



Strukturgruppen Structure Groups

- Januar / January 2012



Neuerung / New

- Nach dem 3. Schwierigkeitsteil aus derselben Strukturgruppe (auch in Fällen, in denen mehrere Strukturgruppen in einer Elementverbindung vorkommen) wird das Schwierigkeitsteil nicht mehr gezählt.

The difficulty of a move will no longer be counted after the 3rd occurrence of an element from the same structure group (including cases where more than one structure group is represented in an element combination).

- Zusätzlich wird ein Abzug von 0,2 P. im Küraufbau für Mangel an Vielseitigkeit vorgenommen (pro Strukturgruppe).

For every group with more than three occurrences, there will be an additional deduction of 0.2 in composition for lack of variation.



Geradeturnen Strukturgruppen (1)

Straight-line Structure Groups (1)

- Knieumschwung (alle Varianten)
Knee circle (all variations)
- Hüftumschwung (alle Varianten)
Hip circle (all variations)
- Hohes Überhocken (alle Varianten)
High tuck over (all variations)
- Alle Elemente, die den Kniependelhang beinhalten –
als zentrale oder dezentrale Elemente
All elements containing a knee hang (centralised and decentralised)



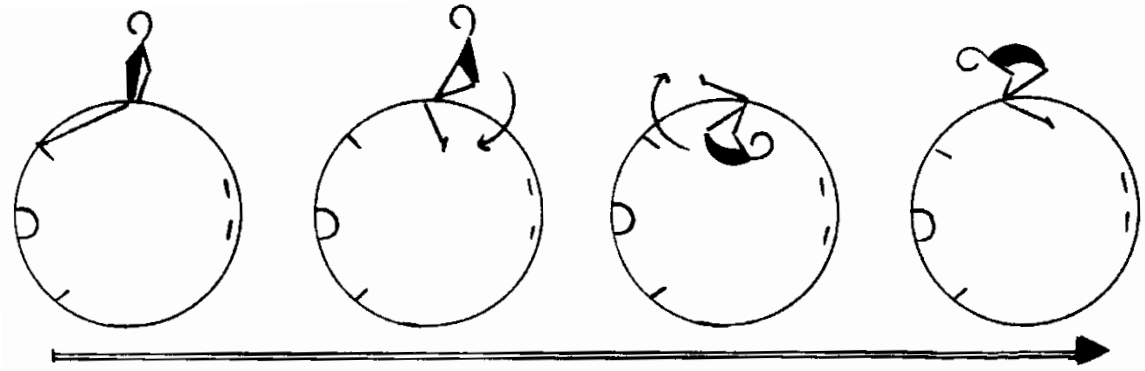
Geradeturnen Strukturgruppen (2)

Straight-line Structure Groups (2)

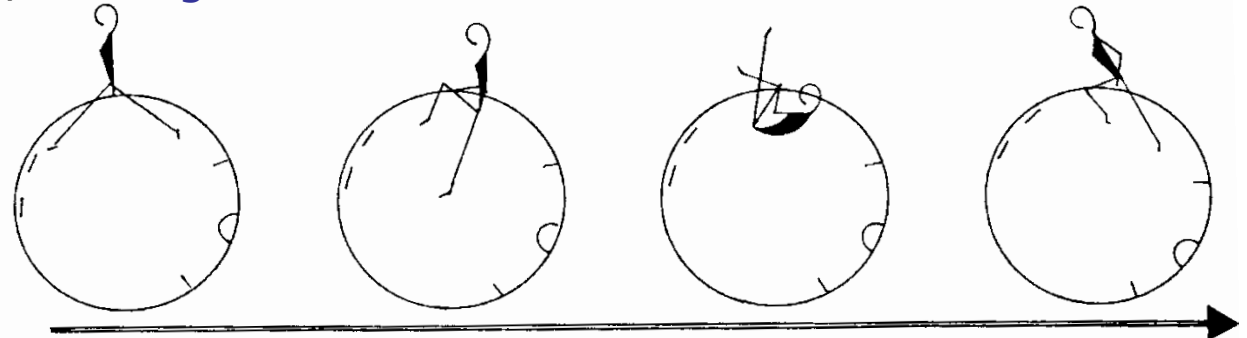
- Hüfabschwung mit $\frac{1}{2}$ Drehung
Downward hip circle with $\frac{1}{2}$ turn
- Hohe Rolle (alle Varianten)
High roll (all variations)
- Riesenbrücke (alle Varianten – auch einarmig)
Giant bridge (all variations – also with one arm)

