

Terminologische Grundlagen

Körperhaltungen

Armhaltungen

Beinhaltungen,-bewegungen

Körperachsen

Verhalten zum Gerät

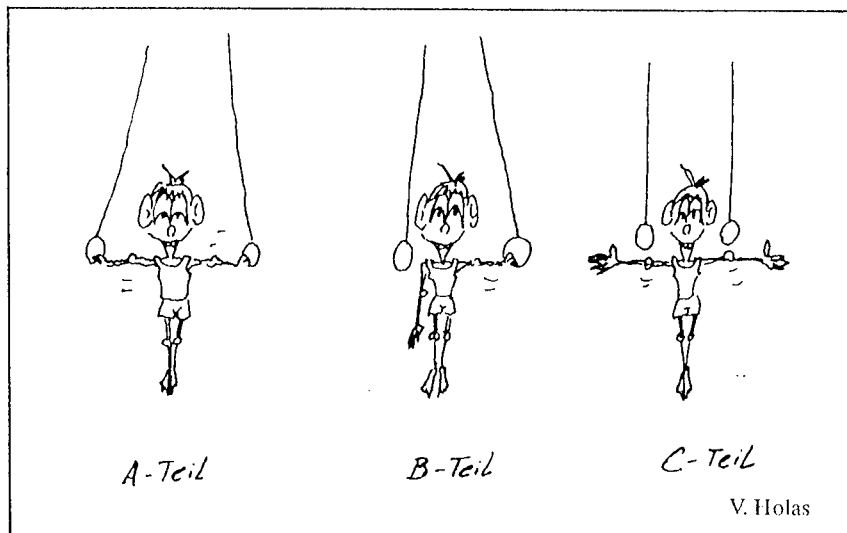
Bewegungsrichtungen

Drehachsen

Griffarten am Gerät

Helfergriffe

Positionen des Körpers

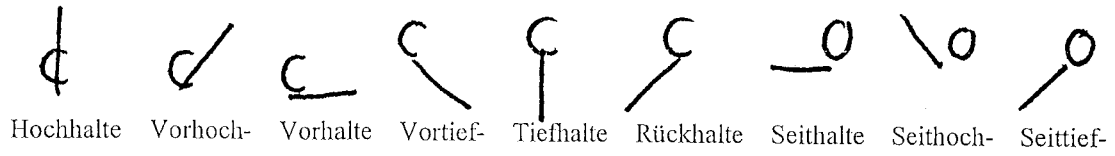


Terminologische Grundlagen 1

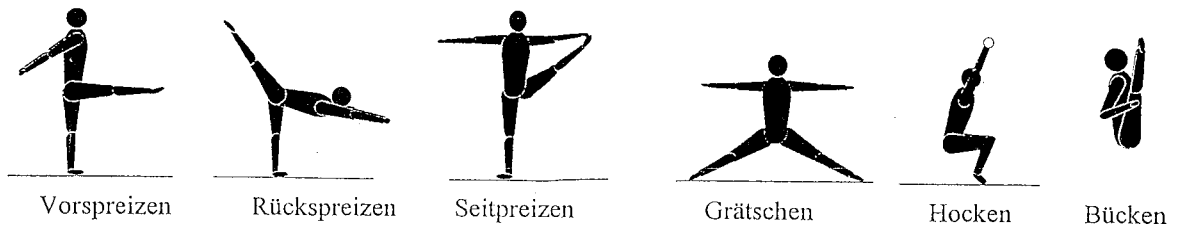
Körperhaltungen



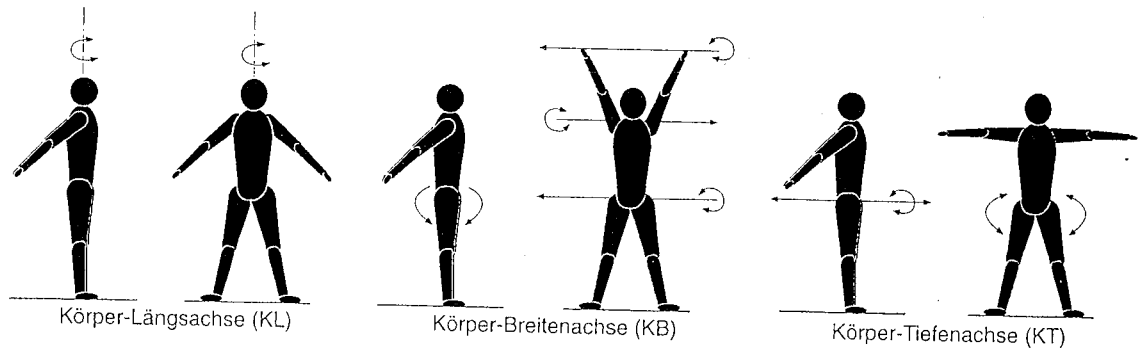
Armhaltungen



Beinhaltungen,-bewegungen



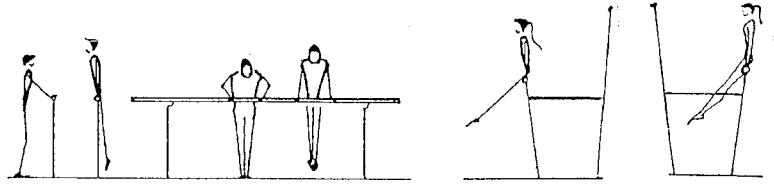
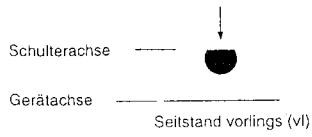
Körperachsen



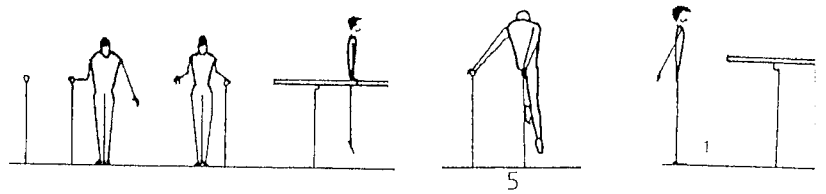
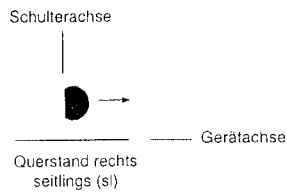
Terminologische Grundlagen 2

Verhalten zum Gerät

