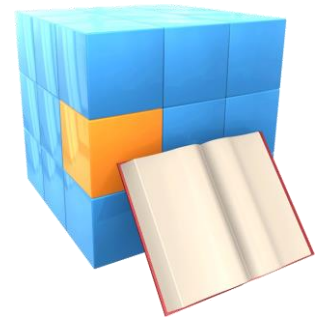




TECHNIQUE AND METHODOLOGY UPSTART LOWER BAR



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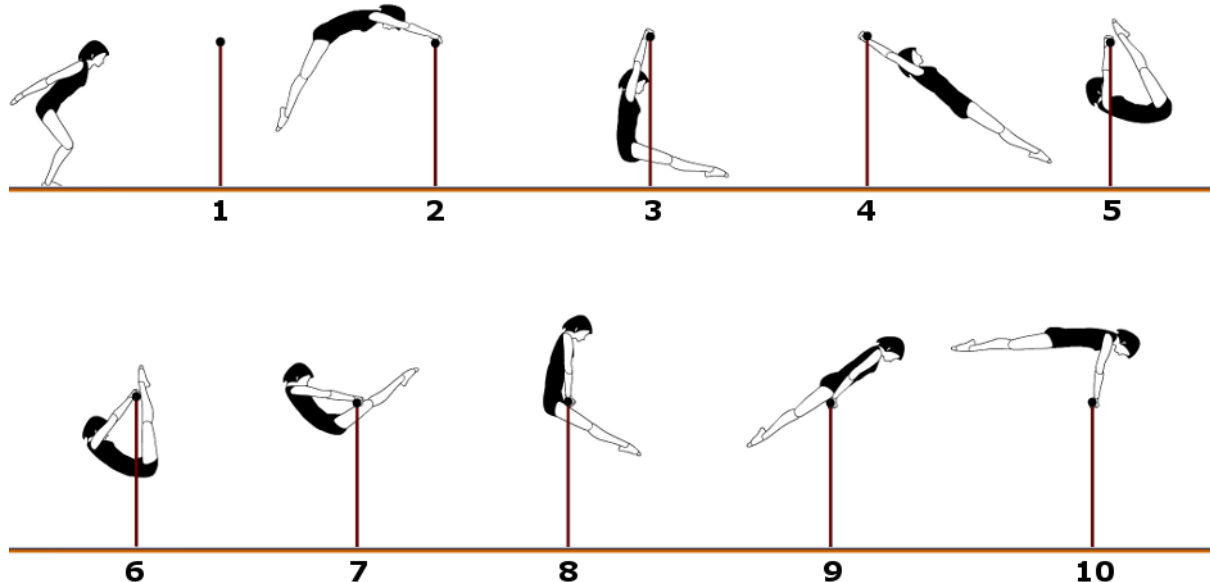
Introduction

The following theoretical contribution deals with the content of the upstart on the horizontal bar ▶  **KNSU-Technikkarte "Gerätturnen"** including the print template.

The motion sequences are animated and can be found in the digital technique card and each gymnastic position can be looked at in detail. The pictures and techniques hereafter are identical to the ones that the digital technique card contains. Each preparatory exercise is depicted in a video.

The videos can be watched in the KNSU technique card. It is advisable to use only a few of the exercises for the actual training.

Technique



- 1 Before the two-legged jump is done, the knees are slightly bent and the body's center of gravity is shifted forward due to the upper body being bent over.
- 2 Jump up and to the back while swinging the stretched arms to the front. Now open the arm-trunk-ratio and grab the bar using the wrist-grip.
- 3 Swing forward with a 90° ratio of upper and lower body while the feet are gliding over the ground with just 10cm in between feet and ground.
- 4 The whole body swings forward and the leg-trunk-ratio opens up to approximately 175°, the arm-trunk-ratio is almost straight.
- 5 The hips are bent fast, which results in the toes of the feet pointing at the bar. The gymnast body enters a sharp angle position.
- 6 The hip is extended and the arm-trunk-ratio is actively narrowed using push-and-pull movements of the arms as well as a thrusting up and forward movement of the legs.
- 7 The body's center of gravity is moved backward and moves closer to the rotational axis. The extended arms continue to press the center of gravity towards the bar.
- 8 The upper body is in a fixed supporting position with the arms extended. The leg-trunk-ratio is not fully extended yet.

