

# Gymnastic Skills

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Gymnastics skills like handstands take many skills. Handstands aren't the only thing that requires skills; many other things like flips and rolls require them too.



## There are certain skills to do gymnastics.

Gymnastics activities develop body management skills without the need for equipment. There are certain types of skills to do gymnastics. For example, strength, coordination, balance, and flexibility are the skills. Gymnastics takes many steps for you to master the skills. You just have to wait and practice if you want to learn and succeed.

### Strength

Strength is required for everyone that does gymnastics from beginners to advanced gymnasts.

You need the strength to do the bars, floor, trampoline, vault and wall. Without strength, you would probably hurt or injure yourself while doing gymnastics.

Strength is a gymnastics trait that is very

important to have when you are doing the sport. Strength helps with gymnastics because you get advanced and you need the speed and power to do the skills.

### Flexibility

You need flexibility to do gymnastics. You need it for many types of gymnastics skills like cartwheels, splits, bars and handsprings. Flexibility isn't just important for a sport like gymnastics, it

### Interesting Facts

1. To do many gymnastic skills you have to point your toes while doing the skill.
2. You have to stay focused if you want to become a better gymnast and become better at the sport.
3. The most important thing to remember is to believe in yourself. That's the thing you have to do to get better at gymnastics.

is important for other sports too. There are 2 main types of flexibility, static and dynamic. Static flexibility is like sitting in splits but dynamic flexibility is like split leaps.

Gymnastics training requires at least a minimum amount of flexibility. It speeds the learning process when you are flexible enough to learn any skills that keeps gymnasts from developing bad habits from working incorrectly.

### **Balance**

You also need to have balance to do gymnastics. If you don't have balance you can't do certain gymnastics skills like beam, handstands, trampoline and wall. Beam is a skill that mostly requires balance. Balance is a common skill that people say is very important to gymnastics, and it is.

Balance is a gymnastics skill that doesn't just come to you, you have to practice it. However, balance is one of the hardest skills to do gymnastics. Balance is a very important skill of gymnastics.

### **Coordination**

Coordination is an important aspect in gymnastics because it is a trait that aids in performance. Gymnastics has many levels and coordination is a skill that you need for every level.

Obviously, the more you train the more beneficial your experience will be. The ability to know which position your

body is in relation to the equipment or other players is a great advantage because it enables the athlete to out-perform non-gymnastics athletes in all sports.

Coordination is a physical skill that helps gymnasts with gymnastics.

### **Gymnastics**

Gymnastics will help you get fit and if you have a passion for gymnastics go try it out. It's never too late.

Gymnastics is for everyone, people from all over the world. Maybe you'll be in the Olympics; maybe you'll be a professional gymnast. You may have gymnastics in your heart, you just got to find where it is.