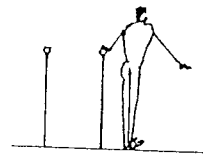
Seitverhalten (Seitstand, Seitstütz, Seitsitz)



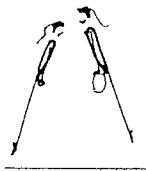
Querverhalten (Querstand, Querstütz, Quersitz)



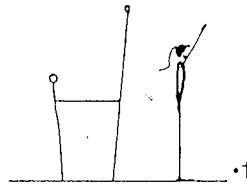
Schrägverhalten (Schrägstand)



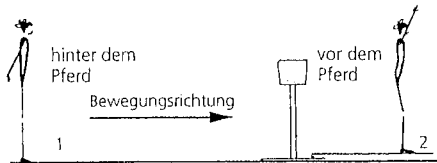
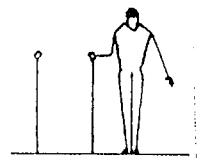
Vorlings, hinter dem Gerät



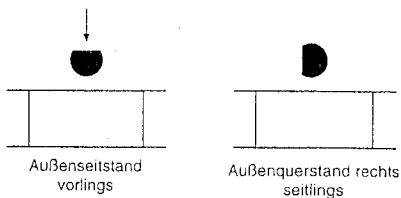
Rücklings, vor dem Gerät



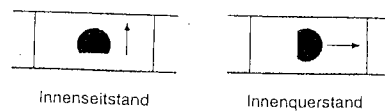
Seitlings



Aussen

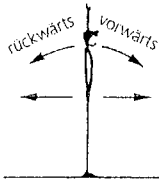


Innen

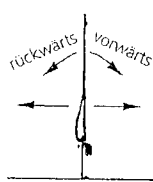


Terminologische Grundlagen 3

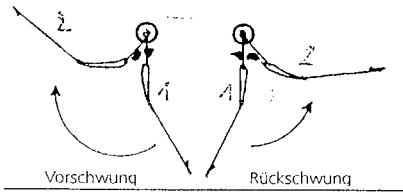
Bewegungsrichtungen



im Stand (Kopf oben)