Knieumschwung / Knee circle

- Beidbeinig / Legs together

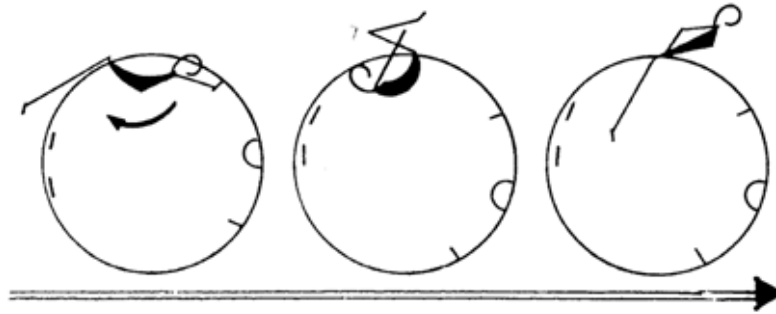


- Einbeinig / One leg

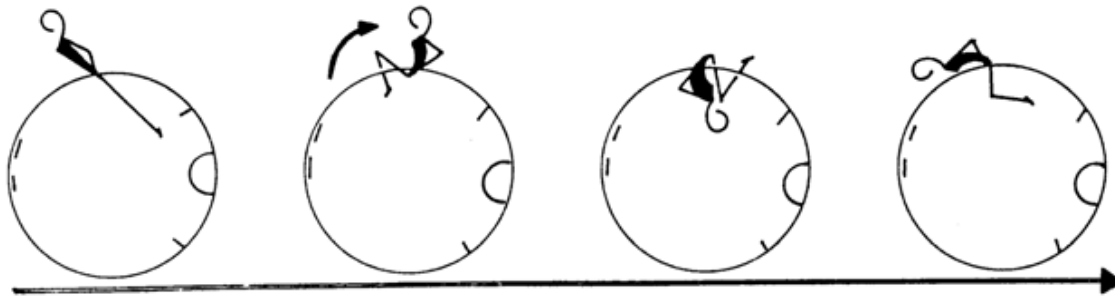


Hüftumschwung / Hip circle (1)

- vorwärts / forwards

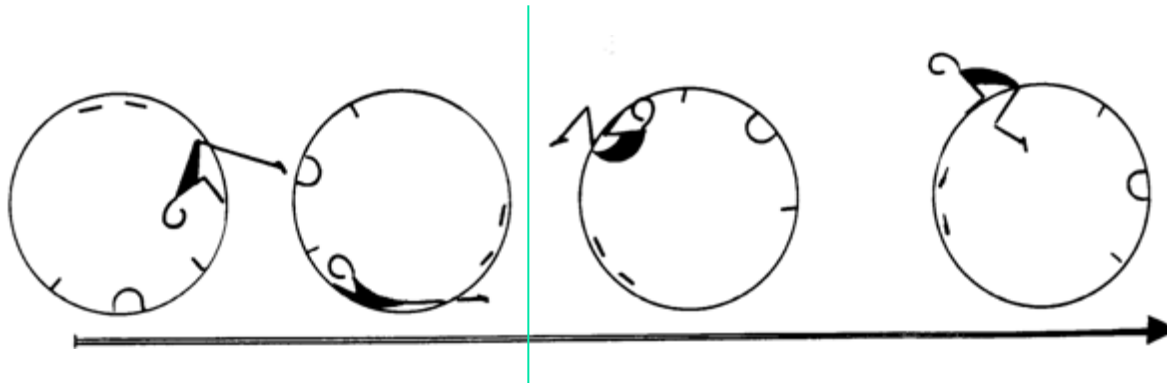


- rückwärts / backwards



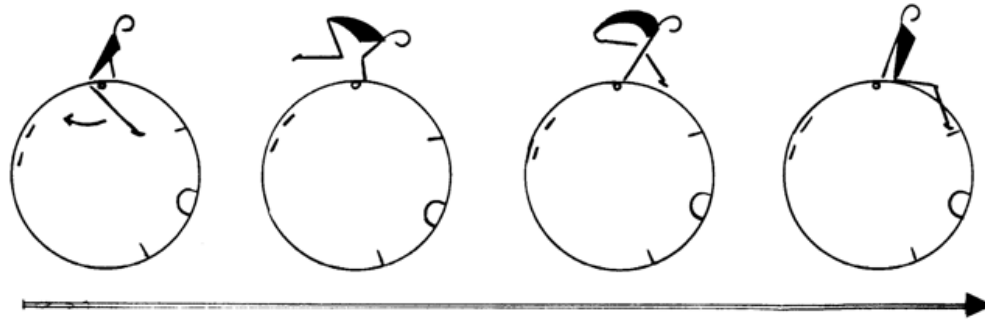
Hüftumschwung / Hip circle (2)

