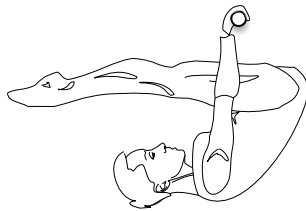


Body Awareness, Body Shapes, & Bar Swing Mechanics for:

- Hip/Seat Circles
- Free Hip Circles
- Glide Kips



East Carolina Gymnastics Coaching Clinic
Rose's Gymnastics
Greenville, NC
June 27, 2015

CLINICIAN
Steve Bonham
Ganba Gymnastics
Cary, NC

Email: sbonham@georgiasouthern.edu
Mobile: 912.481.0718
Web: sbonham.com

Exponential growth theory

My fee today... ;-)

Washington, D.C. lawyer rates...

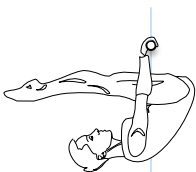
Waaaay better...

Wage of \$5/minute		
Minute	Earnings	Balance Earned
1	\$5.00	\$5.00
2	\$5.00	\$10.00
3	\$5.00	\$15.00
4	\$5.00	\$20.00
5	\$5.00	\$25.00
6	\$5.00	\$30.00
7	\$5.00	\$35.00
8	\$5.00	\$40.00
9	\$5.00	\$45.00
10	\$5.00	\$50.00
11	\$5.00	\$55.00
12	\$5.00	\$60.00
13	\$5.00	\$65.00
14	\$5.00	\$70.00
15	\$5.00	\$75.00
16	\$5.00	\$80.00
17	\$5.00	\$85.00
18	\$5.00	\$90.00
19	\$5.00	\$95.00
20	\$5.00	\$100.00
21	\$5.00	\$105.00
22	\$5.00	\$110.00
23	\$5.00	\$115.00
24	\$5.00	\$120.00
25	\$5.00	\$125.00
26	\$5.00	\$130.00
27	\$5.00	\$135.00
28	\$5.00	\$140.00
29	\$5.00	\$145.00
30	\$5.00	\$150.00

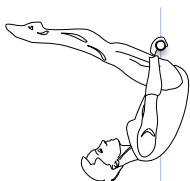
Start at one cent and double per minute		
Minute	Earnings	Balance Earned
1	\$0.01	\$0.01
2	\$0.02	\$0.03
3	\$0.04	\$0.07
4	\$0.08	\$0.15
5	\$0.16	\$0.31
6	\$0.32	\$0.63
7	\$0.64	\$1.27
8	\$1.28	\$2.55
9	\$2.56	\$5.11
10	\$5.12	\$10.23
11	\$10.24	\$20.47
12	\$20.48	\$40.95
13	\$40.96	\$81.91
14	\$81.92	\$163.83
15	\$163.84	\$327.67
16	\$327.68	\$655.35
17	\$655.36	\$1,310.71
18	\$1,310.72	\$2,621.43
19	\$2,621.44	\$5,242.87
20	\$5,242.88	\$10,485.75
21	\$10,485.76	\$20,971.51
22	\$20,971.52	\$41,943.03
23	\$41,943.04	\$83,886.07
24	\$83,886.08	\$167,772.15
25	\$167,772.16	\$335,544.31
26	\$335,544.32	\$671,088.63
27	\$671,088.64	\$1,342,177.27
28	\$1,342,177.28	\$2,684,354.55
29	\$2,684,354.56	\$5,368,709.11
30	\$5,368,709.12	\$10,737,418.23

BECAUSE

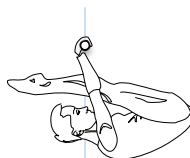
“Small things add up!” *IF*** your timing/rhythm is right!**



Balanced



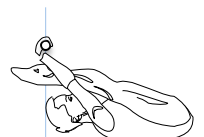
Curl... wait -



Draw... waait



Curl... waaait -



Draw... waaaait -

Small thing #1

Body Awareness; developing the gymnasts' kinesthetic sense for stability and mobility

The typical person's kinesthetic sense is an enormously untapped source of power. Even among gymnasts (as special as they are!) FEW maximize their potential in this area.

Why?!

Because it IS difficult and...

So seemingly abstract!

Because it requires enormous AND constant effort by instructors/coaches in the early stages.

HOWEVER!