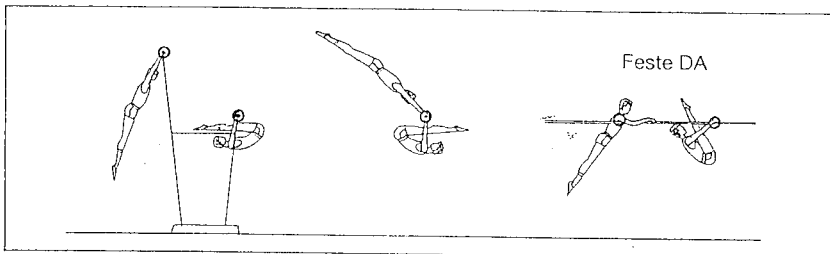
im Stand (Kopf unten)



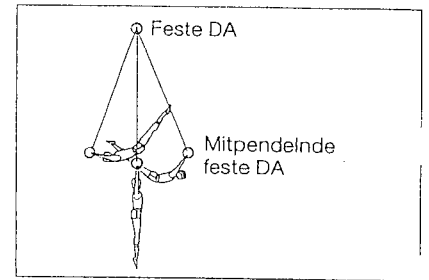
Vorschwung
vw-Bew/rw-Rot

Rückschwung
rw-Bew/vw-Rot

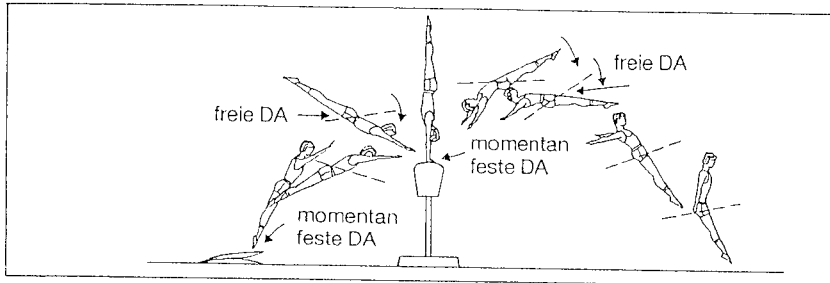
Drehachsen



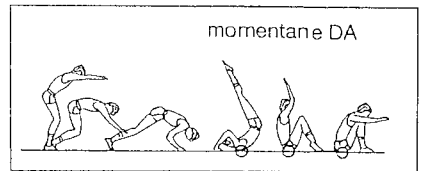
feste DA



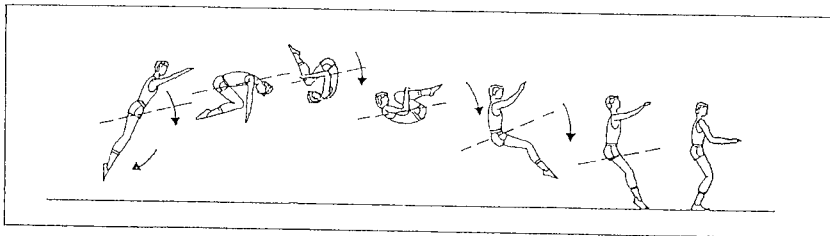
mitpendelnde feste DA



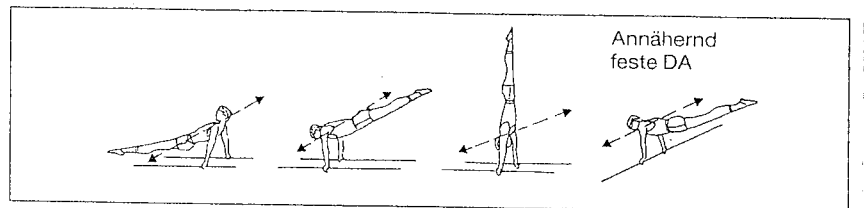
kurzfristig/kurzzeitig (oder momentan) feste DA



