elbow-joint as much as possible. Hands at shoulder level and palms turned inward. Elbows close to the body.

14. **Arms bending forward or hands on chest** – The upper arms are raised horizontally sideways with the forearms sharply bent upon them in front. Hands, fingers, wrists, and forearms in one line, and on the same height with the upper arm and shoulder. Palms of hands turned downward. Shoulders kept well back.

15. **Arms bending half-forward** – The upper arms are raised horizontally sideways with forearms bent to a right angle at the elbow joints. Hands, fingers, wrists, and forearms in line with the upper arms and shoulders. Palms turned toward each other. Shoulders well back.

Fundamental Gymnastics

Wolfgang Guggemos



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