- Auch aus Bauchlage rückwärts / Also from front lying backwards

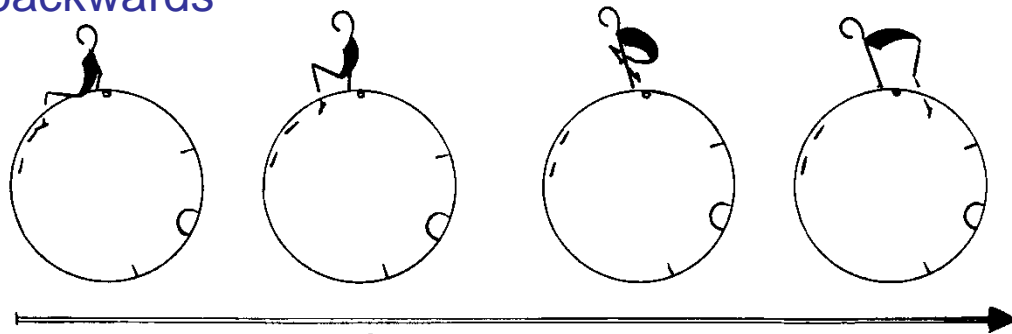


Hohes Überhocken / High tuck over

- vorwärts / forwards

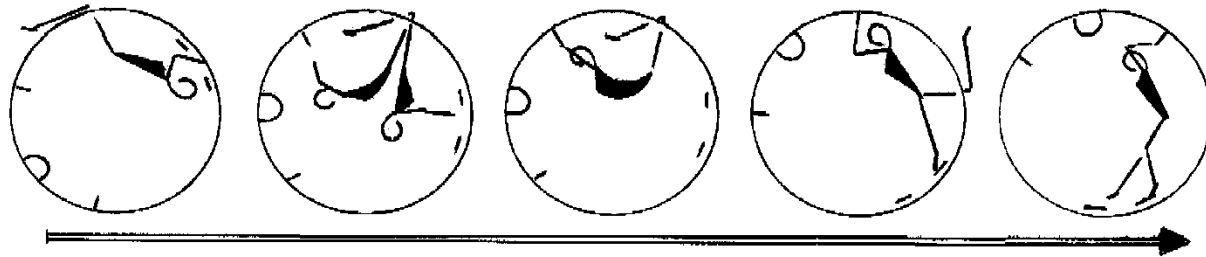


- rückwärts / backwards

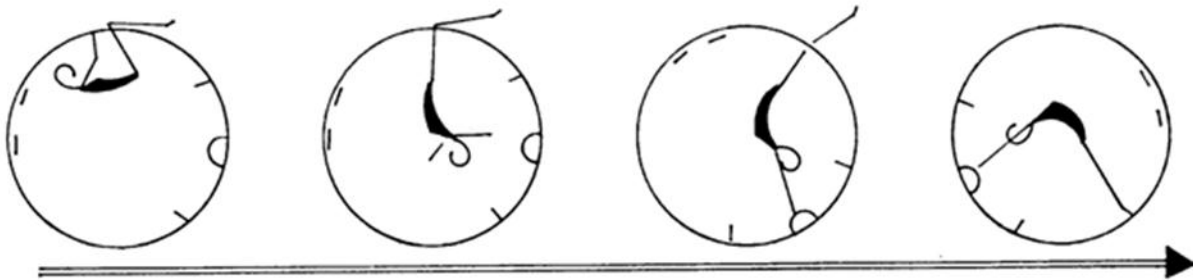


Kniependelhang / Knee hang (1)

- Freier Kniependelhang (mit beliebigem nachfolgendem Element)
Free knee hang (with optional subsequent element)

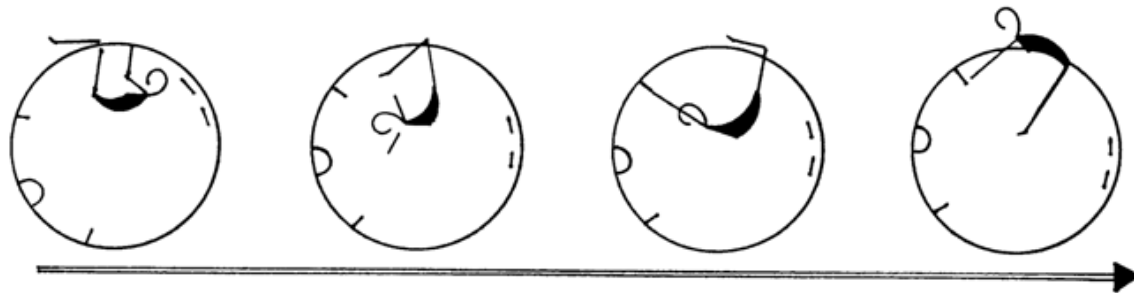


- Vom freien Kniependelhang vw in die Brücke vw
From free knee hang forwards into bridge forwards



Kniependelhang / Knee hang (2)

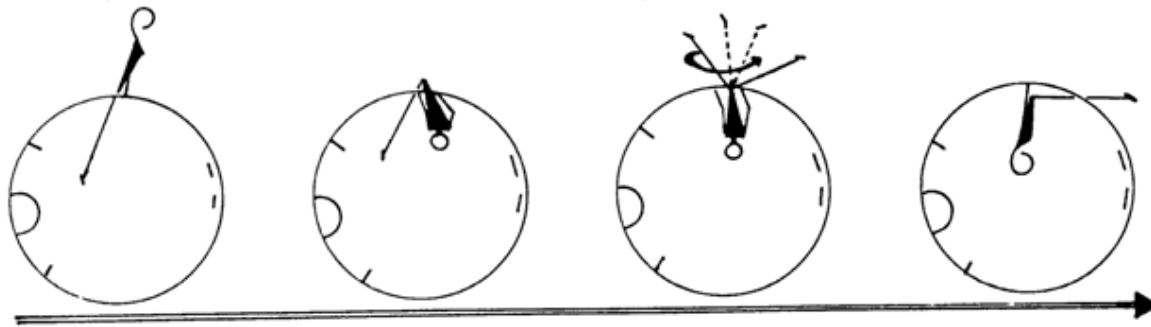
- Kniependelhang rw, Sitz ohne Aufstellen der Füße rw
Knee hang backwards into sitting backwards with feet free