momentane DA



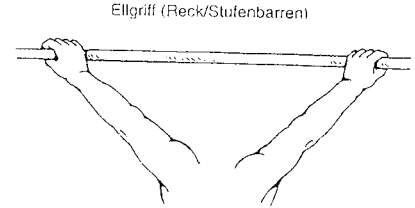
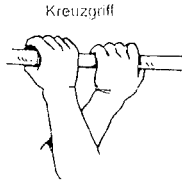
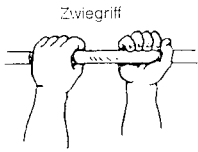
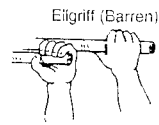
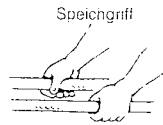
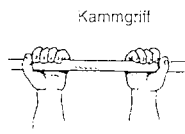
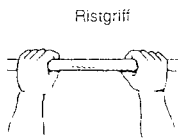
freie DA



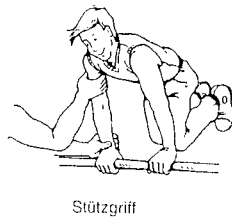
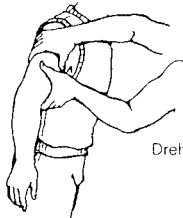
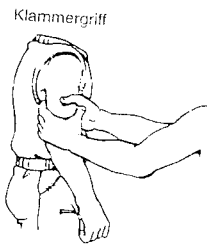
annähernd feste DA

