Ivan Čuk, István Karácsony

Parallel Bars

(Methods, Ideas, Curiosities, History)

2016

Content

Preface by Huang Li Ping

Friedrich Ludwig Jahn inventor of parallel bars

Why and how are changing the content of the parallel bar exercises?

Historical development of parallel bars exercises

Olympic Champions on Parallel Bars

World Champions on Parallel Bars

Coach should not forget general didactic guidelines

Basic statement: the execution of basic skills must be though perfectly!

Support… maybe “hang”?

Basic swing in support, swing to handstand and swing from handstand

Upper arm hang. Swings in upper arm hang

Swings to and from support

Cast to upper arm hang

Glide kip to straddle cut backward to support position

Basket to handstand

Basket with ½ turn to handstand

Salto backward to handstand

Stützkehr forward to handstand

Swing forward with 1/1 or 5/4 turn on one arm to handstand (Diamidov)

Healy to support

Salto forward from support to support

Giant swing backward to handstand

Giant swing backward with Diamidov to handstand

From hang double salto backward to upper arm hang

Tippelt

Dismounts

Salto forward

Salto backward straight

Double salto backward piked

Index

Bibliography
Sports and Athletics Preparation, Performance, and Psychology

Thomas Heinen
Ivan Čuk
Ruben Goebel
Kostas Velentzas
Editors

Gymnastics Performance and Motor Learning
Principles and Applications

NOVA
Gymnastics Performance and Motor Learning: Principles and Applications

Editors: Thomas Heinen (University of Hildesheim, Germany), Ivan Čuk (University of Ljubljana, Slovenia), Ruben Goebel (Qatar University, Qatar), Kostas Velentzas (Bielefeld University, Germany)

Book Description:

The book *Gymnastics Performance and Motor Learning: Principles and Applications* is a state-of-the-art discussion forum for topics that are of high interest in the field of gymnastics. Experts from different countries and with different scientific backgrounds such as psychology, pedagogy, training science, sports science, and movement science provide a number of significant contributions covering recent theoretical developments, current research evidence, as well as implications for practical applications concerning the different gymnastics disciplines. Topics discussed in the book include gymnasts gaze behavior in complex skills, spotting and guiding techniques, observational learning, augmented feedback, imagery, mental rotation, directional tendencies, interpersonal coordination, lost skill syndrome, performance indicators, as well as apparatus developments. Given the wide range of topics, *Gymnastics Performance and Motor Learning: Principles and Applications* may be an important source of information for graduate students, researchers, and practitioners (coaches and gymnasts) who work in the field of gymnastics. (Imprint: Nova)

Table of Contents:

Preface

Chapter 1. Relationships between Gaze Behavior and Motor Behavior in Complex Aerial Skills
(Yusuke Sato, Konstantinos Velentzas, Thomas Heinen, College of Commerce, Nihon University, Japan, and others)

Chapter 2. Spotting and Guiding in Artistic Gymnastics from a Daily Practical Perspective
(Rainer Schrempf and Damian Jeraj, State Coach of Swabian Gymnastics Federation, Stuttgart, Germany, and others)

Chapter 3. Observational Learning in the Context of Skill Acquisition
(Carolin Braun, Research Centre for Physical Education and Sports of Children and Young People (FoSS), Karlsruhe Institute of Technology, Germany)

Chapter 4. Augmented Feedback for Movement Error Correction in Gymnastics
(Juliiane Veit, Damian Jeraj and Babett H. Lobinger, Institute of Psychology, German Sport University Cologne, Germany, and others)

Chapter 5. Imagery in Gymnastics: Theories and Empirical Findings
(Bianca A. Simonsmeier and Cornelia Frank, University of Trier, Educational Psychology, Germany, and others)
Chapter 6. Motor Expertise and Mental Rotation Performance in Gymnastics
(Käthe Bersiner and Thomas Heinen, Institute of Sport Science, University of Hildesheim, Germany)

Chapter 7. The Measurement of Mental Representations within the Context of Motor Actions
(Linda Hennig, Konstantinos Velentzas and Damian Jeraj, Institute of Sport Science, University of Hildesheim, Germany, and others)

Chapter 8. Directional Tendencies in Artistic Gymnastics
(Flavio Bessi, Dieter Hofmann, Christoph von Laßberg, and Thomas Heinen, Institute of Sport and Sport Science, University of Freiburg, Germany, and others)

Chapter 9. Interpersonal Coordination in Gymnastics
(Thomas Heinen and Marc Nicolaus, Institute of Sport Science, University of Hildesheim, Germany)

Chapter 10. Lost Skill Syndrome in Gymnastics
(Thomas Heinen, Mohammad Ghesneh and Hardy Fink, University of Hildesheim, Institute of Sport Science, Germany, and others)

Chapter 11. Performance of German Wheel Gymnasts and Artistic Gymnasts: Implications for Training Processes
(Kathrin Schad, Institute of Professional Sport Education and Sport Qualifications, German Sport University Cologne, Germany)

Chapter 12. Uneven Bars Revolution – A Question of National Tradition and Motor Learning
(Swantje Scharenberg, Research Centre for Physical Education and Sports of Children and Young People, Karlsruhe Institute of Technology, Germany)

Index

Series:
Sports and Athletics Preparation, Performance, and Psychology

Binding: Hardcover

Pub. Date: 2016 - 3rd Quarter

Pages: 6x9 - (NBC-C)

ISBN: 978-1-63485-737-6

For more information visit:

"I highly recommend this book as it contains a tremendous knowledge of gymnastics. The fact that experts from different countries and with different scientific backgrounds have contributed increases its relevance. I am looking forward to see a new stage in the world of gymnastics."

—Koichi Endo, Managing Director of Japanese Gymnastics Association, Associate Professor, Nihon University, Japan.

"The book Gymnastics Performance and Motor Learning: Principles and Applications provides a comprehensive coverage of important topics with regard to performance and motor learning in gymnastics and related disciplines."

—Gert-Peter Brüggemann, PhD, Professor of Biomechanics, German Sport University Cologne, Germany.