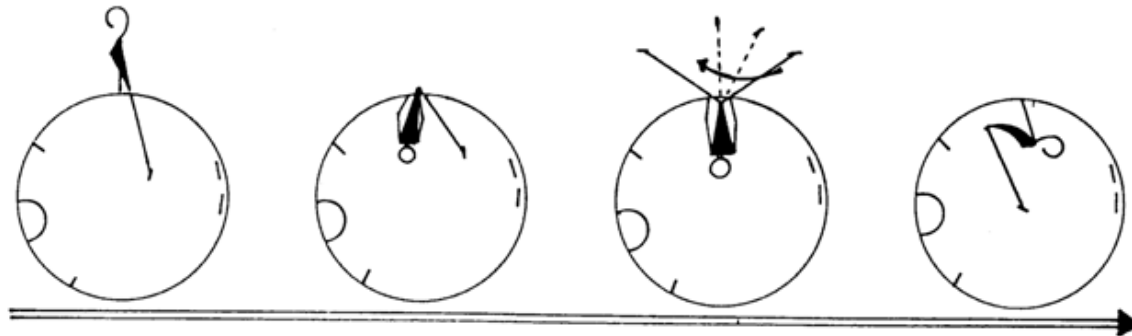
Hüftabschwung mit $\frac{1}{2}$ Drehung

Downward hip circle with $\frac{1}{2}$ turn

- in Rollrichtung / in rolling direction



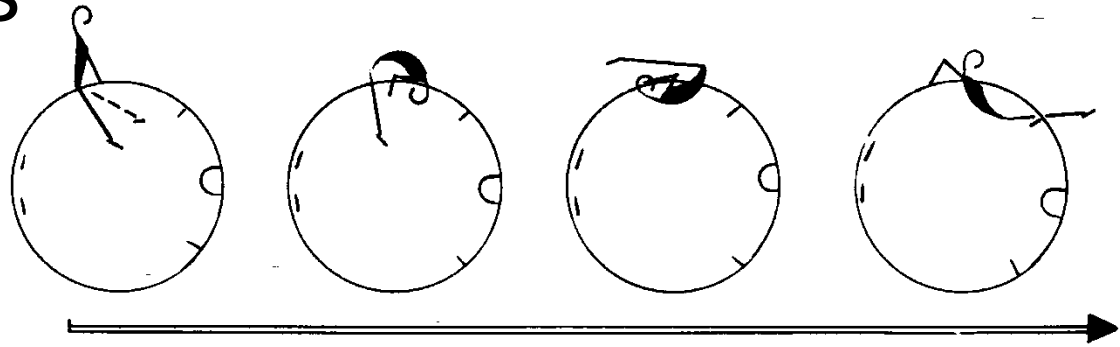
- gegen Rollrichtung / against rolling direction



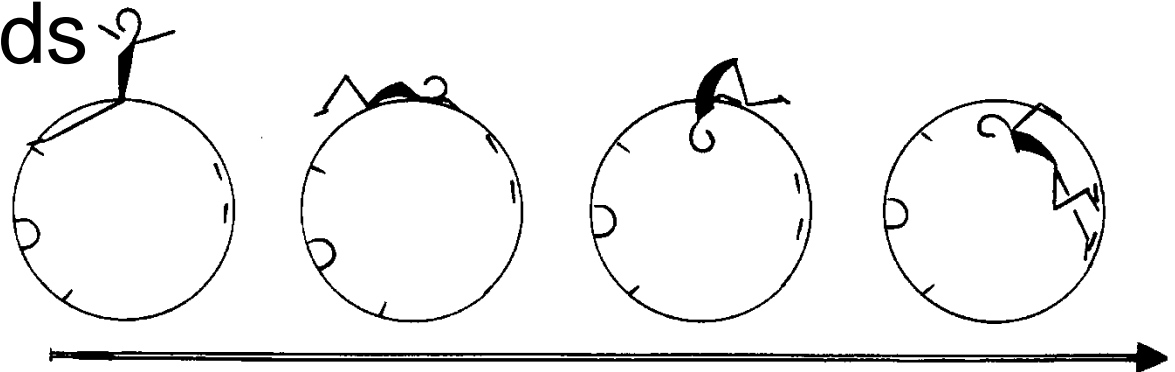


Hohe Rolle / High roll (1)