The payoffs grow exponentially. The foundation laid by developing body core and segment stability and mobility are exactly what made a Nastia Liukin performance a joy to watch. Acquiring artistry and elegance in gymnastics requires understanding how to use the body as a mechanically efficient machine. I know – our kids are NOT machines. But it is a proper metaphor for using the structures and senses we have as humans as efficient levers, and as data management control devices.



Body Awareness Drills for Today

Pressure Stands

Standing Tips

Waggles

Candle & Melting Candle

Inchworms & Jack-knives

Kneeling Handstand

Sit-up

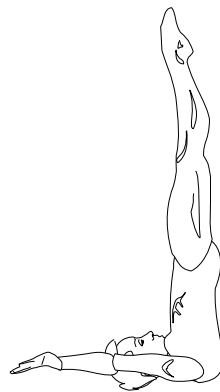
Horizontal Handstand (with curl)

Push-up to Double Rainbow

Push-up & Away

Horizontal Press (hip draw)

Broomstick Jam/Disengages



Candle & melting candle



Horiz. Press (Hip Draw)

BADs applied on Bars

Front Support Resistance (similar to pressure stand & melting candle)

Rear support tips/SeeSaw (standing tips & waggles)

Hanging Open Basket (pressure stand & melting candle)

Hanging Hip Draw and Curl (melting candle)

Wheelbarrow Kips & Stem Rises (Push-up to double rainbow, Sit-up and Candle)

Small thing #2

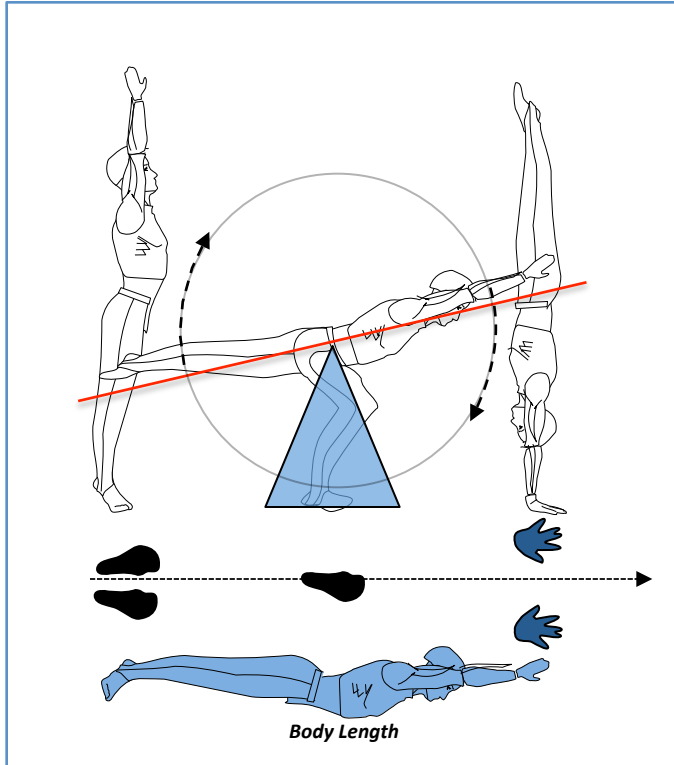
Understanding shapes & WHY they are important

Broomsticks & Dishrags

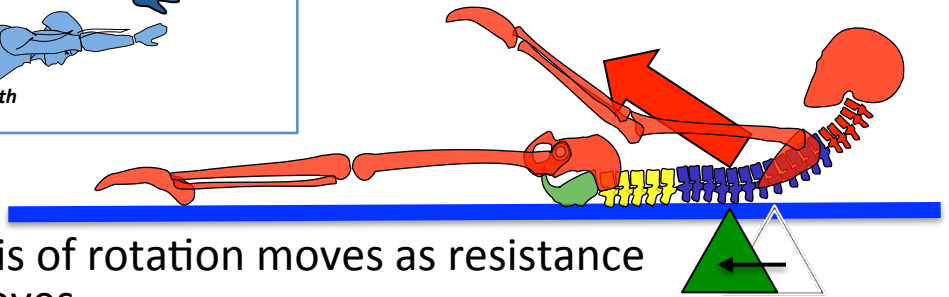
Paper & Engineered PAPER

Segmentation; Pros and Cons

Good and Bad Sit-ups, Good and Bad Glide Kips, Free Hips etc.