Terminologische Grundlagen 4

Griffarten am Gerät



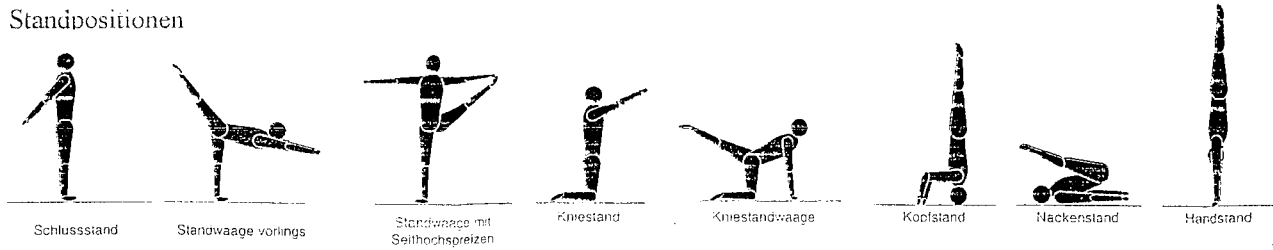
Helfergriffe



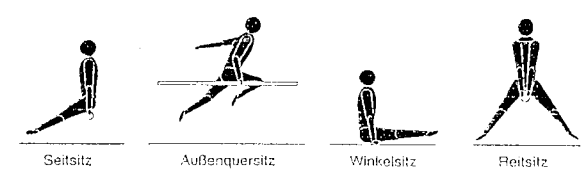
Terminologische Grundlagen 5

Positionen des Körpers

Standpositionen



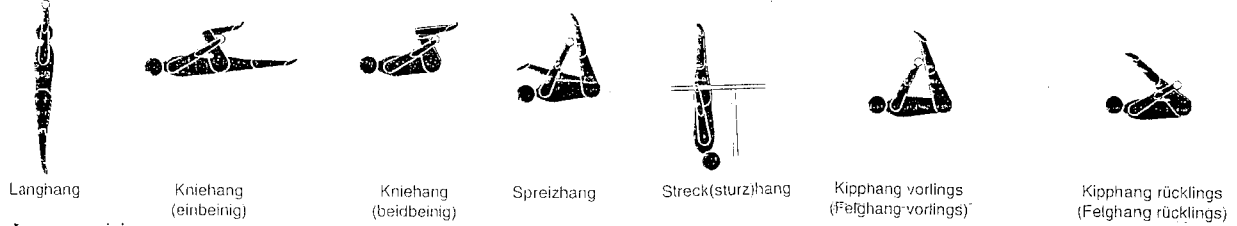
Sitzpositionen



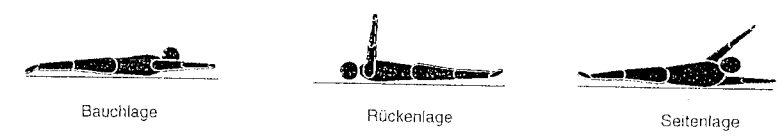
Stützpositionen



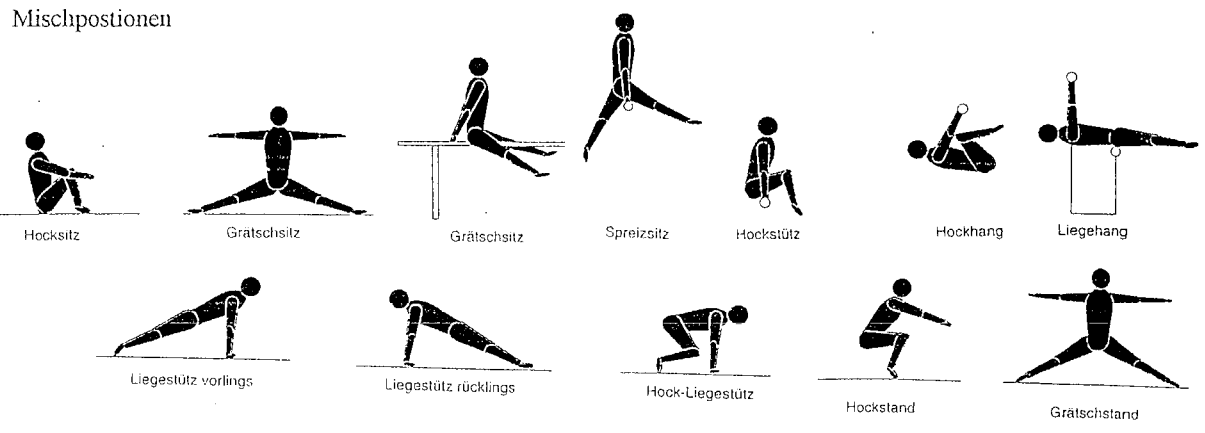
Hangpositionen



Lagepositionen

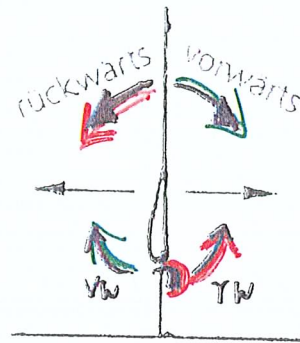
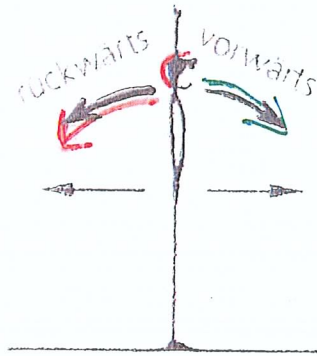