- forwards

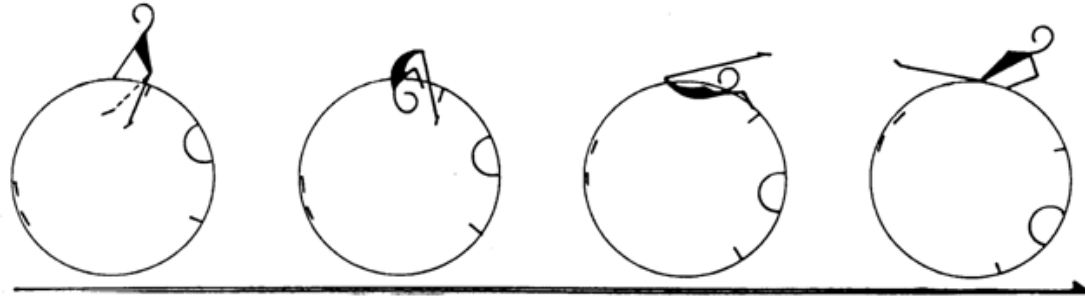


- backwards

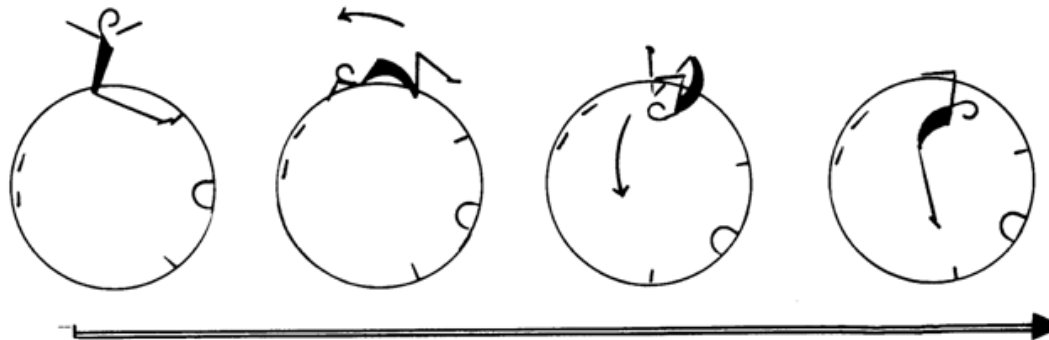


Hohe Rolle / High roll (2)

- vorwärts gegen die Rollrichtung
forwards against rolling direction

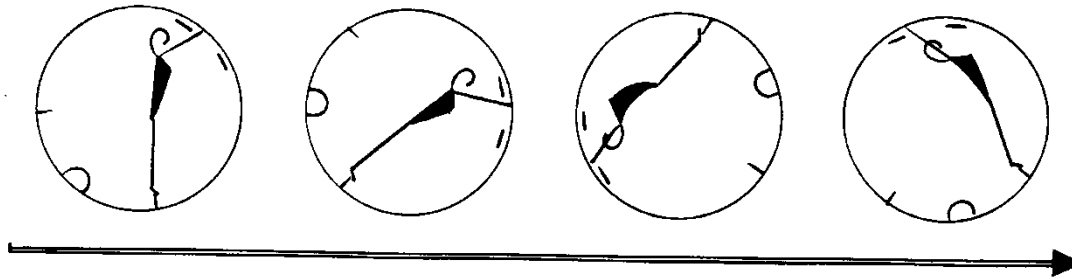


- rückwärts gegen die Rollrichtung
backwards against rolling direction

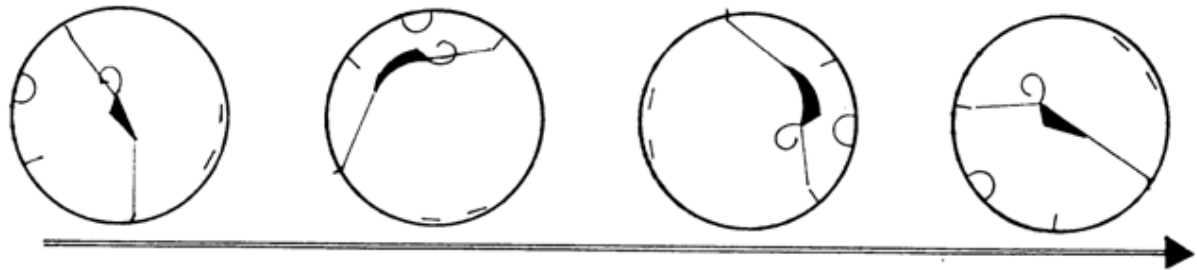


Riesenbrücke / Giant bridge

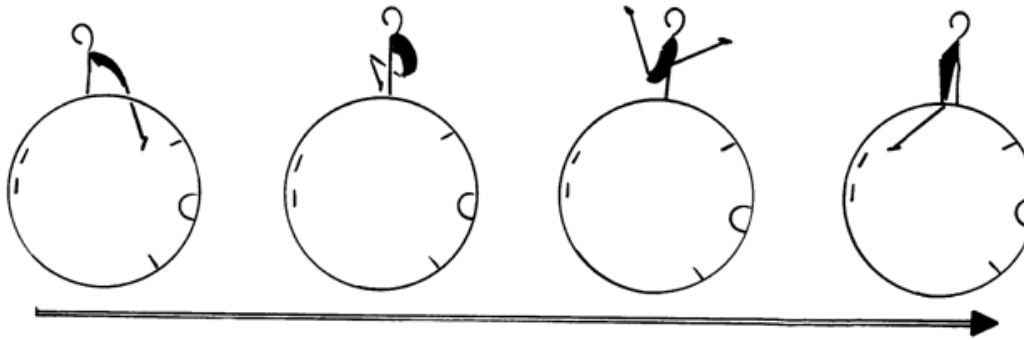
- vorwärts / forwards



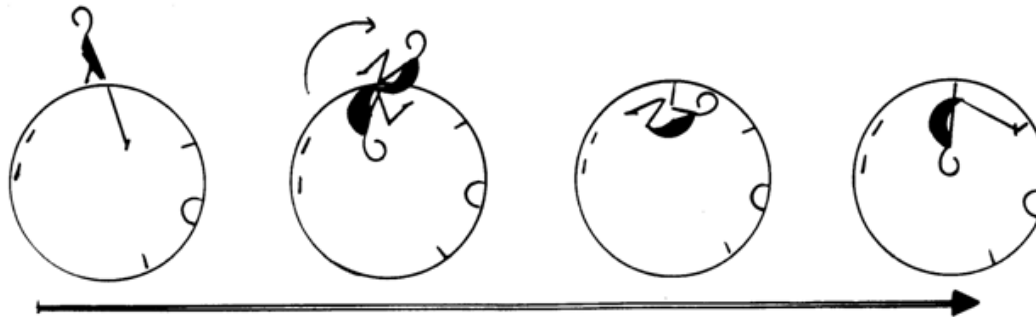
- rückwärts / backwards



Beispiele / Examples (1)