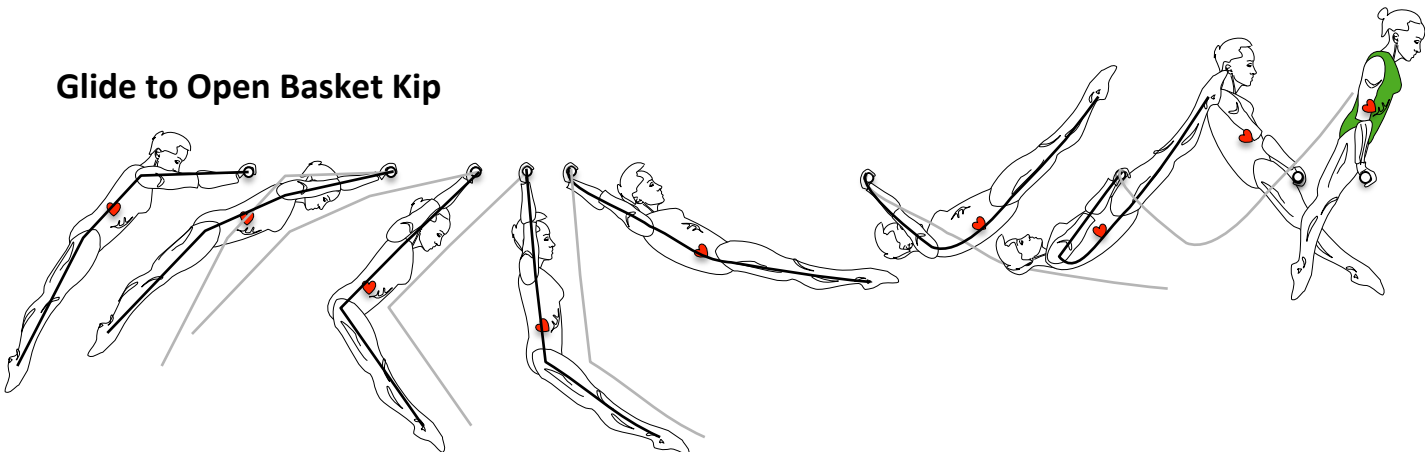


Aligned v
Segmented



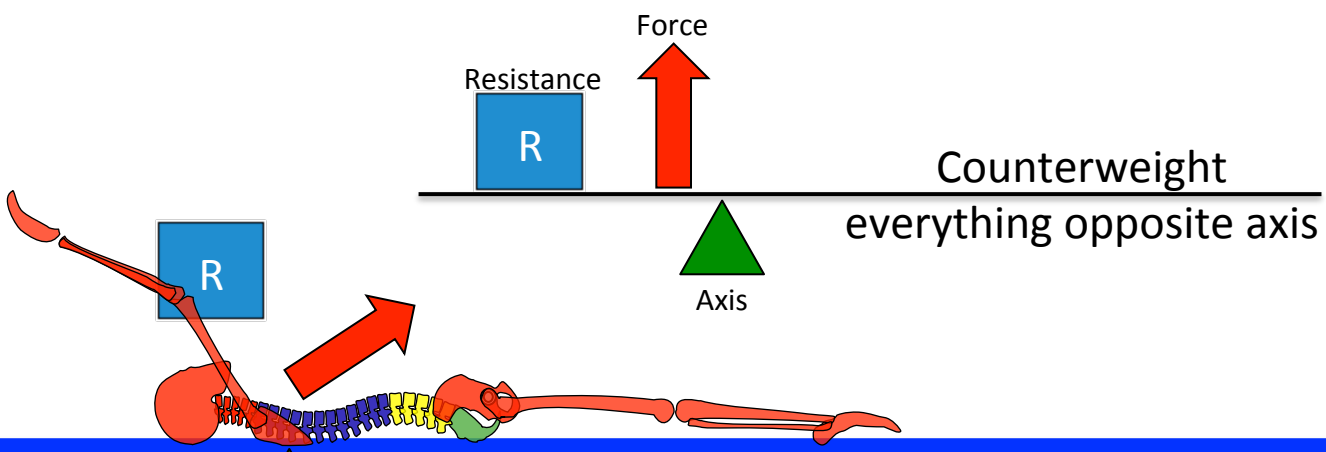
Axis of rotation moves as resistance moves...