Mischpositionen

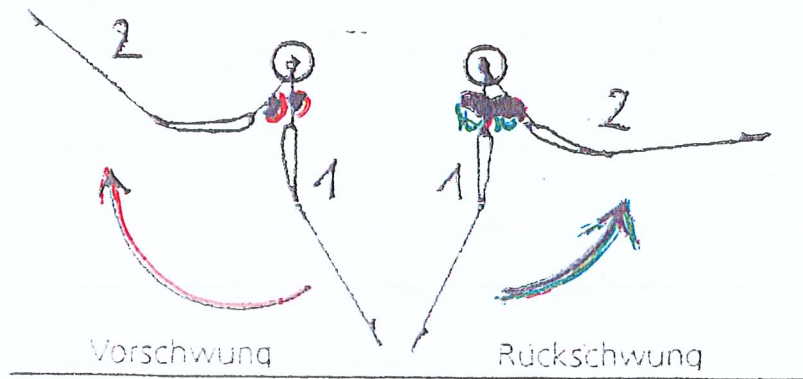


Bewegungsrichtungen

Rotationen



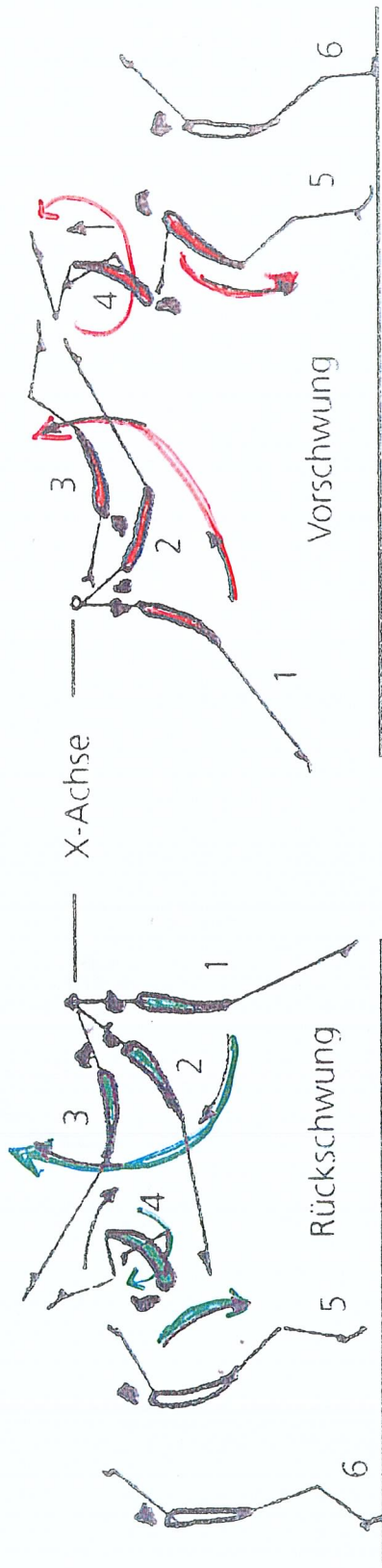
im Stand (Kopf oben) im Stand (Kopf unten)



Vorschwung
vw-Bew/rw-Rot

Rückschwung
rw-Bew/vw-Rot

Wenn beim Vor- oder Rückschwung im Aufschwungen der Griff gelöst wird, so behält der Körper die Drehrichtung bei, d.h. bei entsprechender Beherrschung wird daraus ein „Rückwärts- oder ein Vorwärtssalto“.