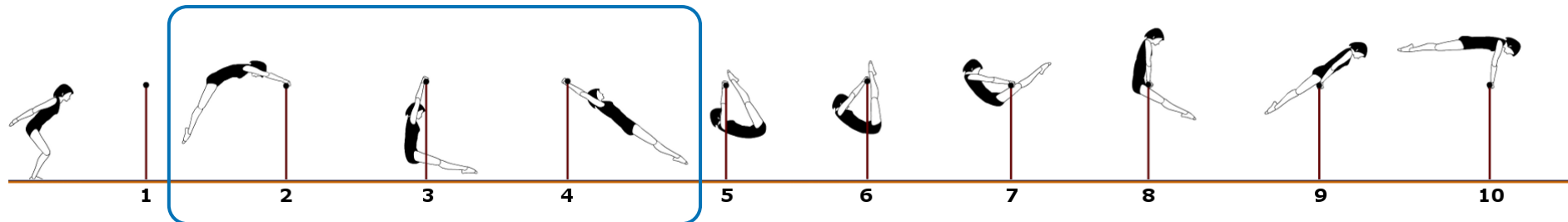
- 9 The forward rotation around the body axis is supported in pushing down and forward on the bar using the arms.
- 10 Due actively opening the leg-trunk-ratio and pushing away from the lower bar, the body is located in a horizontal position above the bar. The arms are extended.



1

Sequence 1: Floating Position

- Learning Focus: 2-4



Keep in mind:

- I keep my arms and legs extended
- I keep a good body tension

I know that...

Only a good body tension makes the movement possible



1

LS1/Exercise 1

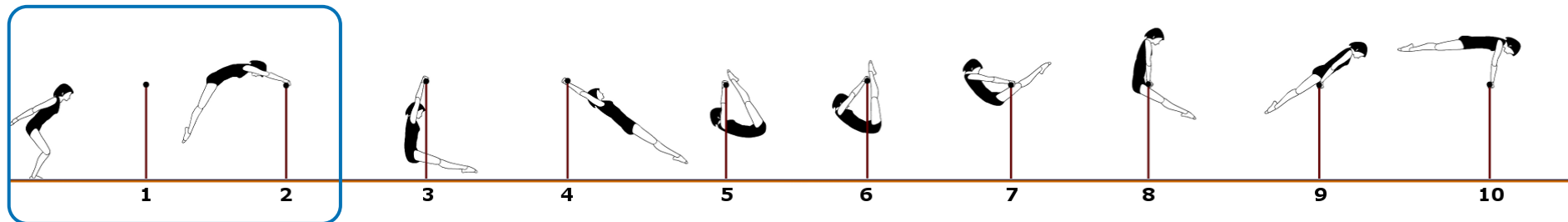
- ▶ **E** „Lie down on the mat on your back. Bring the stretched arms and legs upwards, so that they lose contact to the mat. Keep a good body tension in mind.“





Sequence 2: Jump

- Learning Focus: 1-2



Keep in mind:

- I jump forward and up with my arms extended
- I immediately enter the boat-position after the jump

I know that...

- the jump initiates the whole movement and is of utmost importance
- a good jumping position helps to ease into the movement that follows



LS2/Exercise 1

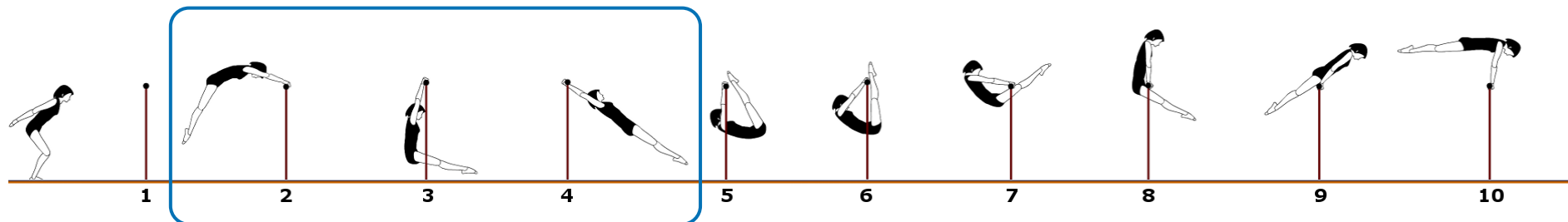
- ▶ **E** „Jump springily up and forward. Immediately after the jump enter the boat-position and grab the lower bar. Use both legs for the landing and be flexible.“