Glide to Open Basket Kip

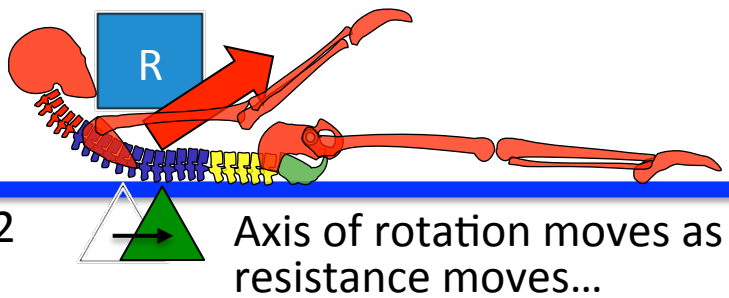


More on Levers; the simple sit-up (also forward roll, kip, FW hipcircle, forward saltos, handspring front salto vault)...

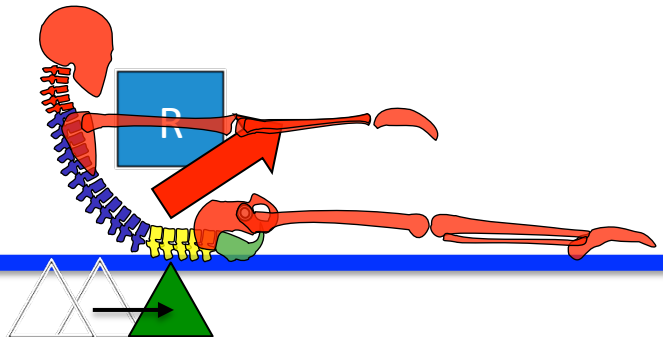
Sequencing Leverage; sequential reduction in length of resistance arm FROM most distal end; arms forward, head up, cervical flexion, shoulder girdle protraction (double rainbow), thoracic flexion, lumbar and lastly hip flexion.



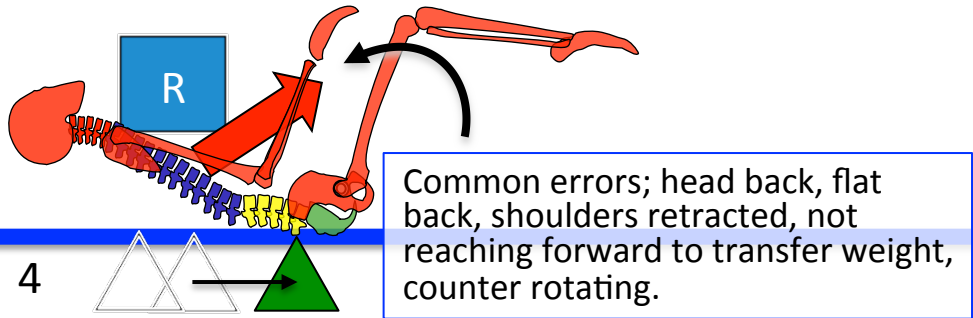
1



2



3



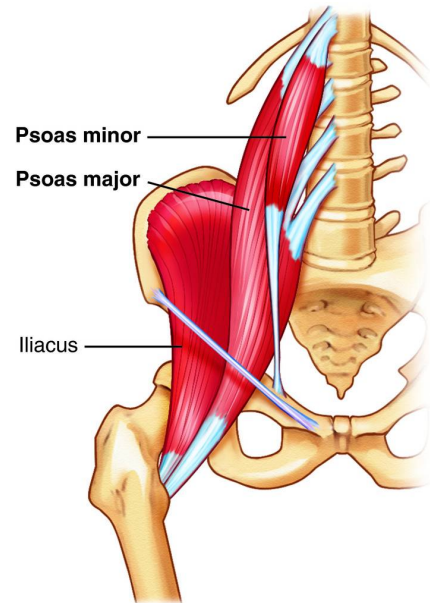
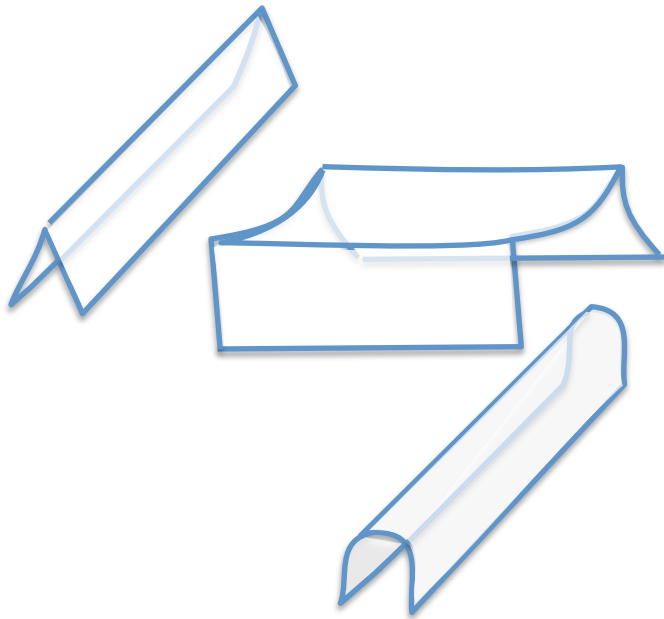
4