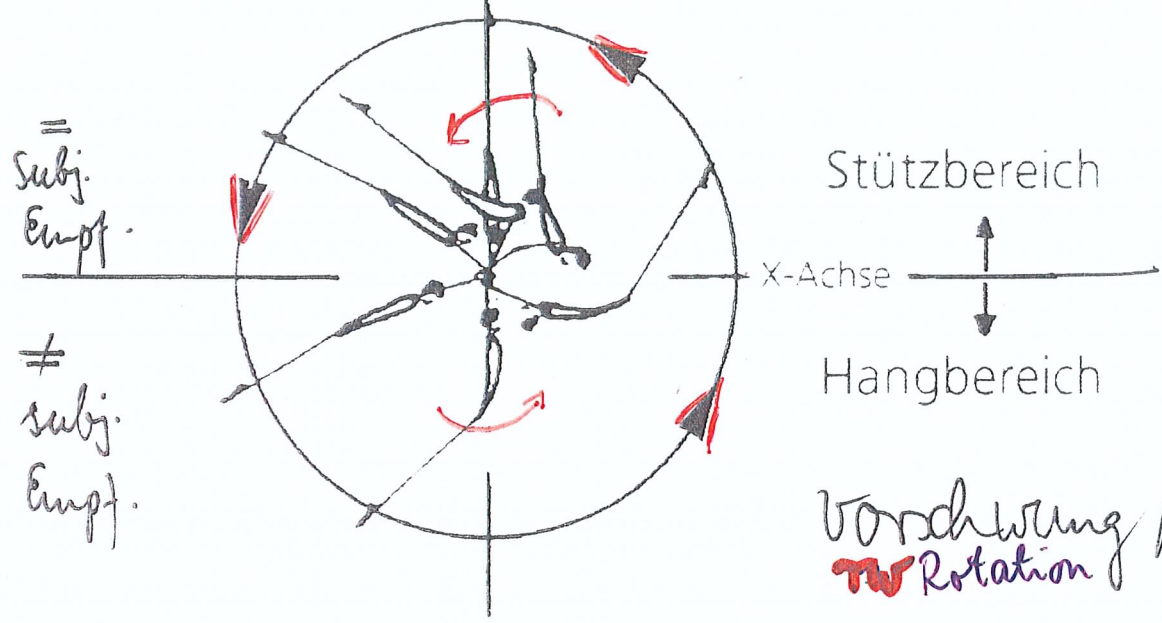


Salto vorwärts

Salto rückwärts

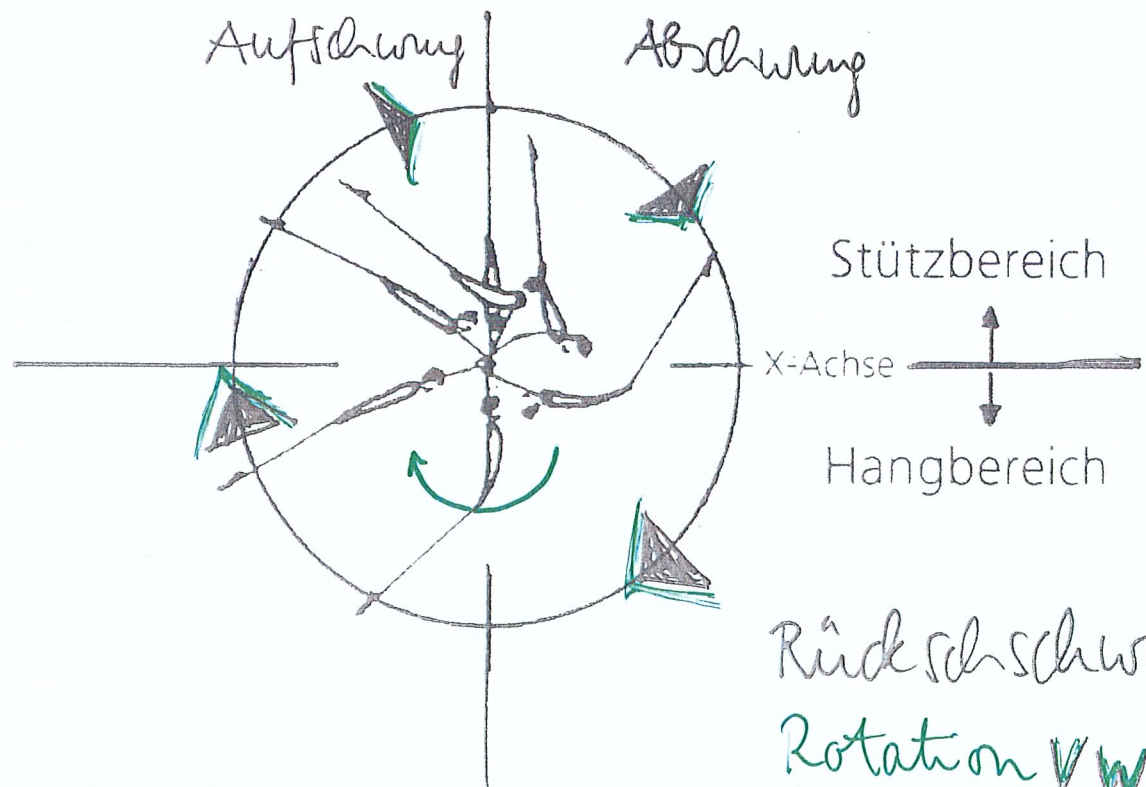
Empfinden $\begin{cases} = \text{Bew. richtung / Rotationsr.} \\ \neq \text{Bew. richtg. / Rotationsr.} \end{cases}$

Abschwingung Aufschwung



Vorschwingung / τ_w Rotation
 τ_w Rotati

Aufschwung Abschwingung



Rückschwingung /
Rotation τ_w Rotati