Sequence 3: Prefloating

- Learning Focus: 2-4



Keep in mind:

- I have to execute a leg-trunk-angle of 90°
- I open up the leg-trunk-ratio at most forward position

I know that...

- The momentum of the legs is necessary for the following position



3

LS3/Exercise 1

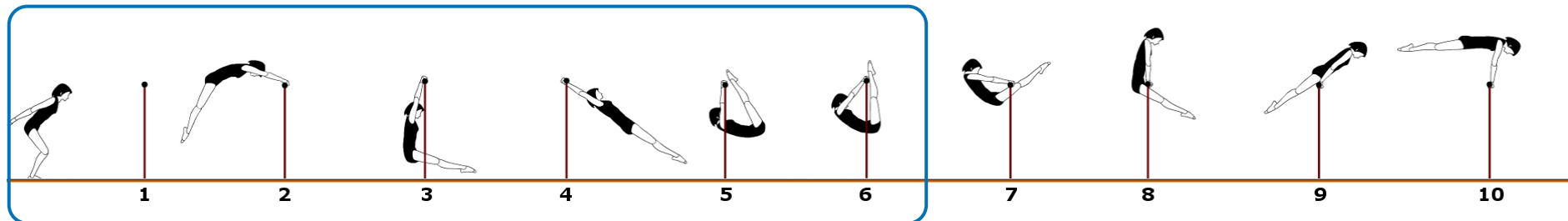
- ▶ **E** „After the jump enter the boat-position and grab the lower bar. Continue to swing with a LTA of 90° and open up, when your stretched legs touch the medicine ball. Move your hip forward.“
- ▶ **1 H** Support thigh and lower back





Sequence 4: Toes Up

- Learning Focus: 1-6



Keep in mind:

- I bring the toes of my foot to the lower bar

I know that...

My arms have to be stretched and flexed from the beginning



LS4/Exercise 1

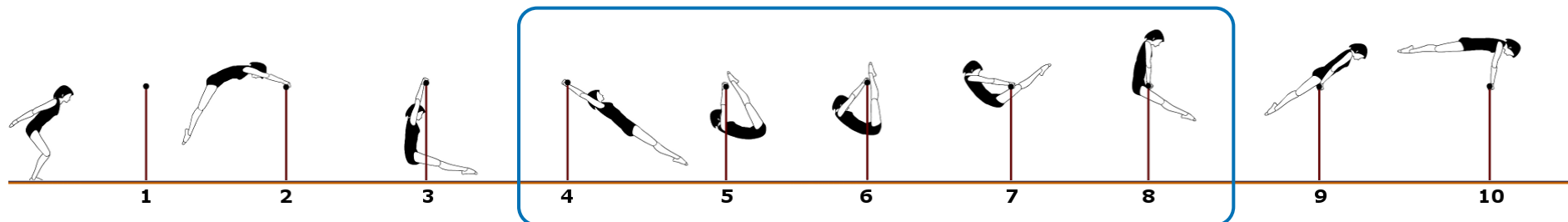
- ▶ **E** „After the jump, enter the boat-position and grab the lower bar. Swing forward until your LTA is opened up perfectly. Then bend your legs, so that the back of your feet touches the bar. Stay in this position.“
- ▶ **2 H** Support lower back and the back of the thigh.





Sequence 5: Close ATA

- Learning Focus: 4-8



Keep in mind:

- I keep my arms stretched during the whole movement
- I use my arms to move my hip towards the lower bar

I know that...

- The stretched arms are necessary to enter the fixed position
- The stretched arms support the movement of the legs



LS5/Exercise 1

- ▶ **E** „Hang down on the lower bar with your arms extended and press your feet with your knees bent against the top of the box. Push yourself back and up and bring your hip towards the lower bar.
- ▶ **1 H** Support: lower back and back of the thigh.