Common errors; head back, flat back, shoulders retracted, not reaching forward to transfer weight, counter rotating.

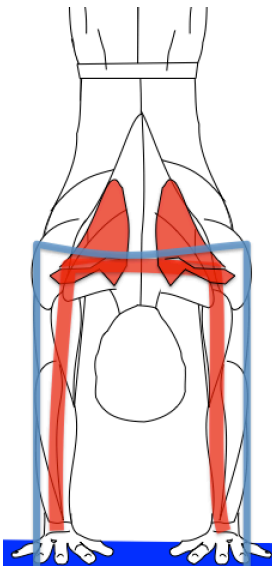
Small thing #2

Understanding shapes & WHY they are important

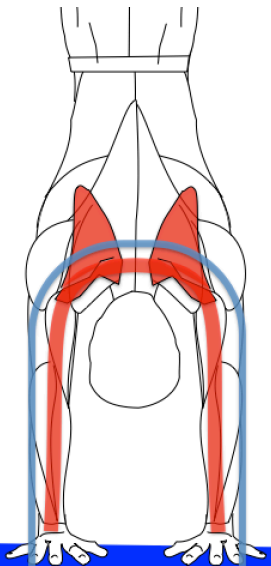
Paper & Engineered PAPER and the human body



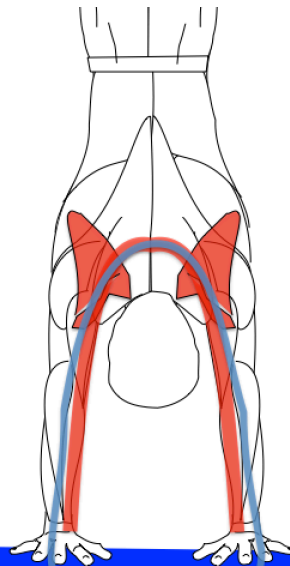
Shoulder girdle retracted to form saggy rectangle



