Unit 32 — English for Gymnastics

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Balance Beam

A narrow beam used for balance routines.

"The gymnast maintained perfect poise and focus on the balance beam, executing challenging skills with precision and artistry, earning a standing ovation."

Chalk

A substance used to improve grip.

"The gymnast applied chalk to her hands, enhancing her grip on the apparatus and preventing slippage during complex skills that demand strength and precision."

Coach

A person who trains a gymnast.

"The coach provided expert guidance and motivation, helping the gymnast develop her skills and overcome challenges on her journey to success."

Competition

An event where gymnasts perform routines.

"The gymnast prepared for the competition with intense focus and dedication, visualizing her routines and fine-tuning her skills to achieve her best performance."

Discipline

Training to achieve goals.

"Gymnastics demands incredible discipline, requiring gymnasts to maintain a strict training schedule, adhere to a healthy diet, and prioritize rest and recovery for their craft."

Flexibility

The range of motion in a joint.

"The gymnast demonstrated exceptional flexibility, effortlessly performing splits, backbends, and other demanding positions with grace and ease, exhibiting great athleticism."

Floor Exercise

A routine performed on a mat.

"The gymnast captivated the audience with her dynamic floor exercise, combining tumbling passes, dance elements, and expressive movements to create a mesmerizing performance."

Gym

A place for gymnastics training.

"The gymnast spent countless hours at the gym, honing her skills and pushing her limits under the guidance of her coaches, striving for excellence."

Judge

A person who scores a gymnastics routine.

"The judge carefully evaluated the gymnast's routine, considering the difficulty, execution, and artistry of each skill to determine a fair and accurate score."

Landing

The act of finishing a skill on the ground.

"The gymnast focused on sticking her landing, ensuring a stable and controlled finish to her routine, earning valuable points from the judges."

Leotard

A tight-fitting garment worn by gymnasts.

"The gymnast adorned a sparkling leotard, its elegant design enhancing her movements and adding a touch of glamour to her performance, completing the picture."

Pommel Horse

A horse-shaped apparatus with two handles.

"The gymnast showcased his mastery of the pommel horse, executing intricate circles, turns, and handstands with seamless transitions and impeccable technique."

Rings

Two suspended rings.

"The male gymnast demonstrated incredible upper body strength and control on the rings, performing complex holds, swings, and dismounts with flawless execution."

Routine

A sequence of skills performed together.

"The gymnast meticulously practiced her routine, perfecting each skill and transition to create a seamless and captivating performance that showcased her artistry."

Score

The points awarded for a gymnastics routine.

"The gymnast eagerly awaited her score, hoping that her performance would earn her a high enough mark to advance to the next round of the competition."

Spotter

Someone who assists a gymnast during training.

"The gymnast relied on her spotter for safety during challenging skills, knowing that he was there to provide support and prevent injuries during training."

Strength

The ability to exert force.

"Gymnastics requires immense strength, as gymnasts must support their body weight while performing complex skills, requiring years of dedicated training."

Tumbling

A series of acrobatic skills.

"The gymnast amazed the crowd with her impressive tumbling passes, executing aerial skills with power, precision, and breathtaking height."

Uneven Bars

Two bars at different heights.

"The gymnast showcased her strength and grace on the uneven bars, performing intricate routines with seamless transitions and impressive aerial skills."

Vault

An apparatus used for jumping over.

"The gymnast sprinted down the runway and executed a powerful vault, landing perfectly with a stuck landing, earning a high score from the judges."