

Name _____

Parallel Bars in Gymnastics: Strength and Precision on Display

Short Answer Key

1. The parallel bars consist of two horizontal metal bars running parallel to each other, with adjustable heights. Gymnasts use handguards or grips for hand protection and grip enhancement.
2. Handguards or grips in gymnastics protect the hands from blisters and improve grip on the bars, essential for control during maneuvers.
3. Key skills on the parallel bars include swings, strength elements (dips, support holds, presses), and dismounts. Gymnasts execute these skills with control and precision.
4. Gymnasts incorporate artistic expression into their parallel bars routines through choreography, body language, and graceful movements, adding a personal touch to their performances.
5. Deductions are applied for errors such as form errors, missed connections, incomplete rotations, steps on landings, and falls.