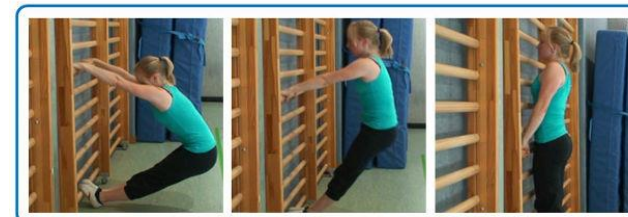
LS5/Exercise 2

- ▶ **E** „Push away from the top of the box and bring the other leg down, keeping it extended. Move your hip towards the lower bar.”
- ▶ **2 H** Half-calf-clutch and support
Upper back and lumbar region.



LS5/Exercise 3

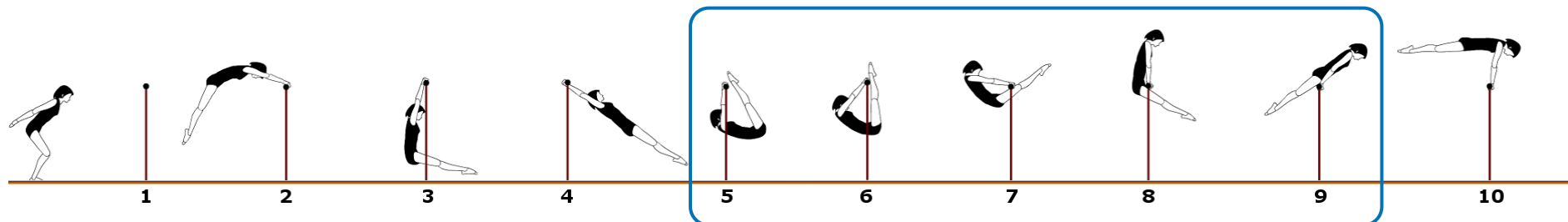
- ▶ **E** „Hang down with stretched arms grabbing the rungs-wall. The toes cling around the lowest rung. The body is in a C-position. Pull yourself with stretched arms towards the rungs-wall. Keep a good body tension in mind.”





Sequence 6: Open LTA

- Learning Focus: 5-9



Keep in mind:

- I move my extended legs towards the lower bar
- I open up my leg-trunk-angle fast and powerful

I know that...

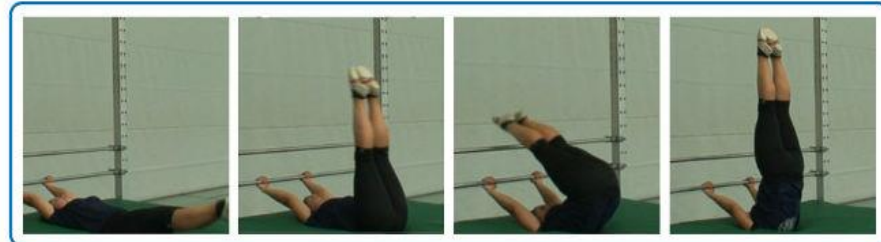
- The push of the legs leads to getting my hip to the lower bar
- The push of the legs brings my hip automatically forward



6

LS6/Exercise 1

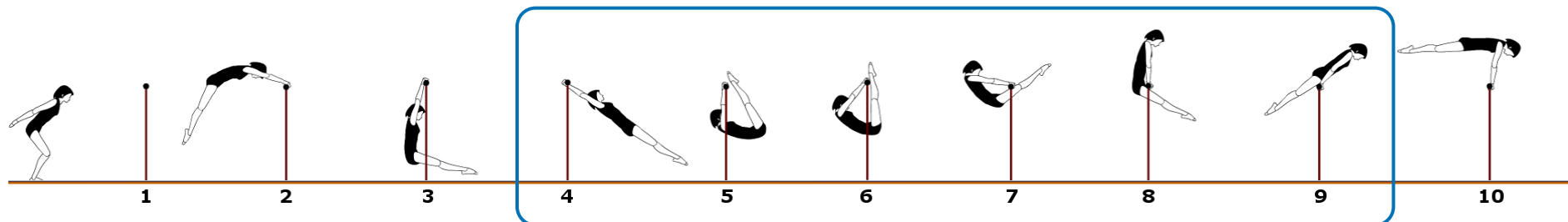
- ▶ **E** „Start in the boat-position. Grab the lower bar with your arms extended. Close the LTA up to 45° due to moving the stretched legs towards the lower bar. Then open the LTA fast and powerful and kick your legs up.





