

Name _____

Pommel Horse: The Uniquely Challenging Apparatus in Gymnastics

Short Answer Key

1. The pommel horse is a wooden apparatus with two cylindrical handles, or pommels, approximately 40 centimeters apart. It stands about 115 centimeters high. Grips are used for hand protection and grip enhancement.
2. Grips in gymnastics protect the hands from blisters and provide a better hold on the pommel horse handles. They are essential for control during maneuvers.
3. Key skills on the pommel horse include circles and travels, flairs and spindles, and scissor movements. Gymnasts execute these skills with precision and control.
4. Gymnasts incorporate artistic expression into their pommel horse 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 dismounts, and falls.

