

Name _____

Parallel Bars in Gymnastics: Strength and Precision on Display



The parallel bars, often referred to as "the P-bars," are a captivating and physically demanding apparatus in gymnastics. This event combines impressive displays of strength, balance, and precision. In this reading passage, we will delve into the world of the parallel bars, exploring the techniques, skills, and dedication required to excel in this thrilling gymnastics discipline.

The Parallel Bars Apparatus

The parallel bars consist of two horizontal bars, running parallel to each other and set at a specific width. These bars are typically made of metal and are adjustable in height to accommodate gymnasts of different sizes. The gymnast's goal is to perform a series of skills while maneuvering between and around the bars.

Techniques and Skills

- **Grips:** Gymnasts use handguards or grips to protect their hands and improve their grip on the bars. These grips are essential for preventing blisters and enhancing control during maneuvers.
- **Swings and Circles:** Swings and circles are fundamental skills on the parallel bars. Gymnasts use these movements to generate momentum, transition between the bars, and perform various elements.
- **Strength Elements:** The parallel bars showcase the gymnast's upper body strength through skills like dips, support holds, and presses. These elements require significant strength and control.
- **Dismounts:** Every routine on the parallel bars concludes with a dismount, where the gymnast performs a dynamic skill to land safely on the mat.

Parallel Bars Routines

Gymnasts design their parallel bars routines to include a combination of swings, strength elements, and dismounts. Each routine is a unique blend of skills, showcasing the gymnast's individual style and strengths.

Scoring on the Parallel Bars

Scoring on the parallel bars, like other gymnastics events, is based on Difficulty and Execution. The Difficulty score reflects the complexity of the routine, considering the variety and difficulty of skills performed. The Execution score evaluates how well the routine is executed, focusing on form, precision, and landings.