Shoulder girdle rotated to form flat arch



Shoulder girdle elevated and rotated to form triangle

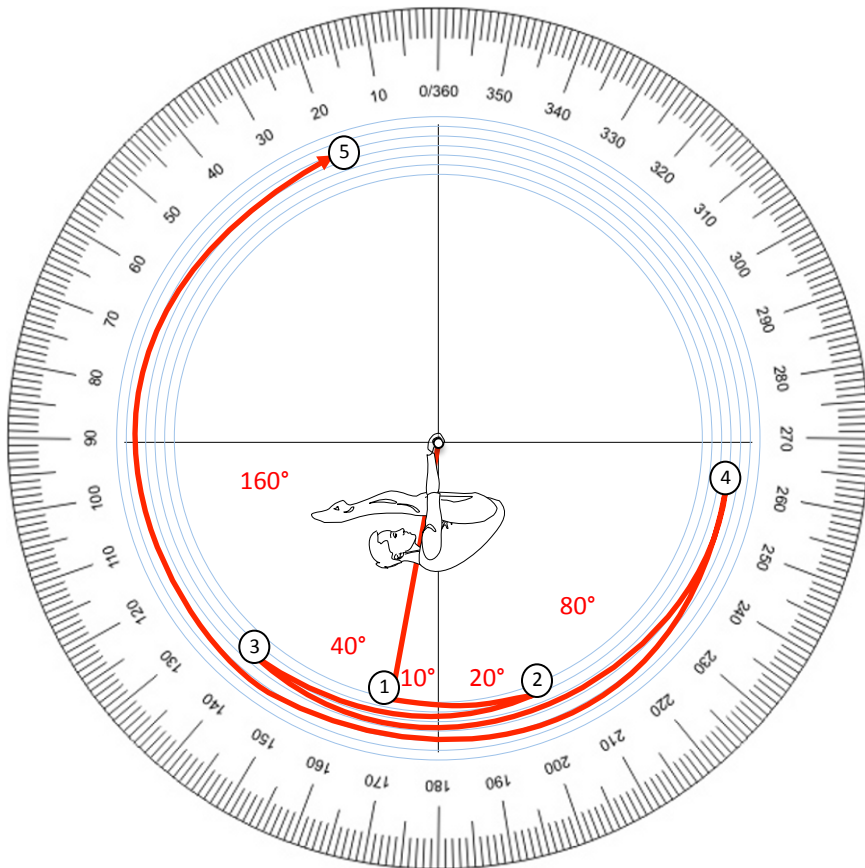


Small thing #3

Understanding Bar Swing Mechanics;

The small details make for great synergy. Good shapes, properly timed weight transfer and appropriate sequencing of leverage actions make for beautiful swing.

Exponential growth theory applied to bar swing



From Zero (180° on protractor)

Swing 1 – move CM (“heart”) 10° left of balance point

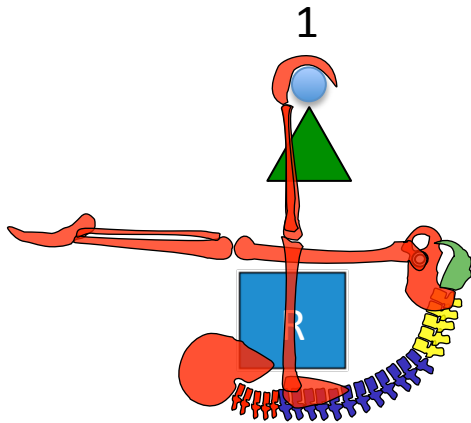
Swing 2 – move CM 20° right of balance point

Swing 3 – move CM 40° left of balance point

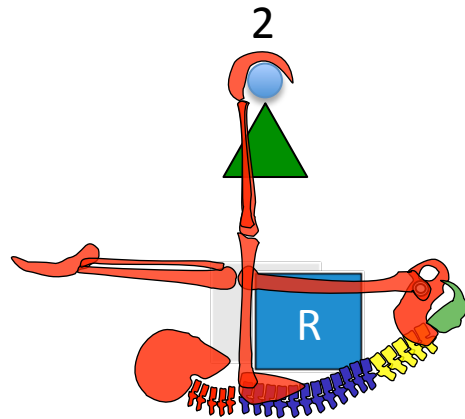
Swing 4 – move CM 80° right

Swing 5 – move CM 160° left

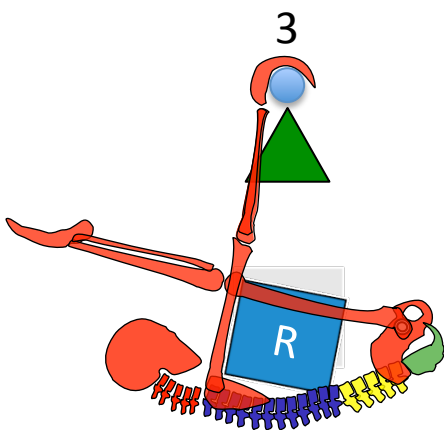
Simple Bar Swing



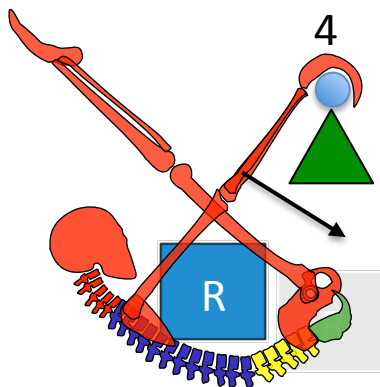
1
Static
Basket Hang



2
Action: Draw Hips (by
extending spine)– CM (R)
moves right
Wait for it...



3
Seeking Balance
CM (R) swings beneath pivot point but
goes
slightly beyond due to action-reaction
principle – if...



4
Spine and hips are flexed again and
shoulders are extended (bar pushed
towards hips) the swing will continue
to successively build.