

Name \_\_\_\_\_

## Rings in Gymnastics: Defying Gravity with Strength and Control

### Short Answer

1. Describe the gymnastics rings apparatus, including its key features.
2. Explain the role of specialized grips in gymnastics and why they are important for rings routines.
3. What are some of the key strength elements performed on the rings, and how do gymnasts execute them?
4. How do gymnasts incorporate artistic expression into their rings routines?
5. How are deductions applied during the scoring of rings routines, and what types of mistakes result in deductions?

