

Basic Gymnastics Positions

A. ARM POSITIONS

Arm Positions

1. *Arms Forward*

Raise arms forward with palms facing each other. Hands in line with the shoulders, elbows slightly extended.



2. *Arms Sideward*

Raise arms sideward, palms facing down, finger tips in line with the shoulder.



3. *Arms Upward*

Raise arms upward, palms facing each other, elbows touching the ears, the whole arm in line with the body.



4. *Arms Oblique Positions*



forward

downward



backward

downward



sideward

downward



sideward

upward

5. *Arms in T-Positions*



T-Position



Reverse T-Position

B. HAND POSITIONS

Hand Positions

1. ***Hands on Waist***

Place hands on waist, fingers pointing front thumbs pointing backward.



2. ***Hands on Chest***

Palms facing down, thumbs touching the chest, elbows in line with the shoulders.



3. ***Hands on Shoulders***

Bend arms from the elbow, finger tips touching the shoulders, elbow in line with the shoulders, rib cage lifted.



4. ***Hands on Neck***

Bend arms from the elbows, place hands behind the neck, finger tips meeting each other, elbows in line with the shoulders.



5. ***Hands on Hips***

Place hands on hips, thumbs pointing back and fingers pointing front.



C. STANDING POSITIONS

A. *Standing Positions*

1. ***Feet together or Feet Parallel***

The feet are about one (1) inch apart, toes pointing forward. Arms at the sides.



2. ***Stride Position***

The feet are apart about 12 inches wide. The stride may be made wider than 12 inches. The weight of the body is on both feet and the trunks is at the center. Arms at sides.



3. ***Lunge Position***

Bend one knee, the other leg straight. Weight on both feet. Hands on hips.



4. ***Half-Knee Bend***

Feet together, bend knees to about 45° angle; feet flat on floor, body erect; hands on hips.



5. ***Full Knees Bend or Squat Position***

The knees are fully bent, sit on the heels of the feet. The weight of the body is on the balls of the feet.



D. SITTING POSITIONS

Sitting Positions

1. **Long Sitting Position**

Sitting with legs extended forward, toes pointed; trunk erect and hands on hips.



2. **Hook Sitting Position**

Sit on buttocks, bend knees close to the body. Trunk erect, hands on shin of the legs.



3. **Long Sitting Rest Position**

Legs and toes are extended forward; hands at the rear on the floor. Elbow and body straight.



4. **Tuck Sitting Position**

Sit on buttocks, bend knees close to body; round back so that the forehead and the knees are in contact; hold shin of legs.



5. **Stride Sitting Position**

Sitting on buttocks, spread legs apart, trunk erect, hands on thighs.



6. **Side Sitting Position**

Sitting on buttocks, bend right or left leg in front; other leg extended sideward. Hands on knees.



7. **Hurdle Sitting Position**

Sitting on buttocks, bend right leg at the back about 90° angle, the other leg extended diagonally forward.



8. **Heels Sit**

From kneeling position, sit on the heels of the feet, toes pointed. Hands on hips.



9. **Cross Sitting**



10. **Frog Sitting or Tailor Sitting**



E. KNEELING POSITIONS

Kneeling Positions

1. **Kneeling Position**

Kneel on both knees, knees close together, body erect, hands on hips.



2. ***Stride Kneeling Position***

Kneeling on both knees, with knees apart.



3. ***Half-kneeling Position Right or Left***

Kneeling on right, left in half-kneeling position in front. Hands on hips.



4. ***Kneeling Position One Leg***

Extended Sideward

Kneeling on one leg, the other extended sideward, forward or backward.



F. LYING POSITIONS

D. *Lying Positions*

1. ***Back or Supine Lying Position***

Lying on the back, the body is well extended, arms overhead, toes pointed.



2. ***Front or Prone Lying Position***

Body is well extended and in front of the body in contact with the floor. Toes pointed, arms forward.



3. ***Side Lying Position***

With the body well extended, the side of the body is in contact with the floor, one hand on the floor overhead and other hand bent close to chest palms on floor. Toes pointed.



4. ***Hook Lying Position***

In a back lying position, bend knees, with the feet close to buttocks, feet flat on the floor. Arms overhead.



5. ***Tuck Lying Position***

Lying on the back, pull the knees close to the forehead, hold shin of legs.



G. ARM SUPPORT POSITIONS

1. *Supine or Back Arm Support*

From a long lying position, lift the body with straight arms support. Body, legs and toes well extended and one straight line.



2. *Prone or Front Arm Support*

From a front lying position, lift the body to front arms support; body, legs and toes well extended and in one straight line.



3. *Side Arm Support*

The body is supported with the right or left arm; the body is well extended.



Video for Gymnastics positions

<https://drive.google.com/file/d/1-LU10Km1nj1ermJVQq3XLaRtExj5vFiF/view?usp=sharing>