

TUMBLING/GYMNASTICS VOCABULARY

TERMS	EQUIPMENT/EVENTS
Mount/Dismount	<i>Women:</i>
Front Support	- Vault
Tuck	- Uneven Bars
Pike	- Balance Beam
Straddle	- Floor
Knee Scale	
Arabesque	<i>Men:</i>
Tripod	- Pommel Horse
Headstand	- Still Rings
Handstand	- Parallel Bars
Cartwheel	- Horizontal Bar
Donkey Kick	- Vault
Pullover	- Floor
Back Hip Circle	
Skin the Cat	
Parachute	
Birds Nest	
Bear Walk	
Crab Walk	
Dip Walk	
Forward Roll	
Backward Roll	
Backward Shoulder Roll	
Egg Roll	
Log Roll	
Routine	
Execution	
Arch Position	
Apparatus	