Sequence 7: Close ATA And Open LTA

- Learning Focus: 4-9



Keep in mind:

- I keep my arms extended during the whole movement
- I use my arms to bring my hip towards the lower bar
- I bring my extended legs towards the lower bar
- I open up my leg-trunk-angle fast and powerful

I know that...

- The push of the legs leads to getting my hip to the lower bar
- The push of the legs brings my hip automatically forward



LS7/Exercise 1

- ▶ **E** „Hang down with stretched arms at the lower bar. Your feet are in a rope attached to the bar. The LTA is 90°. Swing back and forth and slowly gain height. During the backswing push your feet into the rope and bring your body in an upright position. Bring your hip close to the lower bar.“

- ▶ **1 H** Support: back and thigh



LS7/Exercise 2

- ▶ **E** „In the support-position keep your feet in a rope. Push your hip away from the lower bar and swing forward with a LTA of 90°. During the backswing, push your feet into the rope and bring your body in an upright position. Bring your hip close to the lower bar.“

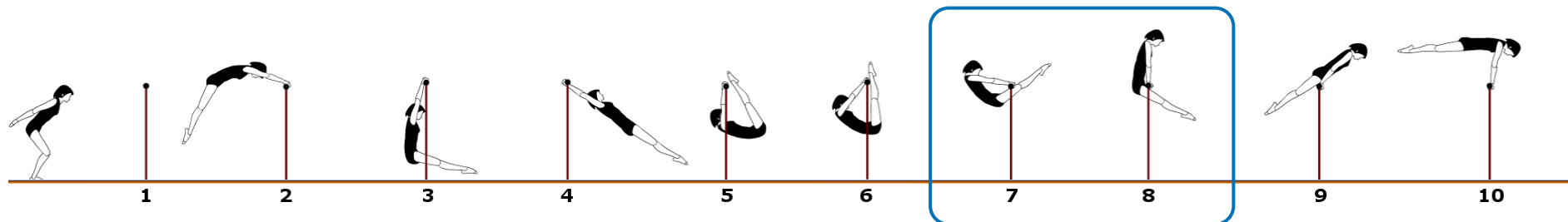
- ▶ **1 H** Support: back and thigh





Sequence 8: Hip And Arm Movement

- Learning Focus: 7-8



Keep in mind:

- I have to open up my leg-trunk-angle
- I have to swing my legs up and forward to reduce the arm-trunk-angle
- I have to push my hip towards the lower bar and keep it there

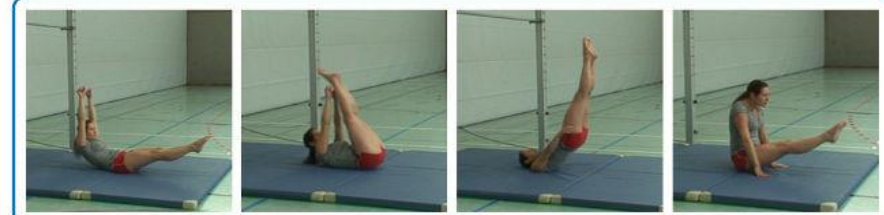
I know that...

