Gymnastics Vocabulary

GENERAL:
mat: (colchoneta) a piece of protective material usually placed on the floor
Example: It is safer to practice gymnastics on a mat.

neutral position: the natural placement of a part of the body
Example: When doing a handstand, do not bend or extend your neck. Keep it in the neutral position.

ACTIONS:
balance: (equilibrarse, guardar el equilibrio) maintain a steady position without falling
Example: Please balance on your left foot.

face: (mirar hacia) be positioned with the face or front toward someone or something
Example: Please face the wall and put your left foot on the wall.

tuck: (Agruparse) Legs bent, and bent at the hips; ideally bringing your chin to your chest and legs to your chest
Example: Always tuck your head by bringing your chin to your chest so that you do not hurt your neck.

SKILLS:
roll: (voltereta) a complete roll on the ground

handstand: (el pino o equilibrio de manos) balancing your body upside down on your hands (i.e., standing on your hands); Your entire body should be in a straight line, from hands to toes

headstand: (equilibrio de cabeza o puntal) a handstand that also uses your head for balance

front flip: (mortal) a complete forward roll in the air

back flip: (mortal atrás) a complete roll backwards in the air.

side cartwheel: (rueda lateral) is a complete side rotation of the body

front cartwheel: (la rondada) like a side cartwheel, but instead of facing one side, you turn your body to face front

bridged handstand: (pino-puente) the sum of a handstand and a bridge.

front handspring: (paloma) a complete inversion of your body with a running start and a hand push on the ground