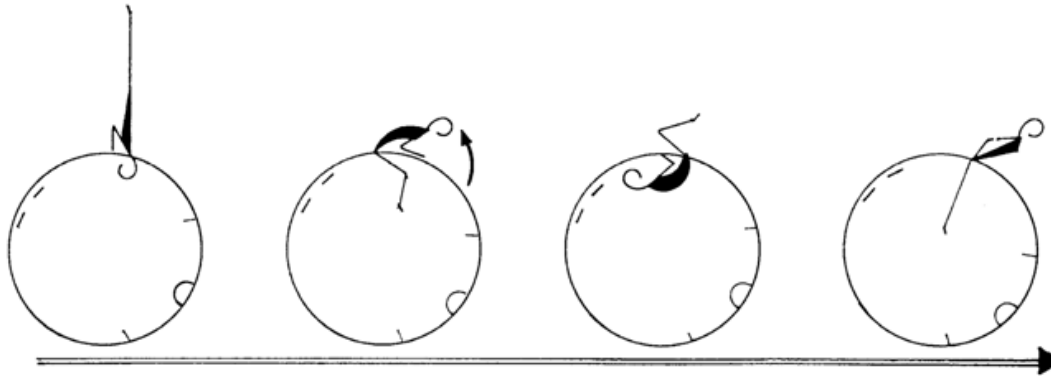


- Hohes Überhocken / High tuck over

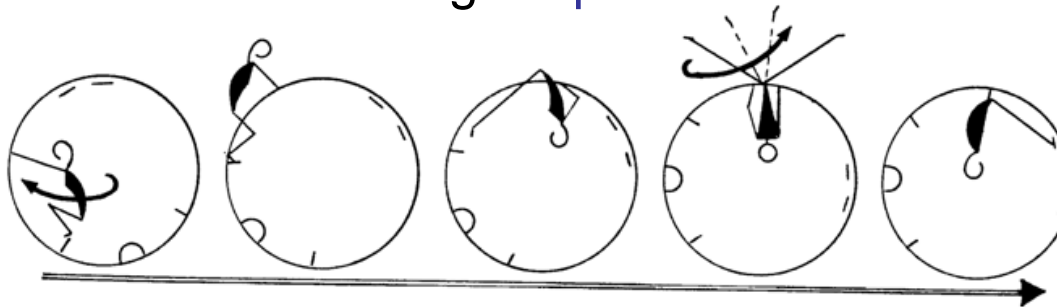


- Hüftumschwung / Hip circle

Beispiele / Examples (2)

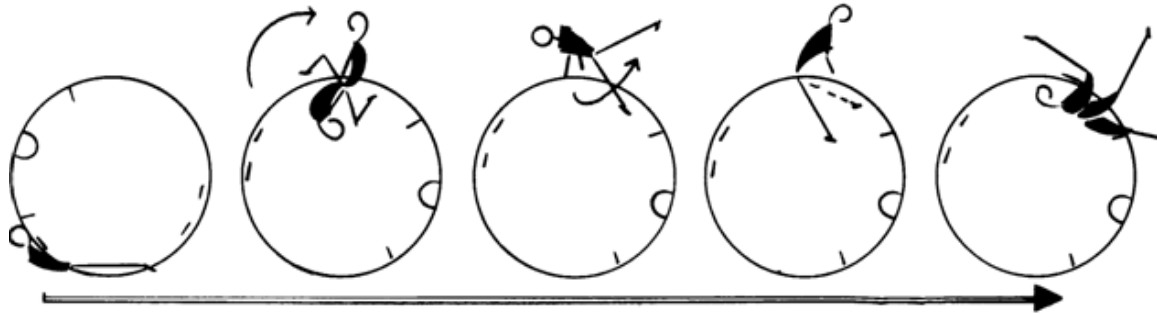


- Hüftumschwung / Hip circle

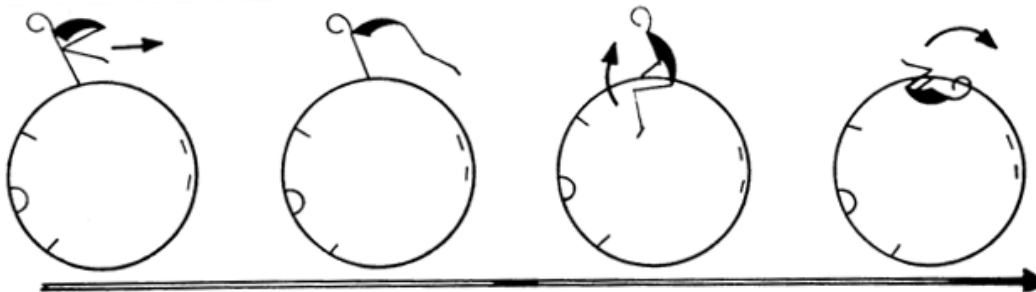


- Hüftabschwung mit $\frac{1}{2}$ Drehung / Downward hip circle with $\frac{1}{2}$ turn

Beispiele / Examples (3)

