

Gymnastics Body Positions

C R Z H P L T C R K I D A C Z V S
J G A A D V F X D F H S U F W O T
B Z Z I R O G R O P P L E S L X R
S S Y Z T Y I G Z E U P V C J A A
D G P R E V E L A S Q S N W X O D
C I K L H A D P R K B R I D G E D
Q S D B I N K H A Z L W H T A J L
J G D V D T U Y B R L V Y R P M E
L N V P I M P O E S D E R N Y C L
S G B E G R M L S E K K G B N S U
S Z D T K V E I Q L A Y O U T T N
R P I C E V C M U P S R Z K P R G
J X O J E L X M E T A F G N Q A E
M L L M B X A F U E U S W M T I B
I C C I D A C C K T Q N S Z T G K
S E P U O C K I S X Z U Q E W H C
C S X B A F P V D K E J J G R T Q

arabesque

straddle

straight

bridge

layout

releve

coupe

lever

lunge

passe

scale

split

lock

pike

tuck