- Arm and hip rotation are necessary to complete the movement
- Arm and hip rotation are necessary to enter the support position



LS8/Exercise 1

- ▶ **E** „Reduce the LTA out of a boat-position to approximately 45°. Open the LTA fast and powerful and kick your legs up. Let your legs drop and bring your arms extended at the sides of your body to the mat.“



LS8/Exercise 2

- ▶ **E** „Bring your feet towards the lower bar and enter the sharp angle position. Reduce the arm-trunk-angle with a pushing movement of the legs. Extend your hip and push it towards the lower bar. Swing your legs with keeping the hip fixed further back. End in the support-position.“

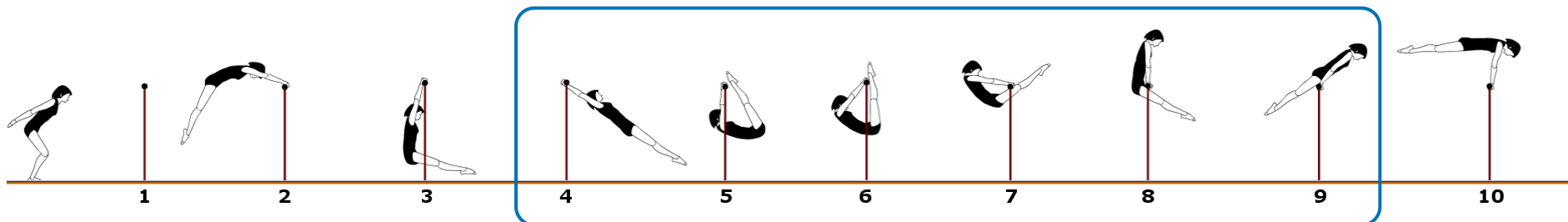
- ▶ **1 H** Support: lower back and thigh





Sequence 9: Timing Of The Kip

- Learning Focus: 4-9



Keep in mind:

- I bring my feet towards the bar during the reversal point of the forward swing
- I have to bend my hip fast

I know that...

- Bringing the toes towards the bar is the most important part
- Bringing the toes towards the bar only works with good body tension



LS9/Exercise 1

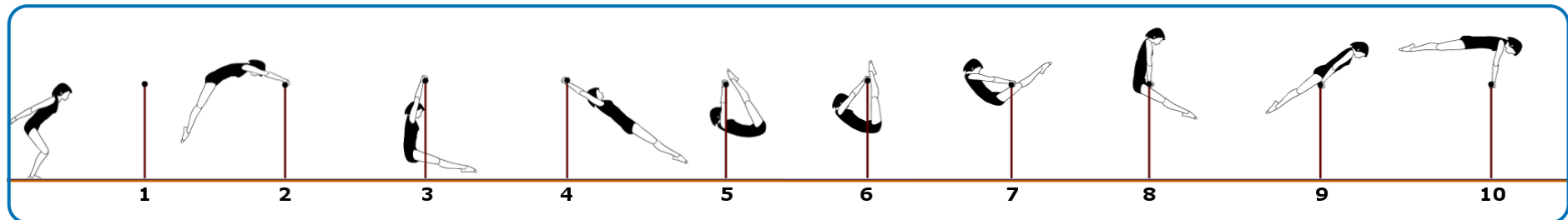
- ▶ **E** „Swing with an LTA of 90°. Bring your feet during the forward movement towards the lower bar and enter momentarily the sharp angle position. Reduce the ATA. Extend your hip and push it towards the lower bar. Keep on swinging your legs while keeping your hip fix and end in the support-position.“





Sequence 10: Entire Movement With Assistance

- Learning Focus: Entire Movement



I know that I have to combine all movements in a dynamic fashion:

Two-legged jump with shifted upper body, grab the bar with a wrist-grip,
Swing forward hip slightly bent, quickly bend your hip to bring your feet towards the
lower bar, hip extension and pushing movement of the legs up and forward,
bring the center of gravity back, support-position, actively open LTA and
push back the hip from the lower bar.

Get Close – Swing – Toes Up – Push Forward – Swing Backwards – Support -Back



Bibliography

Animation/Movement Sequence/Text

Animation/URL	Author
http://knsu.uni-koblenz.de/technikkarten/geraetturnen/technikkarte.swf	Martina Dietzen-Krämer
Movement Sequence	Peter Wagler

Video/Pictures

Learning Sequences	Author
1-10	Martina Dietzen-Krämer, Christina Bengel

Authors

Author/Translator	Instructor	Institution
Martina Dietzen-Krämer, Christina Bengel, Peter Wagler, Jennifer Hau, Andreas Zimmermann, Jasper Verbeek /lectureship	Minnich, Marlis	Institut für Sportwissenschaft, Universität Koblenz- Landau, Campus Koblenz