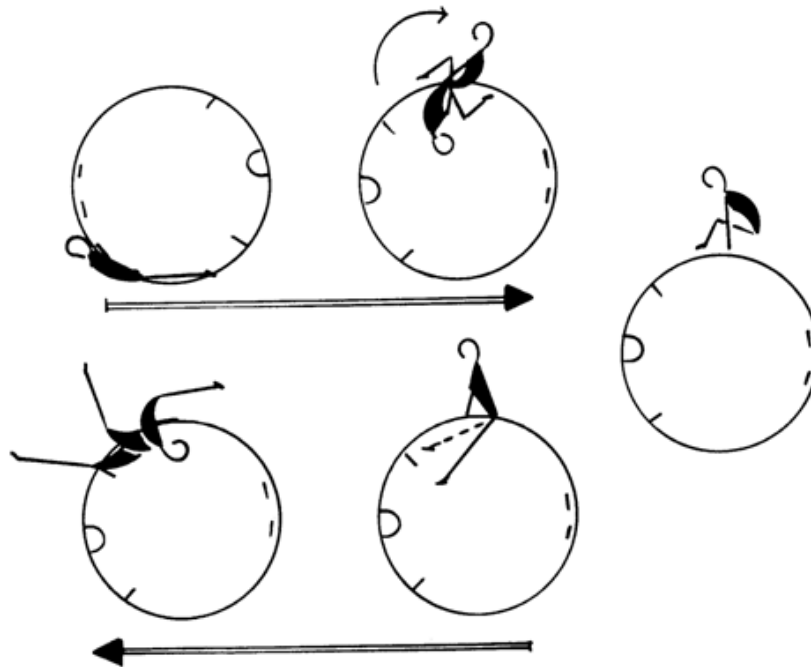


- Hüftumschwung, hohe Rolle / Hip circle, high roll



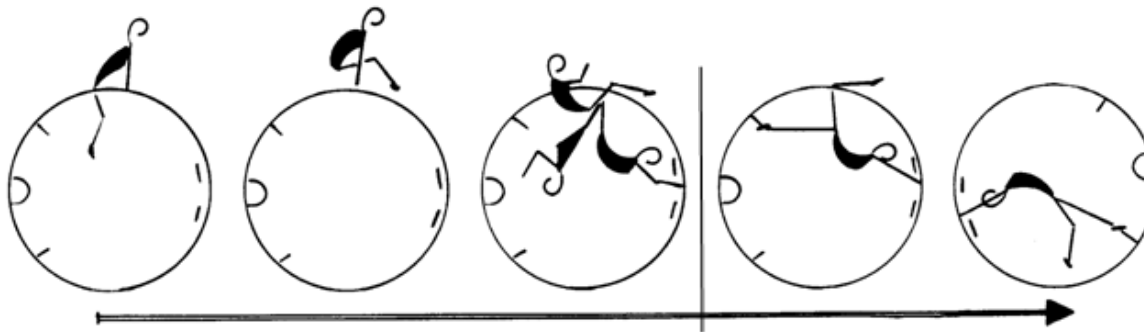
- Hohes Überhocken, Hüftumschwung / High tuck over, hip circle

Beispiele / Examples (4)

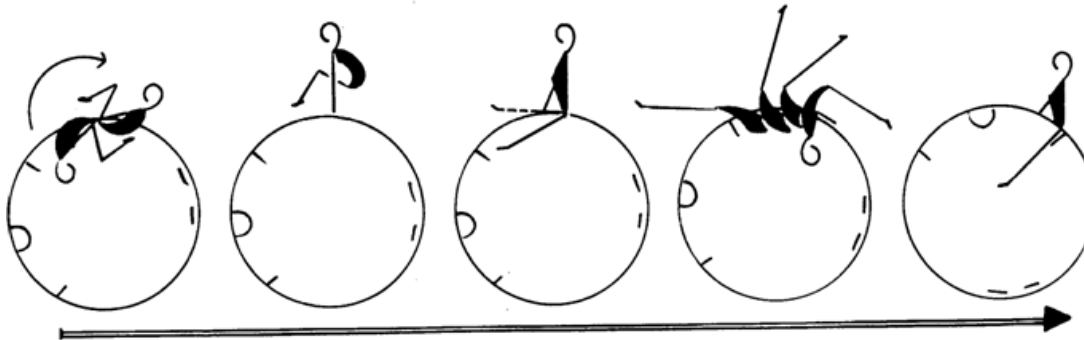


- Hüftumschwung, hohes Überhocken, hohe Rolle
Hip circle, high tuck over, high roll

Beispiele / Examples (5)

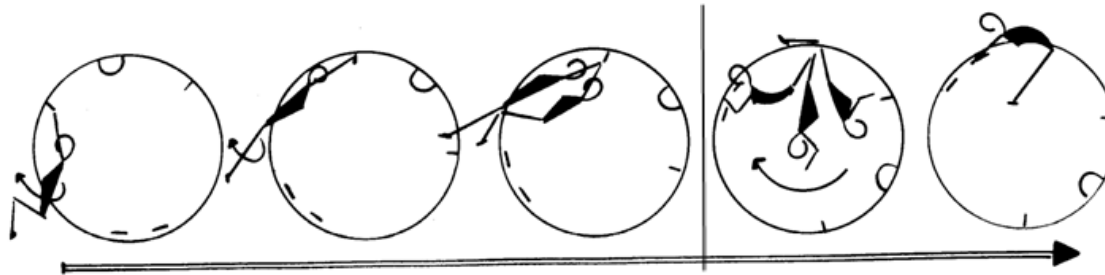


- Hohes Überhocken, Kniependelhang / High tuck over, knee hang

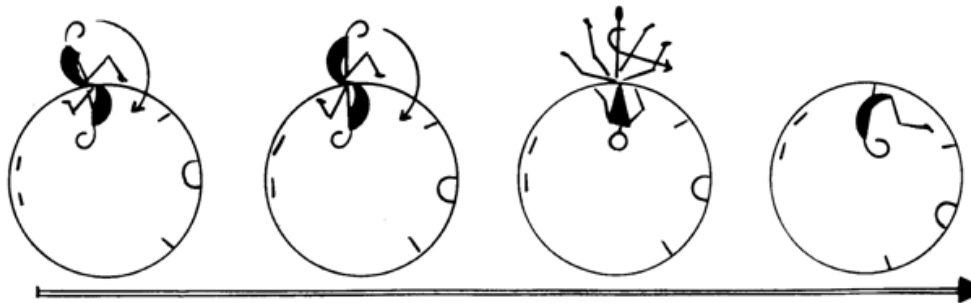


- Hüftumschwung, hohes Überhocken, hohe Rolle
Hip circle, high tuck over, high roll

Beispiele / Examples (6)

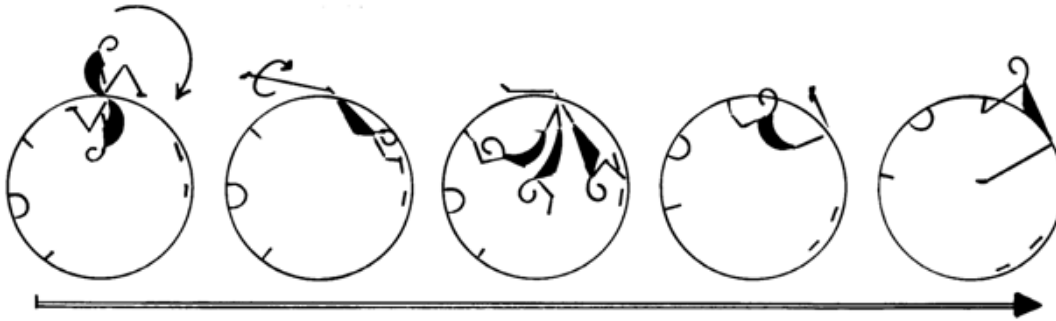


- Kniependelhang / Knee hang

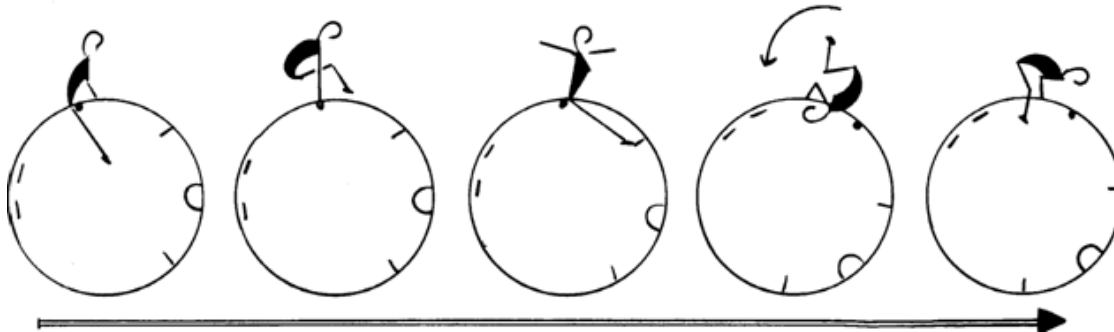


- Hüftumschwung, Hüftabschwung mit $\frac{1}{2}$ Drehung
Hip circle, downward hip circle with $\frac{1}{2}$ turn

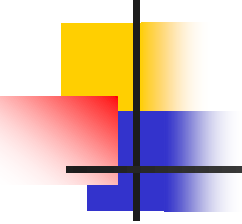
Beispiele / Examples (7)



- Hüftumschwung, Kniependelhang / Hip circle, knee hang



- Hohes Überhocken, hohe Rolle / High tuck over, high roll



Strukturgruppen Spirale

Spiral Structure Groups

- Wechsel ohne Bindungen (alle Varianten, auch: Kippwechsel)
Change without bindings (all variations, including tip change)
- Übungen mit Spagat
→ es wird nicht zwischen großer und kleiner Spirale unterschieden
Moves with splits
→ structure groups do not differentiate between big and small spiral



Spagat / Splits

- Kleine Spirale / **Small spiral**
 - Seitliegestütz mit Vorspreizen zum unteren oder oberen Reifengriff (auch einarmig)
Side front support, one leg in front on lower/upper outer handle
 - Tiefer Seitspagat (auch einarmig)
Low side splits (also with one arm)
- Große Spirale / **Big spiral**
 - Übungen mit Spagat, einschließlich Seitspagat (alle Varianten, auch einarmig) [NB: Spagatkippwechsel = Spagat & Wechsel]
 - Moves with splits, including side splits (all variations, also with one arm) [NB: Splits tip change = splits & change]